

## One to One Sessions Quick Answers

*What do you teach the Buteyko method for?*

Most students who learn the method do so for conditions where hyperventilation or other dysfunctional breathing patterns are present. These include stress disorders such as anxiety, sleep disorders such as sleep apnoea, asthma, allergies and recently Long Covid and Chronic Fatigue Syndrome.

However, there is a large cohort of our students who simply wish to learn to breathe better: to have slow, nasal diaphragmatic breathing all of the time.

*What are the Buteyko Clinic One-to-One training topics?*

- Case history discussion
- Setting of goals
- Specific recommendations
- Overview of the Buteyko breathing method
- Assessment of breathing (tidal volume, respiratory rate, control pause)
- Practise of grounding exercises during distress
- Practise of breath-hold and reduced breathing exercises
- Collaboration of routine
- Questions and answers

*What will learning the method and practising the exercises do for me?*

The Buteyko breathing method will retrain your breathing so that it is:

1. Slow, calm and regular as opposed to fast, shallow and erratic
2. Nasal and diaphragmatic
3. Happening with a pause after each exhalation
4. Happening with a pause after each exhalation
5. Under your agency all of the time at rest and stress

*How often do I need to practise the exercises?*

Typically most students are asked to practise for about an hour each day (15 minutes x 4) for the first 4 weeks. The exercises can usually then be tapered off depending on progress. Most of the exercises can be practised whilst you are engaged in your normal daily activities such as walking, listening to music, etc.

*When can I expect to see results?*

Using follow-up questionnaires received from our students on average, sufferers of asthma, anxiety and sleep apnoea report better quality of life and reduction in symptoms from 2 to 6 weeks. [These outcomes coincide with recent studies.](#)

*How many sessions will I need to take?*

Students can usually learn what they need to know in one to two sessions.

Please see our FAQ section for booking queries