

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



THIS INSTRUCTOR TRAINING IS THE NEXT LEVEL IN THE HUMAN PERFORMANCE, BIOHACKING & WELLNESS WORLD. TAKE THE OPPORTUNITY TO LEARN IN PERSON FROM AUSTRALIAN BREATHWORK EXPERT & OXYGEN ADVANTAGE[®] MASTER INSTRUCTOR DEAN GLADSTONE ALONGSIDE A GROUP OF LIKE-MINDED PROFESSIONALS IN THE INDUSTRY



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.

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.

Patrick's interest in breath training began when he discovered the Buteyko Breathing Method, aged 26. After a lifetime of asthma medication and inhalers, he found immediate relief from his symptoms, and has remained asthma-free ever since. He traveled to Moscow, Russia, to learn from Dr. Konstantin Buteyko, and was accredited to teach the Buteyko Method in 2002.

For the last two decades, Patrick has provided breathwork training and breath-based sports and mindfulness coaching to thousands of people.

Many people first discover Patrick McKeown's work by reading his 2015 bestselling book, The Oxygen Advantage. The book has an important place in the growing body of literature about the breath. It is referenced in James Nestor's New York Times Bestseller, Breath, The Science of a Lost Art, which is shortlisted for the 2021 Royal Society Science Book Prize.

Patrick is deeply committed to communicating his knowledge to the people who need it. He is passionate about conveying the importance of breath therapy in traditional healthcare and sports coaching. And he is determined to break down barriers that

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



WHAT'S INVOLVED?

- 3 days of Live, In-Person Training with **Australian Master Coach Dean Gladstone**
- **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.

DATES: 16-18 DECEMBER 2022

LOCATION: BRONTE, SYDNEY, AUSTRALIA

TRAINER: DEAN GLADSTONE

PRICE: AUD \$1600

A BOOKING DEPOSIT OF AUD 500 IS REQUIRED TO RESERVE YOUR PLACE ON THIS TRAINING. THE BALANCE OF FEE IS DUE 2 WEEKS FROM THE TRAINING START DATE.