

**Day-1**

Begin	End	Duration	Topic	Learning Activity
8:30	9:00	0:30	Introduction to Buteyko	Lecture
9:00	10:30	1:30	Chronic HV	Lecture
10:30	10:45	0:15	Break	
10:45	12:15	1:30	Buteyko exercises-set	Lecture, discussion of rationale, and practice
12:15	13:00	0:45	Lunch	
13:00	14:30	1:30	Respiratory Physiology	Lecture
14:30	14:40	0:10	Break	
14:40	15:40	1:00	Physical exercise and food	Lecture
15:40	15:45	0:05	Break	
15:45	16:45	1:00	More Buteyko exercises	Lecture, discussion of rationale, and practice

**Day-2**

Begin	End	Duration	Topic	Learning Activity
9:00	9:30	0:30	Buteyko set	Practice
9:30	10:30	1:00	Working with kids	Lecture and practice
10:30	10:45	0:15	Break	
10:45	12:00	1:15	Buteyko exercises review	Practice and discussion
12:00	12:30	0:30	Lunch	
12:30	13:45	1:15	The use of Buteyko principles and techniques in managing upper airway disorders	Lecture
13:45	13:50	0:05	Break	
13:50	15:20	1:30	Breathing for speaking and singing	Lecture
15:20	16:00	0:40	Breathing for speaking and singing	Discussion