



Buteyko Study Day

Saturday 21st March 2020

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

<p>09:15 Registration & refreshments 09:45 Welcome & topic setting <i>Chair</i></p>	<p>12:30 Lunch (<i>Provided: 45 mins</i>)</p>
<p>10:00 Breasy: Development of a VR game for dysfunctional breathing.</p> <p>Hannah Grogan</p> <p>Hannah is a Masters student studying Medical Device Design in the National College of Art and Design in Dublin. She developed 'Breasy - Breathe Easy'. "Breasy" is a product-service system that teaches asthmatic children techniques for good breathing control through a virtual reality game environment. This "Breasy" model is a simple and fun game to use regardless of age and can be used in children with anxiety, depression and panic attacks.</p>	<p>13:15</p> <p>Breathing pattern disorders: the oxygen advantage programme. A practical approach</p> <p>Bernard Bulaitis MBBA, <i>Oxygen Advantage Instructor, chi running instructor & level 3 personal trainer</i></p> <p>Oxygen Advantage is a programme targeting adults to address every-day breathing pattern disorders, reduce pre-event anxiety, improve asthma control and reduce breathlessness during exercise.</p>
	<p>14:15 Refreshments (<i>30 mins</i>)</p>
<p>11:00 Refreshments (<i>30 mins</i>)</p>	<p>15:00 Hot topics & question time for the panel</p>
<p>11:30 Myofunctional Therapy in dysfunctional breathing: paediatrics and adults.</p> <p>Yulli Tamayo-Myerson RDHT OMT BBM</p> <p>Yulli is the Founding President of The British Society of Myofunctional Therapy. Yulli has over 20 years dental experience and trained in CBT. Myofunctional Therapy is the neuromuscular re-education or re-patterning of the orofacial muscles for children and adults. This therapy includes facial and tongue exercises and behaviour modification techniques to improve breathing, chewing, swallowing and promote good sleep.</p>	<p>15:45 Questions/ Feedback/ Closing Remarks <i>Chair</i></p> <p>16:00 AGM for committee members (90 mins)</p>