

OXYGEN DVANTAGE®

BY PATRICK MCKEOWN

Oxygen Advantage® Advanced Instructor Training with Bryan Mirabella in New York City

Breathing is at the center of wellbeing and movement performance. Learn to train the breath as a tool for optimizing performance, quelling stress and anxiety, maximizing recovery, and mitigating respiratory dysfunction and illness. This three-day training will teach you the scientific underpinnings of the power of breathing, deepening your approach to holistic fitness.

Learn in person from Bryan Mirabella– Oxygen Advantage® Master Instructor and Human Performance Specialist

What You Will Learn:

- Theory and foundations of functional breathing including aspects of biochemistry, biomechanics, and psychophysiology
- How to safely practice and teach up-regulating “stressor” exercises
- How to screen and tailor breath training for sleep disordered breathing
- How facial/jaw structure helps/hinders breathing
- Breath training protocol for asthmatics
- Understand the oxyhemoglobin dissociation curve as the foundation for simulating high-altitude training
- How simulating high-altitude training improves aerobic and anaerobic capacity and delays the onset of lactic acid fatigue
- The role of spleen contractions and EPO production
- How functional breathing is the basis for functional movement
- How high-altitude simulation training improves repeated sprint ability
- How breathing can manipulate the nervous system to manage stress, anxiety, and panic
- How to guide breathing exercises like a pro
- How to tailor breath training to individual needs, goals, and conditions

Training Overview:

DAY 1	
9:30am – 11am	Introduction & Theory: Nasal breathing; functional breathing; stressor exercises
11am – 11:15am	Break
11:15am – 1pm	Practice: Exercises 1-6
1pm – 2pm	Lunch (not provided, free to explore lower Manhattan)
2pm – 2:20pm	Relaxation Exercise
2:20pm – 3:35pm	Theory: -Sleep disordered breathing -Asthma
3:35pm - 3:45pm	Break
3:45pm – 5pm	-Practice: Exercises 1-6
DAY 2	
9:30am – 11am	-Recap from Day 1: Nasal breathing, functional breathing, stressors -Oxyhemoglobin dissociation curve -Breathing & functional movement
11am – 11:15am	Break
11:15am – 1pm	-Practice: Exercises 1-6
1pm – 2pm	Lunch (not provided, free to explore lower Manhattan)
2pm – 2:20pm	Relaxation Exercise
2:20pm – 4pm	Theory: -High altitude -Repeated sprint ability -Delayed onset of lactic acid fatigue
4pm – 5pm	Practice exercises
DAY 3	
9:30am – 11am	-Recap of Days 1 and 2 -Breathing physiology -Recap of the more complex theory (Bohr Effect, ODC, etc.)
11am – 11:15am	Break

11:15am – 12pm	Practice exercises (with script, groups of 4)
12pm – 1pm	Practice teaching the exercises
1pm – 2pm	Lunch (not provided, free to explore lower Manhattan)
2pm – 2:20pm	Relaxation exercise
2:20pm – 4pm	Tailored material based on group's interest -Anxiety, high blood pressure, etc.
4pm - 4:45pm	Practice exercises (with script, groups of 4)
4:45pm – 5pm	Wrap Up

Who Should Attend?

This course is a unique opportunity for fitness professionals, trainers, yoga instructors, sports coaches, runners, and recreational athletes looking to level up their personal practices and teaching abilities.

About Bryan Mirabella

Bryan is a Human Performance Specialist with over three decades of industry experience and the belief in the simple idea that there is no such thing as overtraining, only under-recovery. A life-long athlete, former collegiate wrestler, professional powerlifter, and strength coach skilled in training science-backed recovery. Bryan is an Oxygen Advantage® Master Instructor, and is also certified in Restorative Breathing, The Breathing Class Level 1, and Weck Method. As an educator today, he is consistently expanding his knowledge and expertise as he holds true to the belief that the human body is complex, and science is still enhancing our understanding of it. His mission is to make available the tools for healthy living, longevity, and self-empowerment.