



- **3-DAY LIVE IN-PERSON CERTIFIED INSTRUCTOR TRAINING COURSE IN CAPE TOWN with MASTER COACH JENNY O'HANLON**

- **14-HOURS LIVE ONLINE TRAINING with PATRICK MCKEOWN**



**THE ADVANCED OXYGEN ADVANTAGE INSTRUCTOR TRAINING PROGRAMME IS DESIGNED BY PATRICK MCKEOWN. THIS UNIQUE PROGRAMME IS AIMED AT DELIVERING A PROTOCOL OF BREATH WORK TO OPTIMISE BREATHING, IMPROVE OXYGEN UPTAKE, AND PROVIDE AN AEROBIC AND ANAEROBIC WORKOUT AS WELL AS DEVELOPING MENTAL FOCUS AND ACUITY.**

### **BY JOINING THE ADVANCED OXYGEN ADVANTAGE INSTRUCTOR TRAINING PROGRAMME YOU WILL:**

- Get **3 days live in-personal training** in Cape Town with SA Master Coach Jenny O'Hanlon. During this training course, you will learn the science behind the technique alongside plenty of practical experience on how to effectively deliver the programme to your clients
- Get 7 live **online classes delivered by Patrick McKeown**
- Get access to 15+ years of Patrick McKeown's research, working with other top experts and from helping thousands of people make positive changes towards their sports performance and health goals
- Be certified to teach a method that has helped top athletes including Olympians, professional soccer players, MMA, elite runners, and weightlifters to recreational athletes all over the world.
- Receive ongoing support from Patrick McKeown and the Oxygen Advantage Instructor community.

### **YOU WILL LEARN HOW TO:**

- Understand the importance of breathing for our health and performance
- Improve functional movement through breath work
- Use the breath to experience new levels of health and performance in your own life
- Transform clients health and performance under your guidance
- Employ the best tools, tactics, and strategies to monitor a clients progress and ensure the best results
- Confidently teach the Oxygen Advantage technique



## JUST SOME OF THE BENEFITS YOU CAN DELIVER TO YOUR CLIENTS:

- Address breathing pattern disorders in everyday life
- Reduce breathlessness during exercise
- Improve fitness (aerobic and anaerobic)
- Improve sports performance
- Reduced injury risk
- Quicker recovery after training
- Better sleep, rest and relaxation
- Improve posture
- Reduce exercise induced asthma
- Stronger breathing muscles
- Boosted mental performance, focus and concentration

REGISTRATION IS THROUGH JENNY O'HANLON AT **OXYGEN ADVANTAGE SOUTH AFRICA**,  
OUR SA PARTNER COMPANY

**INVESTMENT: R14500.00**



**OXYGEN  DVANTAGE<sup>®</sup>**  
BY PATRICK MCKEOWN