

ONE-DAY WORKSHOP WITH
**EXPERT INTERNATIONAL
BREATHING INSTRUCTOR**

PATRICK MCKEOWN

- Author of best-selling book **The Oxygen Advantage** published in 14 languages worldwide
- Breathing technique to scientifically enhance performance
- Attend a workshop to improve your exercise performance, sleep, focus and concentration.



In conjunction with
TheSiSuWay.com
50% discount for law
enforcement & military

LOS ANGELES SAT 6TH JULY 2019
OXYGEN ADVANTAGE® ONE-DAY WORKSHOP WITH
PATRICK MCKEOWN

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

Price:
100 USD

Enquiries :
info@oxygenadvantage.com

Included:
One-day Workshop with Patrick McKeown in limited sized group



THE SCIENCE



THE TRAINING



CONTACT