

## Long Covid Breathing Courses Jan 2024

This document contains the details and dates/times for our courses starting in January 2024 - "Breathing for Long Covid" and "Breathing for Long Covid Athletes" - please read the info below and drop us an email with any other questions you might have: [longcovidbreathing@gmail.com](mailto:longcovidbreathing@gmail.com)

### **\*\*Breathing for Long Covid\*\***

This course will teach you how to improve your breathing, so that you can sleep better, feel calmer and encourage your body to heal.

People with Long Covid are looking for community & support.

But we are also wanting to - **feel better, feel more in control & recover.**

This breathing course will give you that community & support, and you'll also be learning a tool that will make you feel more in control, feel better and feel stronger.

Vikki & Jackie, both certified breathing instructors with lived experience of Long Covid, have taken the trial and error out of all the breathing exercises out there, to give you a personalised programme.

We will provide course outlines & handouts to help you.

Each session will be recorded, so if you're not able to attend live then you will be able to watch it back afterwards.

There will be an opportunity to ask questions at the end of every session.

It is a 6 week course, with 12 sessions - dates below

The class size is limited to 8 people

£160/\$199 for the course.

SIGN UP HERE: <https://buy.stripe.com/eVa9Bp3MY2B7dTG3cd>

**\*\*Please email [longcovidbreathing@gmail.com](mailto:longcovidbreathing@gmail.com) with your timezone preference once you have paid\*\***

Class time options:

	<b>10am (UK) Tues/Thurs</b>	<b>5pm UK (9am MST, 12 EST) Mon/Wed</b>
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Week 1	Tuesday 9 Jan Thursday 11 Jan	Monday 8 Jan Wed 10 Jan
Week 2	Tuesday 16 Jan Thursday 18 Jan	Mon 15 Jan Wed 17 Jan
Week 3	Tuesday 23 Jan Thursday 25 Jan	Mon 22 Jan Wed 24 Jan
Week 4	Tuesday 30 Jan Thursday 1 Feb	Monday 29 Jan Wednesday 31 Jan
Week 5	Tuesday 6 Feb Thursday 8 Feb	Monday 5 Feb Wednesday 7 Feb
Week 6	Tuesday 13 Feb Thursday 15 Feb	Monday 12 Feb Wednesday 14 Feb

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**\*\*Breathing for Long Covid athletes\*\***

This course will teach you the breathing techniques and exercises used to improve movement and sports performance but also the breathing techniques and exercises developed to help the Long Hauler with improving sleep, feeling calmer and encouraging the body to heal.

Athletes with Long Covid are looking for community & support.

But we are also wanting to: recover, **feel better, feel more in control and return to exercise.**

This breathing course will give you all of that. .

Vikki & Jackie, both certified breathing instructors with lived experience of Long Covid, have taken the trial and error out of all the breathing exercises out there, to give you a personalised programme.

We will provide course outlines & handouts to help you.

Each session will be recorded, so if you're not able to attend live then you will be able to watch it back afterwards.

There will be an opportunity to ask questions at the end of every session.

Each of the 12 sessions will be recorded, so if you are unable to attend them live you can watch them at any time. We will also have time allocated at the end of every session for you to ask questions.

Class size is limited to 8 people

£160/\$199 for the course.

SIGN UP HERE: <https://buy.stripe.com/eVa9Bp3MY2B7dTG3cd>

**\*\*Please email [longcovidbreathing@gmail.com](mailto:longcovidbreathing@gmail.com) with your timezone preference once you have paid\*\***

Class time options:

	<b>5pm UK, 12pm EST, 9am PST Tues/Thurs</b>	<b>6.30pm UK, 13.30 EST, 10.30 PST Mon/Wed</b>
Week 1	Tuesday 9 Jan Thursday 11 Jan	Monday 8 Jan Wed 10 Jan
Week 2	Tuesday 16 Jan Thursday 18 Jan	Mon 15 Jan Wed 17 Jan
Week 3	Tuesday 23 Jan Thursday 25 Jan	Mon 22 Jan Wed 24 Jan
Week 4	Tuesday 30 Jan Thursday 1 Feb	Monday 29 Jan Wednesday 31 Jan
Week 5	Tuesday 6 Feb Thursday 8 Feb	Monday 5 Feb Wednesday 7 Feb
Week 6	Tuesday 13 Feb Thursday 15 Feb	Monday 12 Feb Wednesday 14 Feb

Social media links & more: <https://linktr.ee/longcovidbreathing>

