

TAKE THE NEXT STEP  
OF YOUR PROFESSIONAL  
COACHING JOURNEY,  
GET THE EDGE OVER  
OTHER COACHES AND  
BECOME A LEADER IN  
THE INDUSTRY...

**OXYGEN ADVANTAGE**  
BY PATRICK MCKEOWN



DISCOVER THE  
ADVANCED BREATHING  
PRACTICES DESIGNED  
BY WORLD-RENOWNED  
PATRICK MCKEOWN,  
AUTHOR OF 'THE  
OXYGEN ADVANTAGE'  
AND IMPLEMENT THEM  
WITH YOUR CLIENTS  
AND IN YOUR OWN  
LIFE.



THIS INSTRUCTOR TRAINING IS THE NEXT LEVEL IN THE HUMAN PERFORMANCE, BIOHACKING & WELLNESS WORLD. TAKE THE OPPORTUNITY TO LEARN FROM AUSTRALIA'S **BREATHWORK EXPERT JOHANNES EGBERTS** ALONG A GROUP OF LIKE-MINDED PROFESSIONALS IN THE INDUSTRY.

Learn how to deliver a tried-and-tested protocol of breathwork to optimise breathing, improve oxygen uptake and provide both aerobic and anaerobic workouts for your clients

YOU'LL LEAVE WITH AN UNDERSTANDING  
OF HOW TO HELP YOUR CLIENTS WITH  
THE FOLLOWING:

- Address breathing pattern disorders in their everyday lives and know what corrects them
- Reduce their breathlessness during exercise so they perform better for longer periods
- Reduce their injury risk by teaching optimal breathing techniques for all types of activities
- Promote greater downregulation for a calmer mind and body
- Improve their sleep, rest and relaxation leading to faster recovery
- Improve their posture due to stronger breathing muscles
- Reduce their exercise induced asthma and boost their mental performance

## WHAT'S INVOLVED?

- 3 days of Live, In-Person Training with **Australian Master Coach, Johannes Egberts & Patrick Mckeown** to learn the science behind the techniques alongside practical experiences on how to effectively deliver the techniques to your clients
- **Lifetime Access** to the pre-recorded Online Advanced Instructor program (14 Hours) created and delivered by Patrick McKeown
- Lifetime Access to 15+ years of Patrick McKeown's research. From working with other top experts to helping thousands of people make positive changes towards their sports performance and health goals
- Become a Certified Teacher of a method that has helped top athletes & performers including Olympians, National Soccer Players, MMA Fighters, Elite Runners and Weightlifters to Recreational Athletes all over the world



## AFTER THE 3 DAY INSTRUCTOR TRAINING, YOU'LL LEAVE WITH:

- A deep understanding of the importance behind breathing for our health and performance and how to communicate this with your clients
- Clarity on how to improve functional movement through breath work
- Direction on how to use the breath to experience new levels of health and performance in your own life
- Clarity on exactly how to use breath to transform your clients health and performance under your guidance
- Certainty on how to employ the best tools, tactics, and strategies to monitor a clients progress and ensure the best results
- Everything needed to confidently & competently teach the Oxygen Advantage technique in your own coaching business
- Coaching skills as well as insights into a booming industry

RSVP YOUR SPOT NOW, BECOME PART OF THE BREATHWORK MOVEMENT, ADD THIS UNIQUE KNOWLEDGE TO YOUR BASE AND BECOME AN OXYGEN ADVANTAGE CERTIFIED TEACHER.

THE INVESTMENT IS **\$1500** AUD