

## 3-HOUR WORKSHOP WITH **EXPERT INTERNATIONAL BREATHING INSTRUCTOR**

**PATRICK MCKEOWN**

- Author of best-selling book **The Oxygen Advantage** published in 14 languages worldwide
- Scientifically proven breathing technique for persons of all fitness levels and age
- Attend a workshop to improve your sports performance, sleep, and general health



## **OXYGEN ADVANTAGE® 3-HOUR WORKSHOP WITH PATRICK MCKEOWN**

### Workshop Content:

- Functional Breathing for Functional Movement
- Simulation of high altitude training
- Improve your aerobic capacity
- Delay the onset of lactic acid and fatigue
- Significantly reduce exercise induced asthma
- Oxygen Advantage® Practical workout
- Using SportsMask to improve performance
- Applying the Oxygen Advantage® daily

#### **Price:**

As listed

#### **Enquiries :**

[info@oxygenadvantage.com](mailto:info@oxygenadvantage.com)

#### **Included:**

3-hour Workshop with Patrick McKeown in limited sized group



THE SCIENCE



THE TRAINING



CONTACT