

# Aaron Lumsdaine's Breath Power - Buteyko Training Services Scheduled Workshops November - December 2003

## APPLECROSS/BOORAGOON, WA (Weekend Workshop)

Commencing Tuesday 11th November 2003

### VENUE - Melville Aquatic & Fitness Ctre Marmion Street BOORAGOON

Tuesday 11th November	11.11am - 1.11pm
Wednesday 12th November	11.11am - 1.11pm
Thursday 13th November	11.11am - 1.11pm
Tuesday 18th November	11.11am - 1.11pm
Wednesday 19th November	11.11am - 1.11pm

## MELBOURNE, VIC - (Weekend Workshop)

Commencing Friday 14th November 2003

### VENUE - BAYVIEW ON THE PARK 52 Queens Road MELBOURNE

Friday 14th November	7.00pm - 9.00pm
Saturday 15th November	11.00am - 1.00pm
Saturday 15th November	5.00pm - 7.00pm
Sunday 16th November	11.00am - 1.00pm
Sunday 16th November	4.00pm - 6.00pm

## APPLECROSS/BOORAGOON, WA (Weekend Workshop)

Commencing Tuesday 18th November 2003

### VENUE - Melville Aquatic & Fitness Ctre Marmion Street BOORAGOON

Tuesday 18th November	6.30pm - 8.30pm
Wednesday 19th November	6.30pm - 8.30pm
Thursday 20th November	6.30pm - 8.30pm
Tuesday 25th November	6.30pm - 8.30pm
Wednesday 26th November	6.30pm - 8.30pm

Times and dates may vary dependent on interest  
Please note booking deposit is required prior to  
program commencement.

Refer Instruction for application form.

Maximum of 5 Attendees for Interstate Programs

## GOLD COAST, QLD - (Weekend Workshop)

Commencing Friday 21st November 2003

### VENUE - BELAIR RESORT 2633 Gold Coast Hwy BROADBEACH

Friday 21st November	7.00pm - 9.00pm
Saturday 22nd November	11.00am - 1.00pm
Saturday 22nd November	5.00pm - 7.00pm
Sunday 23rd November	11.00am - 1.00pm
Sunday 23rd November	4.00pm - 6.00pm

## CROWS NEST or BONDI BEACH, NSW (Weekend Workshop)

Commencing Friday 28th November 2003

### VENUE TBA - MEDINA CLASSIC 167 Willoughby Rd CROWS NEST or SWISS GRAND cnr Campbell Pde & Beach Rd

Friday 28th November	7.00pm - 9.00pm
Saturday 29th November	11.00am - 1.00pm
Saturday 29th November	5.00pm - 7.00pm
Sunday 30th November	11.00am - 1.00pm
Sunday 30th November	4.00pm - 6.00pm

## NORTH ADELAIDE, ADELAIDE, SA - (Weekend Workshop)

Commencing Friday 12th December 2003

### VENUE - ALL SEASONS MERIDIAN 21 Melbourne Street, NORTH ADELAIDE

Friday 12th December	7.00pm - 9.00pm
Saturday 13th December	11.00am - 1.00pm
Saturday 13th December	5.00pm - 7.00pm
Sunday 14th December	11.00am - 1.00pm
Sunday 14th December	4.00pm - 6.00pm

Please note confirmation deposits must be  
received at the latest a fortnight prior to  
workshop commencement.



drug-free solutions & lifestyle strategies

## Aaron Lumsdaine's Buteyko Training Services

Postal Address PO Box 400 SOUTH PERTH 6951 WESTERN AUSTRALIA  
Freecall (Australia Only) 1800 638 444 Telephone: 61 8 (08) 9316 0193

Facsimile: 61 8 (08) 9316 0193 Mobile: 0404217753 International: 61 404 217 753

Web Site: [www.buteyko.com.au](http://www.buteyko.com.au) e-mail: [bts@buteyko.com.au](mailto:bts@buteyko.com.au) ABN: 27 002 006 915

*"A technique whose time has come - A self generating way of optimising  
oxygenation to every cell and taking the body from a state of defence &  
merely existing to truly living by perfecting what you do most - Breathing!"*