

Using the breath to activate your brain for success

- How breathing affects your brainpower, intuition and decision making
- How to enhance focus, concentration and attention span
- Applying the tactical breathing methods used by special forces to get in the zone
- Using breathing exercises to calm your mind and body on tap
- Achieving deep sleep for better cognitive function, productivity and relationships
- Preparing for presentations, public speaking, job interviews, and other high-pressure situations



Workplace wellness – avoiding burnout and supporting mental health at work

- When exhaustion syndrome strikes. How much stress is too much?
- Using the breath to deactivate your fight or flight response and prevent chronic stress
- Breathing routines to help with remote working and pandemic fatigue
- How to avoid taking workplace stress home
- Breathing exercises to support recovery from burnout
- Practical tools to help with racing mind, anxiety and panic disorder



Practical breathing to enhance athletic performance

- How to simulate altitude training to delay lactic acid and fatigue. Enjoy better stamina and faster run times
- How to improve repeated sprint ability without risk of injury
- Better recovery post-exercise and during competition/ match season
- Preparing for competition – how to get in the zone
- Preventing exercise-induced asthma and respiratory infections
- The importance of the diaphragm for functional movement and core strength



Patrick McKeown is an international breathing expert and author based in Galway, Ireland. Since 2002, he has worked with thousands of clients, including elite military special forces (SWAT) Olympic coaches and athletes.

Atomic Focus (2021) and **The Breathing Cure** (2021) are Patrick's latest books.

Daniel Pålsson is a former professional tennis player who has worked as a financial trader in New York City. For the past 10 years Daniel has immersed himself in a range of breathing methods and is an Oxygen Advantage Master Instructor. He has trained professional tennis players, football players, companies and entrepreneurs.



breathcamp@OxygenAdvantage.com

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