

Buteyko Schedule for Summer - Fall

June - Nanaimo

- 10 Free talks, Beban Park Rec Centre, 2-3 & 7-8 pm
24-27 4 session courses afternoons and evenings. Christ Community Church
29 Free talks, Waterloo Public Library 11 - 12, 7:30 - 8:30 pm
Free talk, Elmira Public Library 4 - 5 pm

July - Waterloo Region

- 6,7,8,12,13 5-session courses Fiddleheads Health Food Store, 25 Bruce Street
Kitchener. Children's course 4 - 6 pm
5-session course, 5502 Ament Line, Linwood, 7:30 - 9:30 pm

August - Toronto

- 13 - 28 Educator Training Course. Transformational Church, Yonge+Eglinton
9 - 8 pm
14-18 5-session Courses. Transformational Church, Daytime and 6 - 8 pm
19, 23,24,25, 26 5-session Courses. Transformational Church, Daytime and 6 - 8 pm

September - Victoria/Nanaimo

- 16 2-Hour Workshop. Walkers Club. 9:30 - 11:30 am
Free Talks, Beban Park Rec Centre 2- 3 pm or 7 - 8 pm
21, 22, 23, 28, 30 5-Session Course. 3181 Kingsley Street 2 - 4 pm or 7 - 9 pm

October - Victoria/Up Island

- 6 - 9 Portland Naturopathic College. First Buteyko Educator AGM
14 - 17 4-Session Course. Christ Community Church, Nanaimo 2 - 4 pm or 5 - 7 pm
Thurs/Fri, 2 - 5 pm Sat/Sun

November - Victoria

- 17 University of Victoria. Lecture/workshop David Strong Bldg C108 6:30 - 9 pm
Free talks, 2-hour workshops, 5 session courses, educator training TBA,
22, 23, 24, 29, 30 5-Session Course. 3181 Kingsley Street. 2 - 4 pm or 7 - 9 pm