

Asthma * Nasal symptoms * Snoring & Sleep apnea * Stress & Anxiety

People with these conditions have disturbed breathing patterns.

Changing your breathing using the Buteyko breathing method may assist you to:

1. Unblock your nose
2. Breathe gently and quietly through your nose at night
3. Reduce symptoms of snoring and sleep apnea
4. Oxygenate your body, wake refreshed, have more energy
5. Reduce chest tightness and breathlessness

Faulty breathing patterns are characteristic of people with respiratory disorders such as the above. When symptoms result from the way the person breathes, they are likely to improve if he/she learns to breathe correctly.

[See latest article on Dr. Mercola's website.](#)

On September 15-18 we offer a course at Circle C Community Center, 7817 La Crosse Avenue, Austin, TX. This is a practitioners' course at a discounted rate for clients.

Sign-up on this page: <http://www.breatheon.com/clients-registration/>

About the instructor

Hadas Golan, MS CCC-SLP is a registered Buteyko educator and trainer accredited by the Buteyko Breathing educators Association (BBEA). Having suffered from asthma since childhood, she decided to take the Buteyko course in 2006 and is now free of any asthma-related drug or symptom. Hadas works at Boston University Medical Center in the Department of Otolaryngology, specializing in voice and respiratory disorders. She runs a private practice primarily working with patients on Buteyko breathing, and also offers educator training programs.

