

THE AUSTRALASIAN COLLEGE OF SOFT TISSUE THERAPY
“Excellence in Practice Series - 2013”

PRESENTS A COURSE FOR HEALTH PROFESSIONALS V1.5

BETTER BREATHING WORKSHOP

PRESENTED BY TESS GRAHAM

**WHEN: MONDAY
AUGUST 5TH 2013**

TIME: 6.30 PM – 9.30 PM

**WHERE: MELBOURNE UNIVERSITY
HAWTHORN CAMPUS
AUSTRALIA**



WHAT:

A workshop for health & wellness practitioners interested in breathing skills to enhance their modality of practice and assist their clients to breathe better & sleep better.

A dysfunctional breathing pattern can contribute to musculoskeletal disorders and underlies many conditions including chronic cough, asthma, snoring, sleep apnoea and anxiety; it is common in children, office workers and athletes. We need to be aware that a client's dysfunctional breathing can inhibit their response to the therapy we provide and may underlie an experience of dizziness or discomfort during therapy. Understanding the scientific - physiological background to what is happening around breath can enhance the practice of many health and wellness techniques - for both therapist and client.

This (3.0 hours) workshop covers

- Basic physiology of breathing
- The mechanical, physiological and biochemical effects of dysfunctional breathing.
- How to identify dysfunctional breathing habits.
- Myths and misunderstandings about breathing.
- Integrating optimal breathing into the therapy you deliver – for therapist and client
- Strategies to relieve and prevent breathlessness, dizziness and anxiety.

“To sleep well and be well, you must breathe well. Getting your breathing right is the foundation of true health and wellbeing” Tess Graham

COURSE PRESENTER: Tess Graham

Tess Graham is Australia's 'go-to' trusted expert on breathing.

She is the creator of the groundbreaking BreatheAbility for Health programs & author of the book '*Relief from Snoring and Sleep Apnoea*'.

Tess has a science degree majoring in anatomy & physiology, & a post-graduate qualification in physiotherapy. She has the highly-regarded diploma in the Buteyko breathing method from Moscow. She has extensive experience in working with hyperventilation and other forms of dysfunctional breathing.

For 20 years Tess has had a successful clinical practice in Canberra, Australia, dedicated entirely to breathing retraining. She has helped more than 5000 people – men, women and children of all ages and abilities – to achieve quality sleep, boost their energy and lower their risk of serious health issues by improving the way they breathe. She has also developed a Sports Performance Enhancement program and worked with many elite and team athletes.

Tess now devotes most of her time to speaking, lecturing and teaching throughout Australia and abroad in order to spread her life-enhancing message.



FOR FURTHER COURSE DETAILS PLEASE CALL:

Rob Granter (B) 03 9459 1299 (M) 0417 542723 or email: rlgranter@me.com

PROFESSIONAL EDUCATION:

Participants will receive a Certificate of Attendance on completion of this course. Allocation of Professional Education points with IRMA & AAMT is pending

COST: A\$105

VENUE:

"The Conference Room" Level 2

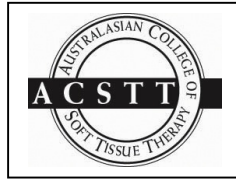
Melbourne University HAWTHORN CAMPUS

442 Auburn Road Hawthorn

Once you enter the building there will be ample signage to direct you to the Conference Room
There is Ample free car Parking within the Campus grounds

WHAT OTHERS SAY ABOUT THIS COURSE

"Understanding the physiology of breathing allowed me to adapt the breathing instructions during my Pilates classes. The result for me as the teacher was elimination of my asthma symptoms; for my students it was a greater ease and enjoyment in class." Laura Kavanagh - *ithrive Pilates*.



COURSE: BETTER BREATHING WORKSHOP

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You have 3 Payment & Registration Options

- 1. Register & Pay Online via the TryBooking.com online booking service**

Click on the Link to begin Registration		http://www.trybooking.com/53382
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**OR Register by filling out your details below and
POST TO: ACSTT PO BOX 128 HEIDELBERG 3084**

I WISH TO ENROL IN THE BETTER BREATHING WORKSHOP

NAME:.....

ADDRESS:.....POSTCODE.....

PHONE: BUS AH/Mobile

PROFESSION:QUALIFICATIONS:

PROFESSIONAL ASSOCIATION MEMBERSHIP:

EMAIL:

PAYMENT DETAILS:

I ENCLOSE \$105.00 TOTAL COURSE FEES PAID

2.CHEQUE	<input type="checkbox"/>	Please make cheques payable to "ACSTT"	\$ 105
3. DIRECT DEPOSIT	<input type="checkbox"/>	Acc Name: ACSTT BSB No: 063233 Acc No: 10136823 Please include your Surname & the words "Breathing course", on your bank transaction <i>Please ensure that this registration form is still posted to ACSTT</i>	\$ 105