Schedule - One Day Introduction to Integrative Breathing Therapy

8.30-9.15am **Functional and dysfunctional breathing**.
The real world practical difference between functional and dysfunctional breathing. A multi-dimension model of dysfunctional breathing and its practical significance for breathing assessment and effective individualized breathing therapy.

9.15-10am **Integrative and functional approaches to nasal rehabilitation**.
Overview of nasal functions. Harnessing nasal functions for nasal rehabilitation. Understand the link between multi-dimensions of breathing and nasal function. Assessing patients for functional nasal rehabilitation.

10-10.45am **The breath mind body connection.**
Breathing as a regulator and indicator of brain and autonomic nervous system function. Recognizing the patient with psychophysiological causes of breathing dysregulation.

10.45-11am Break

11am-12.30pm **Breathing patterns, posture, pain and functional movement**.
Understand dual postural and movement functions of breathing muscles. Assess and differentiate functional and dysfunctional breathing patterns. Understand the links between breathing and muscular-skeletal pain syndromes. Validated clinical tools for assessing breathing pattern including simplified MARM and Hi Lo.

12.30-1.30pm Lunch

1.30-2.30pm **Biochemical dimension of breathing**.
Hyperventilation and hypoventilation. Consequences for nasal breathing and sleep. Exploring protocols for CO2 measurement and biofeedback. Evidence based treatments for hyperventilation. Buteyko and beyond.

2.30-3.30pm **Integrating whole body breathing and myofunctional therapy.**
Respiratory mechanisms beyond the nose that impact on upper airway function. Breathing techniques to stimulate hypoglossal, glossopharyngeal and vagal nerves. Breathing retraining for sleep disordered breathing.

3.30-4pm Break

4-5pm **The Breathing Basics protocol.**
Learn and practice a whole body breathing retraining protocol based on principles of motor learning, neurodevelopmental progression and neuroplasticity training.