OXYGEN ADVANTAGE®
BY PATRICK MCKEOWN

BREATHING TRAINING, TRAUMA AND THE MIND:
ADVANCED INSTRUCTOR TRAINING WITH PATRICK MCKEOWN AND TOM HERRON

DELVE DEEPER INTO BREATH CONTROL AND LEARN THE PHYSICAL AND PSYCHOLOGICAL BENEFITS.

Using breathing to calm anxiety and focus the mind is a well-known tool, utilised since the earliest days of psychology. Now in just three days, learn to utilise the 21st century's leading breathing training program to benefit you and your patients and help ease the damage caused by trauma.

Learn in person from **Patrick McKeown** - Creator, CEO and Director of Education Training at Oxygen Advantage® and

Tom Herron - Oxygen Advantage Instructor with over 20 years' experience working in the areas of Psychotherapy, Sports Psychology and Lifestyle Coaching.

WHO SHOULD ATTEND?

This course would be excellent for psychotherapists, trauma counsellors and anyone working in the fields of psychology, self-care, self-development, and similar fields. Learn alongside a group of likeminded professionals in the industry.

PATRICK MCKEOWN:

Patrick McKeown is the creator, CEO and Director of Education and Training at Oxygen Advantage®. His focus, to empower more people every day to breathe better, feel better and achieve their potential.

For the last two decades, Patrick has provided breathwork training and breath-based sports and mindfulness coaching to thousands of people. Patrick is a bestselling author of many titles including, The Oxygen Advantage, The Breathing Cure and Atomic Focus and is deeply committed to communicating his knowledge to the people who need it.

TOM HERRON:

Based at Dungannon County Tyrone Northern Ireland, Tom Herron works in the areas of Psychotherapy, Sports Psychology, Lifestyle Coaching and more. Tom has worked with elite athletes and coaches, from many disciplines including, Boxing, Judo, Martial Arts, MMA, and more.

With over 20 years' experience, Tom has trained and worked with some of the greatest names in the Self-Care, Self-Development, Positive Psychology, Peak Performance and Therapy fields. Early on Tom realised the importance of correct breathing as an aid to self-care, positive self-development, anxiety management, injury prevention and peak performance.

WHAT YOU'LL LEARN:
SPECIALITY TRAINING WITH TOM HERRON: BREATHING FOR TRAUMA

Key topics will include:

- What Trauma really is
- How to recognise Trauma in self and others

- How Trauma can affect breathing
- How Trauma can affect mood
- How Trauma can affect fitness
- How Trauma can affect health

- How Trauma can affect everything we think do and say
- What to do about it, safely and effectively

OXYGEN ADVANTAGE INSTRUCTOR TRAINING WITH PATRICK MCKEOWN

Key learnings:

- Address breathing pattern disorders in everyday life and know what corrects them
- Reduce breathlessness during exercise how to perform better for longer periods

- Reduce injury risk by teaching optimal breathing techniques for all types of activities
- Promote greater downregulation for a calmer mind and body
- Improve sleep, rest and relaxation leading to faster recovery

- Improve posture due to stronger breathing muscles
- Reduce exercise induced asthma and boost mental performance

BENEFITS

- 3 days of Live, In-Person Training with Patrick McKeown and Tom Herron
- 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 that helped thousands of people make positive changes towards their mental health/sports performance/ fitness goals
- Become a Certified Teacher of a method that has helped top

athletes & performers, including Olympians, Soccer Stars, MMA Fighters, Elite Runners and many more.

OA ADVANCED INSTRUCTOR TRAINING – BELFAST, NORTHERN IRELAND

BOOK YOUR SPOT NOW!

Dates: 26th, 27th and 28th August 2022

Times: 9am-5pm daily
(attend all three days)

Venue: Crowne Plaza Belfast
117 Milltown Road,
Shaw's Bridge,
Belfast BT8 7XP

Fee: £850.00 (deposit of £250 is required for registration, and balance is due two weeks from training start date).