

30 Minute Breathing Optimisation Class Record

Session	Date	Live/Recorded	Notes (questions for next time, record breath holds times etc)
1			
2			
3			
4			
5			
6			
7			
8			
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10			
11			
12			
13			
14			
15			
16			
17			
18			
19			

20			
21			
22			
23			
24			

One Hour Breathing Optimisation Class

Session	Date	Live/Recorded	Notes
1			
2			
3			

MDR Class

Session	Date	Live/Recorded	Notes
1			
2			
3			h

Additional notes: