

BUTEYKO CLINIC CERTIFICATION COURSE AGENDA

Thursday, March 21st

8:00 AM – 8:30 AM	Course Registration and Breakfast (provided at The Vivos Institute)
8:30 AM – 10:15 AM	<p>Theory</p> <p>Respiratory Physiology</p> <p>Functions of Nasal Breathing</p> <p>Overview of Functional Breathing Patterns</p> <ul style="list-style-type: none"> • Breathing Nose, Light, Slow and Deep. (LSD) • Breathe Light: reduced minute ventilation to achieve air hunger. (biochemical breathing) • Breathe Slow: 6 breaths per minute – improve gas exchange, calmer mind, improved vagal tone/ recovery- helps balance the ANS • Breathe Deep: improve recruitment of the diaphragm for stabilization of the spine, calmer mind, improved vagal tone/recovery. (biomechanical breathing) • Assessing breathing pattern disorders using Control Pause, Self-Evaluation of Breathing Symptoms Questionnaire (SEBQ) and Nijmegen questionnaires
10:15 AM – 10:30 AM	Morning Break
10:30 AM – 12:30 PM	<p>Breathing Exercise Practice</p> <ul style="list-style-type: none"> • Control Pause measurement • Breathing Recovery sitting • Nose decongesting exercise • Breathe Light (three variations) • Breathing light during physical movement
12:30 PM – 1:30 PM	Lunch (provided at The Vivos Institute)
1:30 PM – 1:50 PM	<p>Relaxation</p> <ul style="list-style-type: none"> • Following lunch, an audio guided relaxation and breathing session takes place. This helps attendees to experience breathing light with relaxation
2:00 PM – 3:15 PM	<p>Theory</p> <ul style="list-style-type: none"> • Role of Carbon Dioxide • Oxyhemoglobin Dissociation Curve (ODC), Bohr effect • Role of Nitric Oxide in human airways • Heart Rate variability (vagus nerve, baroreflex)
3:15 PM – 3:30 PM	Afternoon Break
3:30 PM – 5:00 PM	<p>Breathing Exercise Practice</p> <ul style="list-style-type: none"> • Control Pause • Breathing Recovery sitting • Nose decongesting exercise • Breathe Light (three variations) • Breathe Slow (reduce sympathetic drive, improve alveolar ventilation) • Breathe Low (improve recruitment of the diaphragm) • Breathing nose, slow and low during physical movement
5:00 PM	End of Day One – Attendees are free to have dinner on their own

Friday, March 22nd

8:00 AM – 8:30 AM	Breakfast (provided at The Vivos institute)
8:30 AM – 10:15 AM	Theory <ul style="list-style-type: none">• Breathing Re-education for insomnia, snoring and sleep apnea• Breathing Re-education and phenotypes of sleep apnea• Relationship between sleep quality and mental health
10:15 AM – 10:30 AM	Morning Break
10:30 AM – 12:30 PM	Breathing Exercise Practice <ul style="list-style-type: none">• Control Pause• Breathing Recovery sitting• Nose decongesting exercise• Breathe Light (three variations)• Breathe Slow (reduce sympathetic drive, improve alveolar ventilation)• Breathe Low (improve recruitment of the diaphragm)• Breathing nose, slow and low during physical movement• Steps exercise (children from 4 years of age upwards)
12:30 PM – 1:30 PM	Lunch (provided at The Vivos Institute)
1:30 PM – 1:50 PM	Relaxation <ul style="list-style-type: none">• Audio guided relaxation and breathing session
2:00 PM – 3:15 PM	Theory <ul style="list-style-type: none">• Tailoring exercises according to health, age and breathing of adults• Weekly format to teach breathing re-education to adults• Supports including the ButeykoClinic and OxygenAdvantage app
3:15 PM – 3:30 PM	Afternoon Break
3:30 PM – 5:00 PM	Breathing Exercise Practice <ul style="list-style-type: none">• Activating the diaphragm breathing muscle• Breathing protocol practice for sleep apnea
5:00 PM	End of Class – Dinner, Dessert, Wine and Beer will be served at The Vivos Institute

Saturday, March 23rd

8:00 AM – 8:30 AM	Breakfast (provided at The Vivos Institute)
8:30 AM – 10:15 AM	Theory <ul style="list-style-type: none">• Protocol and practical application for children and teenagers• MCQ Exam preparation
10:15 AM – 10:30 AM	Morning Break
10:30 AM – 12:45 PM	MCA Exam
12:45 PM – 1:00 PM	Awarding of Buteyko Clinic Instructor Certificate
1:00 PM – 2:00 PM	Lunch (provided at The Vivos Institute)