

IMPROVE YOUR PRESENTATION SKILLS

Free yourself from:



Dry mouth



Being out of breath



Repetitively clearing your throat



Frequently reaching for your glass of water



Feeling drained at the end of your talk

**LEARN TO COORDINATE
BREATHING & TALKING**



Learn to overcome these obstacles

Mastering the integration of breathing and talking is an essential tool for professionals working with their voice.

Teachers, guides, realtors, public speakers, sales personal, customer service attendees, phone support operators – All wish to be 'in breath' and no longer out of breath while conveying their message.

THE HABBIT* WORKSHOP

Health And Buteyko Breathing In Talking

What will I learn in the HABBIT* workshop ?

- The connections between breathing & health
- Improved awareness to breathing
- Correctly coordinating breathing and talking
- Especially designed exercises to master the technique & monitor your progress

How can I learn the HABBIT* technique ?

In a workshop of two hours, in a group or privately.

Workshops for companies can be arranged on-location.

With practice you will change a health-determining habit and master the correct skill.

What is the name *Buteyko* ?

Professor K. P. Buteyko, M.D. (1923 - 2003) was the Russian physician who researched the human breathing and developed the Buteyko Breathing Method.

The Buteyko Breathing Method is a unique approach for regaining health.

About your teacher:

The HABBIT* workshops are taught by **Orna Adriaansen** – a certified Buteyko practitioner and a veteran physical education teacher.

Details & registration:

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Buteyko Practice - The Key to your health