

HealthMasters Buteyko Breathing Exercises

Important Note: *These Breathing exercises are part of the HealthMasters Breathe Easy Program and must be regularly monitored by your HealthMasters practitioner. In accepting this exercise sheet you are agreeing to these conditions. (1) To follow the instructions of your HealthMasters Practitioner and to attend for regular monitoring as required. (2) You will not encourage or allow others to do these exercises with-out regular monitoring by a HealthMasters Practitioner who is trained in this program. (3) This exercise sheet remains the property of HealthMasters and if requested you are asked to stop doing these exercises and return this sheet to HealthMasters. (4) You are welcome to discuss these exercises with your doctor.*

Instructions:

- A: Do your breathing exercises as instructed times per day if possible and not after meals.
- B: Write in the day and date in the left column and start with a Control Pause then 5 mins of Hunger For Air, Maximum Pause, another 5 mins of Hunger For Air and finish with a Control Pause.
- C: In columns enter the number of seconds for Control Pause and Maximum Pause and tick the columns for Hunger For Air when you do the exercises.
- D: Enter comments regarding how you feel and/or medication.
- E: Bring this sheet in to your HealthMasters practitioner for monitoring.

Day & Date	Control Pause (CP) Secs	Hunger For Air (HFA) 5 mins	Maximum Pause (MP) Secs	Hunger For Air (HFA) 5 mins	Control Pause (CP) Secs	Comments
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						