

DESIGNED BY WORLD RENOWNED BREATHING EXPERT AND COACH, PATRICK MCKEOWN, THE OXYGEN ADVANTAGE® INSTRUCTOR TRAINING PROGRAM DELIVERS A SCIENTIFICALLY PROVEN BREATHWORK PROTOCOL TO BOOST PERFORMANCE, MENTAL CLARITY, RESILIENCE, AND GENERAL HEALTH.



IS THE TRAINING FOR ME?

IF YOU ARE A TEACHER, COACH OR HEALTH PROFESSIONAL, SPECIALIZING IN SPORTS, YOGA, PILATES, PHYSIOTHERAPY, OSTEOPATHY, MENTAL HEALTH, HOLISTIC WELLNESS, PUBLIC SPEAKING, PRESENTATION COACHING... AND MUCH MORE... THE OXYGEN ADVANTAGE® ADVANCED INSTRUCTOR TRAINING IS FOR YOU.

WHAT YOU RECEIVE:

- Live training with Patrick McKeown (in person and/or Zoom). Learn the science behind the Oxygen Advantage® technique and gain practical experience on how to effectively deliver the program to clients.
- Access to 18+ years of Patrick's research and his experience helping thousands of people make positive changes towards their sports performance and health goals.
- Certification to teach a method with a growing international following that benefits athletes (from Olympians and pro soccer players to recreational runners) people with asthma, anxiety, sleep disorders and many other common conditions, and women with menstrual and menopausal symptoms.

WHAT YOU LEARN:

- Understand the importance of breathing for health, sleep and performance.
- Improve functional movement, balance the autonomic nervous system and improve heart rate variability through breathwork.
- Use the breath to experience new levels of health and performance in your own life.
- Transform the physical and mental wellbeing and potential of your clients.
- Employ the best tools, tactics, and strategies to monitor clients' progress and get the best results.
- Confidently teach the Oxygen Advantage® technique to adults and teenagers, one-to-one or in classes. Integrate and apply the training whatever your professional specialism or as a standalone career.

WHAT IS THE OXYGEN ADVANTAGE®?

THE OXYGEN ADVANTAGE® IS A SERIES OF 14 UNIQUE BREATHING EXERCISES THAT OPTIMIZE OXYGENATION, REGULATE THE NERVOUS SYSTEM AND REDUCE SENSITIVITY TO CARBON DIOXIDE FOR IMPROVED SPORTS PERFORMANCE AND HEALTH. THE EXERCISES FOCUS ON TWO PILLARS:
FUNCTIONAL BREATHING AND SIMULATION OF HIGH ALTITUDE TRAINING.

FUNCTIONAL BREATHING EXERCISES DURING REST AND PHYSICAL EXERCISE ARE BASED ON THREE DIMENSIONS:

1. Biomechanics (diaphragm function)
2. Biochemistry (exchange of oxygen and carbon dioxide)
3. Resonance frequency breathing (improve recovery and resilience)

SIMULATION OF HIGH ALTITUDE TRAINING TO:

- Incorporate breath hold routines into physical exercise
- Expose the body to intermittent hypoxia (low oxygen) and hypercapnia (high carbon dioxide)
- Boost physical endurance

OXYGEN  DVANTAGE®
BY PATRICK MCKEOWN



FOR SPORTS PERFORMANCE

- DELAY LACTIC ACID AND FATIGUE
- IMPROVE REPEATED SPRINT ABILITY FOR TEAM SPORTS SUCH AS RUGBY AND FOOTBALL
- REDUCE BREATHLESSNESS DURING EXERCISE
- IMPROVE FITNESS (AEROBIC AND ANAEROBIC)
- IMPROVE SPORTS PERFORMANCE
- REDUCE INJURY RISK
- SPEED UP RECOVERY AFTER TRAINING
- BETTER SLEEP, REST AND RELAXATION
- IMPROVE POSTURE
- STRENGTHEN BREATHING MUSCLES
- REDUCE EXERCISE-INDUCED ASTHMA
- BOOST MENTAL PERFORMANCE, FOCUS AND CONCENTRATION

FOR HEALTH AND WELLBEING

- ADDRESS BREATHING PATTERN DISORDERS IN EVERYDAY LIFE
 - HEART HEALTH
 - PMS AND MENOPAUSE
 - LOWER BACK PAIN AND CORE MUSCLE STRENGTH
 - IMPROVE HEART RATE VARIABILITY AND RESILIENCE
 - PTSD, ANXIETY, DEPRESSION AND PANIC DISORDER
 - HIGH STRESS AND MENTAL AGITATION
 - ENERGY, FOCUS AND CONCENTRATION
 - INSOMNIA AND SNORING
 - FATIGUE AND MOOD REGULATION
 - RHINITIS (STUFFY NOSE AND HAY FEVER)
 - ASTHMA
 - DIABETES AND EPILEPSY CONTROL
- AND MORE...*

COMING SOON:

***BREATHING: RELEARN YOUR BODY'S MOST BASIC SKILL
FOR OPTIMUM HEALTH AND WELLBEING***

by **PATRICK MCKEOWN**