

BREATH COACH



Mini Residency in

Breathing Physiology and Breathing Training

PART 1

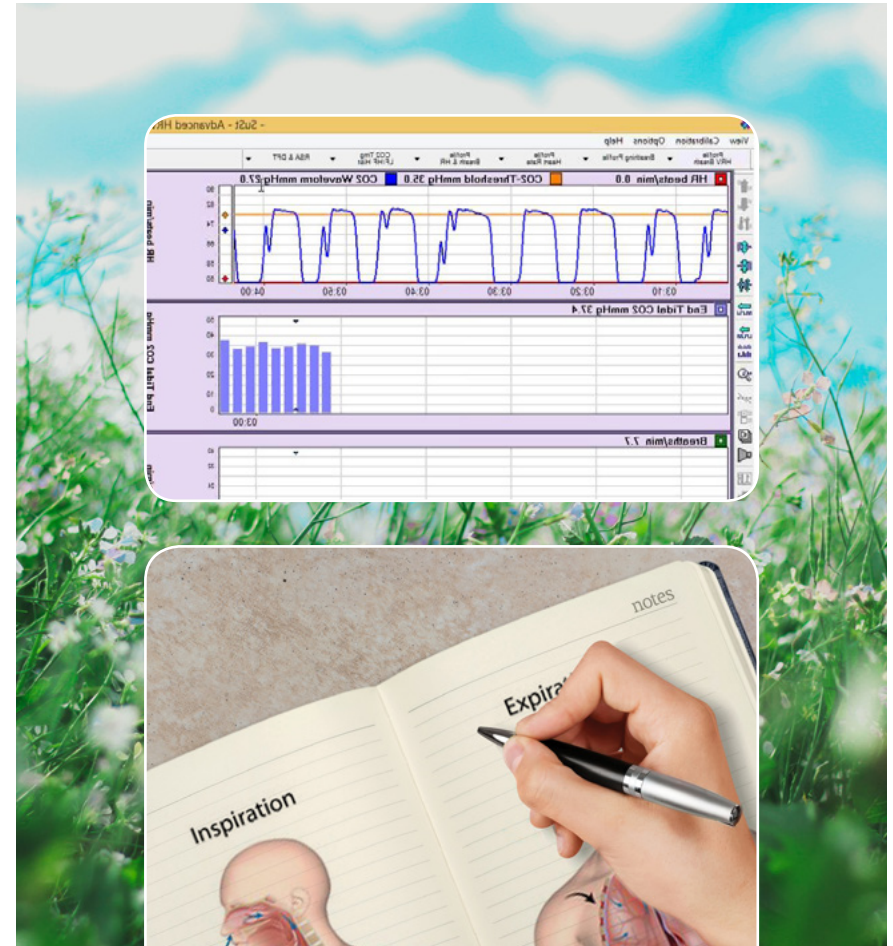
Mini Residency in Breathing Physiology and Breathing Training


Part 1

Breathing dysfunction is possibly the most prevalent chronic health condition of our modern time.

Diagnosis of breathing dysfunction is essential in a world where many people are living with chronic stress and busy lives. While prevalent, it is so often not diagnosed, with other health conditions being blamed for what are simply symptoms of breathing dysfunction. The signs of breathing dysfunction simply fly stealth-like beneath the radar of many health practitioners.

Therefore, a thorough knowledge of the effects of breathing dysfunction is required to ensure that the practitioner is not limited to allopathic means. Why treat only the symptoms of breathing dysfunction, when we can truly get to the core of the problem with the breath?





A thorough understanding of how to manage dysfunctional breathing is essential to the conscientious modern health practitioner. However, a complete knowledge of the multitude of causes of breathing dysfunction is also required for a complete and holistic management of the problem.

There is little value in working just with the breath. Ignoring the causes of breathing dysfunction and treating only the dysfunction will help for a time, but with limited effects and greater relapse. Ultimately the nervous system controls the breath, thus the environment exerting its influences on the breath must be thoroughly examined and changed as needed.

Wisdom comes from experience. To fully grasp neuroplasticity and the body's ability to positively change the unconscious breathing pattern, breathing training must be felt to be understood. BreathCoach 'Breathing Experience' offers this.

A bonus is that there is opportunity for participants to become more healthy while learning. The invitation is for students to literally feel the benefits of breath work for themselves.

The experience of breathing training itself, with a thorough understanding of cause, effect and physiology is what the Complete Mini Residency in Breathing Physiology and Breathing Training Part One course offers. The addition of a sound research appraisal provides the student with an in-depth knowledge and enriches the content further.

As a result you will be equipped with ample knowledge and experience to assist clients with many breathing related challenges including snoring and sleep apnoea. In the vast majority of cases, resolution of mouth breathing tendencies and a more functional breathing pattern is achievable.

Upon completion of 'The Mini Residency in Breathing Physiology and Breathing Training Part One' you will become a **BreathCoach Certified Level One Breathing Educator**.

Syllabus

The Breathing Knowledge



1-on-1
Private
Preparation
Consultation



1-on-1
Private
Review
Consultations

The Breathing Experience

The Breathing Knowledge

7 Sessions (Each session is an average of 135 minutes long)

Session 1: **Pre-recorded lecture:** Normal breathing versus dysfunctional breathing.

Live 60 minutes group 'check in'.

Session 2: **Pre-recorded lecture:** Causes of dysfunctional breathing and a close look at the Autonomic Nervous System.

Live 60 minutes group 'check in'.

Session 3: **Pre-recorded lecture:** Effects of dysfunctional breathing with focus on craniofacial dysmorphism, sleep apnoea, airway health, behavioural challenges, and asthma.

Live 60 minutes group 'check in'.

Session 4: **Pre-recorded lecture:** Harnessing respiratory neuro-plasticity. How to go from dysfunction to function using the Buteyko Method and lifestyle changes.

Live 60 minutes group 'check in'.

Session 5: **Pre-recorded lecture:** Recap, consolidation of learning, and question and answer session.

Live 60 minutes group 'check in'.

Session 6: **Pre-recorded lecture:** Complimentary Paradoxes - Physiology of Buteyko Method Vs Wim Hof Method and a look at the research behind both methods.

Live 60 minutes group 'check in'.

Session 7: **Pre-recorded lecture:** Recap, consolidation of learning, red flags and cases to avoid, where to from here and question and answer session.

Live 60 minutes group 'check in'.

Lectures are pre-recorded for the student to watch in their own time. Each week there is a 60 minute live group 'check in' session online using Zoom during which questions can be answered and further learning can occur. In addition for most weeks there are extra learning opportunities on the online learning portal where students have access to research papers, and links to other lectures on the specific topic for that week.

The Breathing Experience

4 Group Sessions + 3 Private 1-on-1 Sessions

***Session 0:** Private Consultation: How is your own health?

Session 1: Buteyko Experience part 1 – Breathing Awareness, how to manage asthma and an Introduction to Breathing Exercises.

Session 2: Buteyko Experience part 2 – Using food to improve breathing, using the breath for panic attacks, and going deeper into breathing exercises.

Session 3: Buteyko Experience part 3 – Using physical exercise to improve breathing, understanding the effects of negative breathing triggers and how to reduce them.

Session 4: Buteyko Experience part 4 – Managing illness with Buteyko breathing exercises and Buteyko Experience Summary.

***Session 00:** Private 1 on 1 session, 1 week after Session 4.

***Session 000:** Private 1 on 1 session. What have you achieved? Where to now? 4-6 weeks after Session 4.

***English language version only. Non English speaking versions involve a group Zoom session before and after the course with a translator present.**

‘The Breathing Experience’ – this content is experiential and gives students the chance to be the client and see for themselves exactly how breathing training workshops are undertaken. Places are limited to 15 students at a time per BreathCoach instructor.

The ‘Breathing Experience’ involves students taking part in a 4 consecutive day Buteyko style breathing training course.

NB: In this ‘Breathing Experience’ we will be adults so will focus on adult Buteyko exercises, so if you’ve only experienced the children’s version such as the ‘Steps’ exercise, this will be different.



Format: Online



 **Location** BreathCoach Online Education Portal
breathcoacheducation.com

- ▲ Online live webinars for 'The Breathing Experience'.
Online 'pre-recorded' webinars and live Q and A Zoom check ins for 'The Breathing Knowledge'

 **Duration Per Session**

- ▲ Each session is on average 135 mins long, with extra learning material added except private 1-on-1 sessions which are approximately 30 minutes each.

 **Duration of the Mini Residency**
not including all Private Consultations

'The Breathing Knowledge' runs for 7 consecutive weeks

1 WEEK BREAK

'The Breathing Experience' begins and runs for 4 consecutive days

1 WEEK LATER

*Private 1-on-1 'Breathing Experience' follow up session

4-6 WEEKS LATER

*Final Private 1-on-1 'Breathing Experience' follow up session

****English language version only. Non English speaking versions involve a group Zoom session before and after the course with a translator present.***

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INCREASING ACCESS TO BUTEYKO BREATHING TRAINING

MINI RESIDENCY PART 1 SCHEDULE EXAMPLE ONLY

The Breathing Knowledge

7 Sessions

(Each session is on average 135 minutes long - Session duration vary)

- Session 1:** Access period begins: Sunday 4th October 12pm AEST
Group Check in: Sunday 11th October 9am AEST
- Session 2:** Access period begins: Sunday 11th October 12pm AEST
Group Check in: Sunday 18th October 9am AEST
- Session 3:** Access period begins: Sunday 18th October 12pm AEST
Group Check in: Sunday 25th October 9am AEST
- Session 4:** Access period begins: Sunday 25th October 12pm AEST
Group Check in: Sunday 1st November 9am AEST
- Session 5:** Access period begins: Sunday 1st November 12pm AEST
Group Check in: Sunday 8th November 9am AEST
- Session 6:** Access period begins: Sunday 8th November 12pm AEST
Group Check in: Sunday 15th November 9am AEST
- Session 7:** Access period begins: Sunday 15th November 12pm AEST
Group Check in: Sunday 22nd November 9am AEST

The Breathing Experience

4 Group Sessions + *3 Private 1-on-1 Sessions

- *Session 0:** Private Consultation:
Choose from Saturday 28th November
to Tuesday 1st December 9am – 12pm AEST
- Session 1:** Group BreathCoach Buteyko Course (PART 1):
Saturday 5th December 9am – 12pm AEST
- Session 2:** Group BreathCoach Buteyko Course (PART 2):
Sunday 6th December 9am – 12pm AEST
- Session 3:** Group BreathCoach Buteyko Course (PART 3):
Monday 7th December 9am – 12pm AEST
- Session 4:** Group BreathCoach Buteyko Course (PART 4):
Tuesday 8th December 9am – 12pm AEST
- *Session 00:** Private Consultation:
Choose from Saturday 12th December
to Tuesday 15th December 9am – 12pm AEST
- *Session 000:** Private Consultation:
Choose from Saturday 9th January
to Tuesday 12th January 9am – 12pm AEST

**English language version only. Non English speaking versions involve a group Zoom session before and after the course with a translator present.*

(This is an example of a typical schedule. Actual dates and times will change)



Start Times*

Saturday or Monday mornings AEST are possible instead of Sunday

The Breathing Knowledge

Once a week as follows:
(for the 'live group check in' sessions)

- △ Saturday evening **USA time**, or
Sunday morning 9am **AEST** (Australian Eastern Standard Time)

The Breathing Experience

4 consecutive days as follows:
(for the 'live group Breathing Experience' sessions)

- △ Friday to Monday evening **USA time**, or
Saturday to Tuesday morning 9am **AEST**

*Private 1-on-1 Sessions

Private 1 on 1 session on a mutually convenient day
between 9am and 12pm AEST.

- △ Choose from Friday to Monday evening **USA time**, or
Saturday to Tuesday mornings **AEST**

**English language version only. Non English speaking versions involve a group Zoom session before and after the course with a translator present.*

**Subject to minor changes according to the group needs or circumstances.*

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Mini Residency Part 1

Study Hours

Break Down & Fees



7 Consecutive Weeks

'The Breathing Knowledge'

33 hours professional development

7 Pre-recorded Sessions (Totalling approximately 16 hours)
Plus 7 'Live group Check ins'
(Online Zoom Sessions, 1 hour each)

Total 23 hours of Verifiable Professional Development Lectures,
Plus 10 hours of extra learning materials, including research papers,
podcasts and more



4 Consecutive Days


'The Breathing Experience'

11 hours professional development

4 'Live' Sessions (Online Zoom sessions, totalling 8 hours)
Plus 3 Private 1-on-1 Sessions and extra learning material
(Online Zoom Sessions, totalling 90 minutes)

Total 9.5 hours of Professional Development Workshops,
Plus 90 minutes of extra learning materials

Mini Residency Part 1 Fee: _____ **\$3795 AUD EX GST**



**"Knowledge
is power"**
- Francis Bacon

Other Educational Opportunities With Breath Coach

'Introduction to Breathing Training'

Available with Japanese translation

This short course is to introduce students to the importance of healthy breathing and to the concept of breathing training and how it is possible to change breathing patterns.

[FIND OUT MORE HERE](#)

Fees for 'Introduction to Breathing Training'

Total 3 hours of learning materials of Professional Development Lectures.

\$350 AUD Ex GST

'Hof Vs. Buteyko'

Complimentary Paradoxes

Available with Japanese translation during the Mini-Residency only

This course compares and contrasts the Buteyko Method with the Wim Hof Method. Dan Hanson has studied and practised both methods extensively.

[FIND OUT MORE HERE](#)

Fees for 'Hof Vs. Buteyko'

Total 1 hour of learning materials of Professional Development Lectures.

\$150 AUD Ex GST



About the Presenter

Dan Hanson

Dan Hanson is a dentist (BDS), Buteyko Institute Breathing Educator (MBIBH), and Wim Hof Method Instructor (in training).

He is the first Buteyko Institute Breathing Educator in the world to also study with the Wim Hof Academy.

Since 2011 Dan limited his professional career to the early interceptive treatment of soft tissue dysfunction, sleep apnoea, breathing dysfunction and malocclusion.

Outside of his professional career he is a lead facilitator for Men's Wellbeing Inc - a national not-for-profit aiming to assist in the personal and emotional development of men.

He is also a volunteer for The Rites Of Passage Institute, an organisation set up to facilitate emotional growth and self-awareness in young men.

Other non-university qualifications or achievements include:

- » Qualified and registered as a breathing educator with The Buteyko Institute of Breathing and Health (BIBH) since 2012
- » Co-founder of The Tongue Tie Institute educational organisation
- » Co-founder of mYofocUs pre-Orthodontics clinics and educational programs
- » Creator of sleepYstrip exclusive nasal breathing device
- » Co-founder of the MyoCPD.Com online Continuing Education Platform
- » Founder of Breathe Health Retreats

Dan has lectured to professional audiences on a regular basis since 2012, with locations including LA, Seattle, Chicago, Dallas, Tokyo, Nagoya and Tokoname (Japan), London, Lyon (France), Sydney, Melbourne, Brisbane, Gold Coast, Perth, and Auckland.

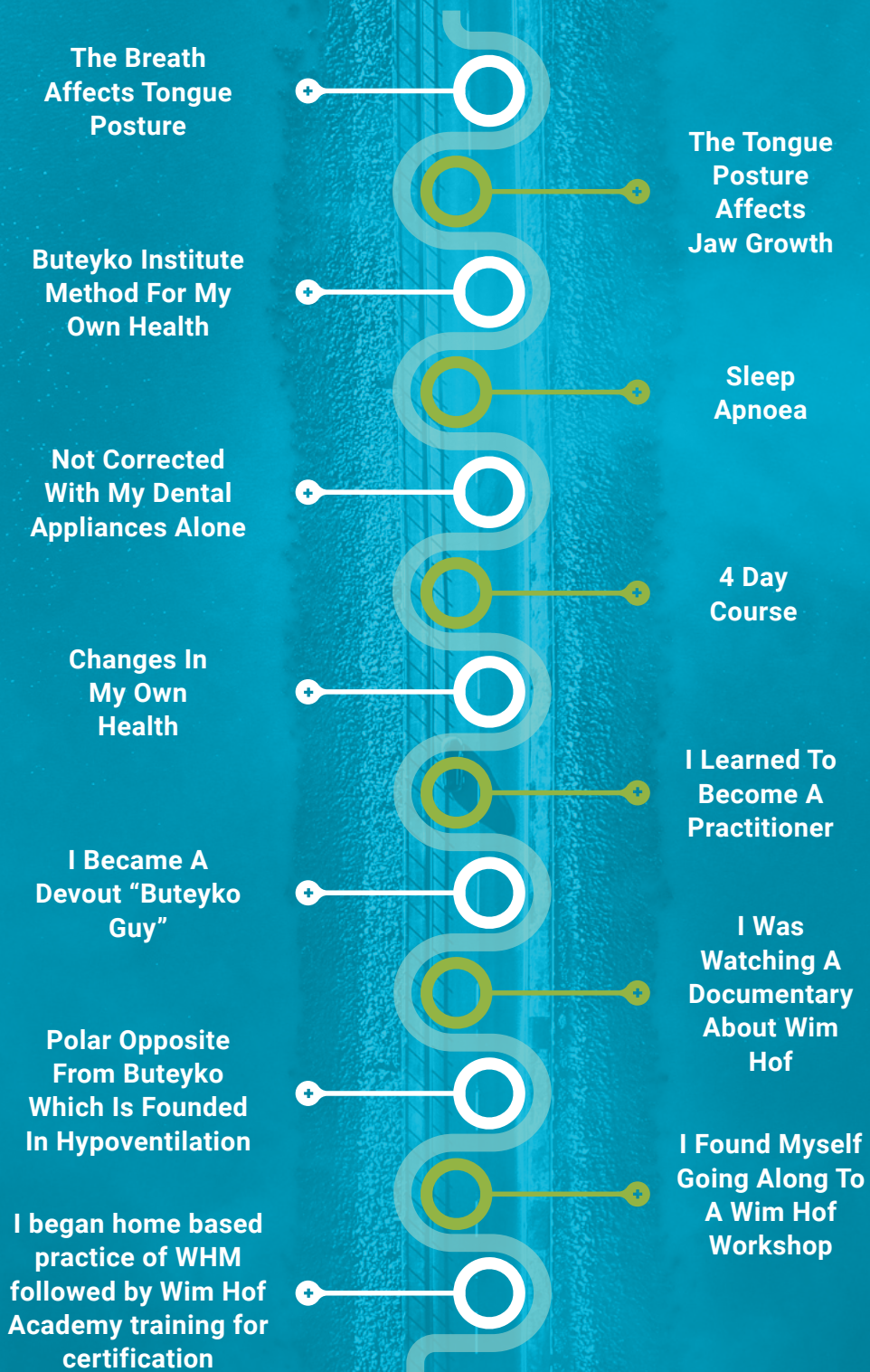
His talk topics include Breathing Dysfunction, Myofunctional Pre-Orthodontics and Oral Restrictions (tongue and lip ties).

sleepYstrip
breathe easy, sleep well



BREATH
Health Retreats

BREATH
COACH



My Breathing Journey

I first became interested in functional breathing due to my interest in working with children's jaw growth.

Since the breath affects tongue posture, and tongue posture affects jaw growth it was a path that I just had to explore.

However, on this journey I was led towards the Buteyko Institute Method for my own health. I was experiencing sleep apnoea myself which was not corrected with my dental appliances alone. So I decided to learn for my own health. After completing a 4 day course of exercises I was not only amazed at the changes in my own health but noticed my classmates' improvements and was both shocked and amazed at the power of what I saw. As a result of this first hand experience I decided to learn to become a practitioner and after around 12 months completed my qualification.

In the years that followed I saw adults coming off their CPAP machines and dental splints, as well as children resolving adenoid and tonsil inflammation and all age groups managing to reduce their need for asthma medications and in some cases completely stop taking their medications while working alongside their GP. I became a devout "Buteyko Guy".

My **Breathing Journey**...continued

.... But then something happened to me. I was watching a documentary about Wim Hof and his seemingly crazy, deep hyperventilatory breathing method which seemed the polar opposite from Buteyko which is founded in hypoventilation (very gentle breathing). I felt it was dangerous and was triggered emotionally. How could this guy be getting away with telling people to do this when I know that Buteyko style breathing is so amazing?

I'm the kind of person that just has to try something out when I'm sceptical so one Saturday afternoon I found myself going along to a Wim Hof Workshop and putting myself deep into the Wim Hof Method. During those 4 hours, my life changed so much for the better. Not only did I learn that when I'm sceptical, I am not always right, but I also learned from my own experience about other powers which breathing training can have, as well as learning about the benefits of cold water immersion and the power of mind-set and commitment.

Again, I was led towards and path of further exploration of my own health, and within a month of practising the Wim Hof Method I had signed up to become a certified Wim Hof Instructor.

The journey continues.

Dan will be offering Wim Hof Method experiential courses in the very near future, for now though he invites you to learn about the research and physiology behind the method during 'The Knowledge Package'.

While this mini residency focuses on training health practitioners to understand and use the Buteyko Institute Method, it is important for any 'well-rounded' breathing trainer to understand the physiological basis and uses for other breath based practices.



BREATH COACH



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