STRELNIKOVA’S BREATHING TECHNIQUE

Strelnikova’s remarkable breathing technique was developed in Russia. This method has been used to restore the voices of opera singers at the Bolshoi Theatre in Moscow and to treat bronchopulmonary diseases. Now, it is also used in many European countries for the treatment of a broad variety of diseases.

Think about the importance of correct breathing. In a day, a person consumes two pounds of food, two to three liters of water, and 12 to 15 thousand liters of air.

Without food, a person can live 30 to 40 days. Under medical supervision, someone could even fast for up to 90 days. Without water, the person survives only five to seven days. And without air -- how long? A minute, or two or three, and then this person is gone.

We are all searching for miracle medicines, but they do not exist. Fortunately, nature graciously offers a remedy. Practicing Strelnikova’s breathing technique for 20 to 30 minutes daily is enough to keep the organism in norm, and 50-60 minutes will restore health.

Experience has shown that even a small effort can produce results. However, the most difficult part is getting started and then, the challenge is to undertake the exercises every day.

It is important to have a sincere desire to be healthy and be ready to study this technique at our workshop.

Your health is in your hands, and it waits only for you to take action.

The earlier you pay attention to your health and take care of its restoration and maintenance, the faster and better the results will be.

We provide training and consultations of these respiratory exercises to heal:

- Rhinitis, adenoiditis and maxillary sinusitis, allergies and also snoring;
- Bronchitis and bronchial asthma;
- Skin diseases (diathesis, neurodermatitis, psoriasis; acne);
- Neurosis, neuritis, depression; an asthenic syndrome, neurasthenia, melancholy, neuritis of facial nerve, twitching of eyelid and muscles of the face;
- Illnesses of the cardiovascular system (stenocardia, arrhythmia, heart attack);
- Headaches, epilepsy, stroke, illnesses of the brain (high and low blood pressure and vascular dystonia);
- Stammering;
- Osteochondrosis, scoliosis, traumas of the head and spinal cord;
- Sexual disorders (impotence, adenoma of prostate, sterility, small growth in young men), female diseases (endometriosis, vulvitis, vaginitis, etc. myoma of the uterus);
- Excess weight and smoking.
- “Loss” of the voice for singers.

Fee: $50 (2 hour)