

MIM BEIM BUTEYKO

A course of Buteyko Breathing with naturopath MIM BEIM

Helpful for: asthma, sinus, sleep apnoea, snoring, anxiety, IBS, constipation, diarrhoea, reflux, teeth grinding and TMJ pain. Improve sports performance.



Learn simple techniques that will transform your health and life

Each lesson is a combination of practical breathing exercises and theory, where you learn how this life-changing technique works within the body.

You will be given specific breathing exercises according to your symptoms and health needs, as prescribed by Mim.

Interested to know what Buteyko Breathing is all about?
Join MIM BEIM in her **FREE** live webinar.

REGISTER ONLINE

www.mimbeim.com/buteyko/free-webinar

SYDNEY CBD 202/147 King St
3 WEEK - ADULT

Term	Wednesdays 7am – 9am
2	15 May – 29 May
3	07 Aug – 21 Aug
4	13 Nov – 27 Nov

WILLOUGHBY
PHYSIOCISE WILLOUGHBY STUDIOS Suite 14, 77 Penshurst St
3 WEEK - ADULT

Term	Wednesdays 10.45am – 12.45pm	Wednesdays 6.15pm – 8.15pm
2	15 May – 29 May	15 May – 29 May
3	07 Aug – 21 Aug	07 Aug – 21 Aug
4	13 Nov – 27 Nov	13 Nov – 27 Nov

MITTAGONG
MITTAGONG PHYSIO & PILATES 2/94 Main St
3 WEEK - ADULT

Term	Saturdays 1.15pm – 3.15pm
2	11 May – 25 May
3	03 Aug – 17 Aug
4	09 Nov – 23 Nov

WEBINAR
3 WEEK - OPEN

Term	Tuesdays 6.15pm – 8pm AEST
2	14 May – 28 May
3	06 Aug – 20 Aug
4	12 Nov – 26 Nov

PRICES

3 WEEK COURSE		3 WEEK WEBINAR
Adult	\$395	Open \$355
Concession	\$355	

ACCELERATED 3 DAY and CHILDREN's courses are available.

Contact MIM or visit website for more info.

ENROL TODAY
www.mimbeim.com/learn or 0411 748 749