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4 June

Speaker: Orna O. Adriaansen

Orna is a certified Buteyko method practitioner, teaching the method to the English speaking community and The Hague and surrounding area.

She has a background of over 20 years as a certified physical education teacher.

Topic: *Breathing and the Buteyko method:*

- Get acquainted with our own breathing
- The Buteyko method
- Questions and answers

Breathing defines life. We breathe to preserve the internal balance in our body.

When incorrect breathing patterns set in, chronic tissues starvation ensues, which compromises the body systems - respiratory, circulatory, nervous, energetic and immune.

The Buteyko Breathing Method is a unique breathing training method for regaining Health.
