

**Day-1**

Begin	End	Duration	Topic	Learning Activity
8:30	9:30	1:00	Buteyko Exercise Practice	Practice
9:30	11:30	2:00	Class with clients	Hands-on session
11:30	12:00	0:30	Review of class and assign each educator a patient to track during the course	Hands-on session
12:00	13:30	1:30	<b>Lunch</b>	
13:30	16:30	3:00	Buteyko Theory – Buteyko program, Breathinglog, practice teaching the set, Asthma and medications	Lecture
16:30	17:30	1:00	<b>Dinner</b>	
17:30	19:30	2:00	Class with clients	Hands-on session
19:30	20:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session

**Day-2**

Begin	End	Duration	Topic	Learning Activity
8:30	9:30	1:00	Buteyko Exercise Practice	Practice
9:30	11:30	2:00	Class with clients	Hands-on session
11:30	12:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session
12:00	13:30	1:30	<b>Lunch</b>	
13:30	16:30	3:00	Buteyko Theory – Applying and tailoring Buteyko to various conditions/dangers, rhinitis, sinusitis, COPD, emphysema, high blood pressure, diabetes, mock presentations of day 1-2 topics >	Lecture and practice
16:30	17:30	1:00	<b>Dinner</b>	
17:30	19:30	2:00	Class with clients	Hands-on session
19:30	20:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session
20:00	21:00	1:00	Watching TV shows about Buteyko	Lecture

**Day-3**

Begin	End	Duration	Topic	Learning Activity
8:30	9:30	1:00	Buteyko Exercise Practice	Practice
9:30	11:30	2:00	Class with clients	Hands-on session
11:30	12:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session
12:00	13:30	1:30	<b>Lunch</b>	
13:30	15:30	2:00	Class with patients	Hands-on session
15:30	19:00	3:30	Buteyko Theory – Stress, Anxiety and Panic Attacks and its effects on breathing, Dental. Trainees explain: days 3-4 topics	Lecture and practice

**Day-4**

Begin	End	Duration	Topic	Learning Activity
8:30	9:30	1:00	Buteyko Exercise Practice	Practice
9:30	11:30	2:00	Class with clients	Hands-on session
11:30	12:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session
12:00	13:30	1:30	<b>Lunch</b>	
13:30	15:30	2:00	Class with patients	Hands-on session
15:30	19:00	3:30	Buteyko Theory – Teaching people with sleep apnea, snoring and insomnia. > Mock presentation of topics covered on day 5 of Buteyko course by trainees	Lecture and practice