

Glasgow School Children Learn Buteyko

This ground breaking project has been several years in the making and has resulted in a program to teach the Buteyko Institute Method at 10 schools in the West Dunbartonshire region of Glasgow. Anne-Marie Farren, art and guidance teacher at St Columbus and Michael Hughes, physical education teacher at St Maurice, both attended Buteyko courses taught by Jill McGowan and overcame their asthma. Aware of the increasing incidence of asthma in school children, they helped Jill develop this program which includes their schools plus 8 others in the region. Jill has been supported by BIBH Practitioners Una Mooney, Libby Davies and Tugba Turan.

This is the first time the Buteyko course has been formally included in a Regional School Education Curriculum. Feedback from students, teachers and parents is flowing in – huge decreases in medication and symptoms, better sleep patterns, improved concentration, clearer skin, increased sports performance...and much more. St Columbus applied to the West Dunbartonshire Education Authority for recognition and has received an Innovative Award as a Health Promoting School. The award title was “The Buteyko Project – Breathing to be an Asthma Free School”. We would like to hear from people in Australia and other countries who are interested in the Buteyko course coming to their school. For updates on the Glasgow Schools Project see the Links section on www.sleepingallnight.com



Dr Jill McGowan and Tugba Toran with a group of students from the award winning school, St. Columbus in Glasgow where the Buteyko course has been included as part of the school curriculum.