



Buteyko Study Day

Saturday 25th March 2017

The London School of Osteopathy,
The Grange, 12 Grange Road, London SE1 3BE

09:00 Registration & Refreshments

09:30 Welcome & Topic Setting
Claire Hepworth
BBA Chair

10:00 Keynote Address Singing for Lung Health

Phoene Cave HCPC registered Music Therapist, CNHC registered Shiatsu Practitioner, Vocal Coach & Community Choir Leader.

Phoene will speak about the principles of the 'Singing for Lung Health' programme she has set up in Brighton and at the Royal Brompton Hospitals and invites you to experience it for yourself. (<http://lifeofbreath.org/2016/03/singing-for-breathing/>.)

11:00 Refreshments

11:15 Topics 1 & 2

11:45 Ask Don't Tell: How to get the best compliance out of your patient. Using Neurolinguistic programming (NLP) techniques to elicit ownership of learning and or treatment.

Martin Lester Osteopath, NLP Coach and committee member of the BBA

Martin will speak about the practitioner patient relationship and how to engage the patient in taking ownership of their learning /treatment.

12:45 Lunch (Provided)

13:30 Topics 2 & 3

14:00 Myofascial Release Techniques to Enhance Buteyko Success

Denise Oliver Respiratory Physiotherapist at Bupa Cromwell Hospital. Buteyko Practitioner and Polestar Pilates Practitioner / Mentor.

Denise will discuss options for using myofascial techniques to improve posture with the view to optimising Buteyko results. Includes practical demonstrations.

15:00 Refreshments

15:15 Service review of Buteyko in Paediatrics

Claire Hepworth Paediatric Respiratory Physiotherapist at Alderhey Hospital, Chair of BBA currently working across both the hospital and community on a paediatric asthma project. Claire will speak about the patient data which she has collected and also setting up community groups for children with asthma.

15:40 Closing Remarks

Catherine Moffat
Previous BBA Chair

15:45 Finish

16:00 – 17:00 AGM

17:30 Dinner

Please join us for an informal dinner to catch up with friends at Cafe Amisha an Italian restaurant, just a short walk away. www.cafeamisha.co.uk