



atemschulung

Brigitte Ruff

atemtherapie

**Breathing Method after Dr. K. Buteyko
and The Perceptible Breath® by Prof. I. Middendorf**

Breathing course for those interested in Breathwork as well as those affected by the symptoms listed below:

You suffer from: shortage of breath, anxiety and/or panic disorders, hidden or acute hyperventilation and its symptoms, asthma, mouth breathing, chronic rhinitis or bronchitis, persistent cough, hay fever, snoring, chronic fatigue, high blood pressure, cardiovascular problems.

You will understand, how the way you breathe (your "breathing pattern") is related to your wellbeing.

You will learn effective breathing exercises for acute situations as well as helpful behaviors for everyday life.

You will practice, how to reduce the frequency and severity of symptoms over the long term and you learn how this will make your life easier.

Dates: January 12 + 19 + 26 and February 02 2023

Times: 05.15 pm – 08.15 pm

Cost: Fr. 480.- for the course including written documentation and breathing belt

Location: Atempraxis, Vogelsangstrasse 52, 8006 Zürich

Application: **Brigitte Ruff** Komplementärtherapeutin mit eidgenössischem Diplom Atemtherapie
+41 79 330 16 54 **brigitte.ruff@atem-praxis.ch** **www.atem-praxis.ch**