

Attend an inspiring one-day workshop...

Breathing, Breathing Evaluation and Management

Friday February 24th, 2012

Or

Saturday February 25th, 2012

9:00 until 500pm

Blue Horizon Hotel

1225 Robson Street

Vancouver British Columbia V6E 1C3

Overview:

Good respiration is fundamental to healthy physiology and psychology. Changes in respiratory chemistry can have profound effects on body system function. Breathing impacts body pH electrolyte balance, blood flow, hemoglobin chemistry, and kidney function. Breathing influences postural stability and motor control. Additionally, breathing is seen as a major method in helping people to relax. In recognition of these facts, as well as part of a whole person emphasis a number of health professionals and sports physiologists are incorporating breathing, breathing therapy, and capnography (technology that allows us to analyze breathing in real time) as a routine part of their professional practice. Since breathing is not only habitual and automatic but also voluntary, breathing therapy allows Osteopaths to correct dysfunctional breathing and enhance breathing.

Objectives:

This workshop is about understanding the chemistry of respiration, and shows you how to provide objective assessment, diagnose and manage clients who show patterns of intermittent and chronic breathing deregulation. You will be able to understand the factors that originate and sustain deregulated breathing. You will be able to educate clients about breathing behaviour and know how to normalize breathing chemistry. You will be able to introduce breathing assessments to your practice, educate patients about breath and its impact on physiology and health. You will understand the basics of capnography and explore the benefits of direct measurement of CO₂ and use breath retraining to reestablish the correct carbon dioxide levels. You will understand how to use CO₂ feedback methods for assessing and doing breathing retraining and how capnography may be a valuable adjunct to your practice. You will have the basics to introduce it to your practice when you are ready.

Who Should Attend:

This workshop is suited to any health or sports professional who recognizes the importance of breathing and the breath to influence health, but in particular: physicians, osteopaths, chiropractors, physiotherapists, and fitness coaches.

Course Facilitators:

Mr. Gerry Gajadharsingh DO qualified from the British School of Osteopathy in 1987 receiving the finals prize for Osteopathic technique. He was asked back to the BSO to teach final year osteopathic technique on graduating, a post he held for 10 years. He also taught osteopathic technique at the ESO in Maidstone for 7 years. He started his international teaching career, under the guidance of Mr. Laurie Hartman DO and during the past 23 years has lectured to osteopaths, physiotherapists, medical doctors, physical therapists, nutritionists, naturopaths and other therapists in France, Spain, Sweden, Holland, Belgium, Austria, Germany, Italy, Hong Kong, Australia and of course the UK. In September 2009 he was invited to present to the annual GP forum at The Royal Society of Medicine on his integrated medical approach. He gained a City and Guilds teaching certificate as part of a Masters Level module held at the ESO in 1998 and since then has adopted a more student centered method of teaching. He has also undertaken personally, significant amounts of his own CPD (continuing postgraduate development), notably Masters Level Nutrition, Applied Pathophysiology, Statistics and Data Management. He is also a certified Advanced Breath Practitioner with Lifelogix Inc. and a Metabolic Balance Nutritional coach. He is founder of The Health Equation, an integrated health clinic in central London where he has a dual role as Diagnostic Consultant-Complementary Medicine and Osteopath.



Dr. Robert Kissner PhD gained his doctorate from the University of Chicago, he is a specialist in stress and trauma and holds a special interest in innovative ways to facilitate recovery and encourage resilience. He is Executive Director of Focus BC an accredited addictions agency, specializing in working with youth 13-16 of age, with complex needs and co-occurring disorders. The programmes he operates have been judged by outside experts as among the best resources in North America. He is also Principal of Lifelogix Inc. a company specializing in providing innovative science-based solutions for personal and organizational health and has advanced training in neuro and biofeedback. He has appeared on various radio and television programs and has travelled extensively, lecturing on developmental approaches to working with youth, addictions, stress and emotions. He has written articles on stress and trauma as well as breath and emotional regulation. Robert's interest in breath work and capnography started seven years ago when he recognised that the majority of youth he was seeing had deregulated breathing patterns and that breath could be used as a prognostic, diagnostic, and living proof of the changes that occur as people grow out of the problems and experience healing. He is a frequent visitor and

speaker to medical profession groups in the UK. He has presented at the Royal Society of Medicine and the Royal College of General Practitioners and conducted a special presentation on Health and Wellness to UK physicians.



Registration:

Fee : \$100. Early Bird Prior to March 3rd , 2012
\$120. After March 3, 2012

Fee will be waived for the first 40 to register

To register call 778-240-4319 or email rkissner@lifelogix.com