



## Oxygen Advantage® Advanced Instructor Training with Patrick McKeown

Learn to teach functional breathing and simulation of high-altitude exercises.

In person with Patrick McKeown. Simultaneous translation to Spanish by Fleur Conway.

**16, 17, 18 of February 2024 | 9.30am-5.30pm daily | €995 | Hotel Almirante, Alicante, Spain**

The OA Program exists to empower everyone with optimal breathing as a foundational tool for health, well-being and performance.

Our mission is to make the use of science-based breath techniques universal within a generation.

Our vision is that one day, everyone will know, understand, and apply the power of the Breath.

The OA Advanced Instructor Training is our more complete certification. You will learn to teach functional breathing and high-altitude simulation exercises to clients of all ages and health profiles.

Our Advanced level Instructors work with all types of clients, from professional athletes, first responders and the military, to adults and children with chronic illnesses.

**This training is the first of its type in Spain, and allows you to:**

- Meet and train in person with Patrick McKeown, world renowned breathing expert and coach, and creator of the OA® Method.
- Learn in a stimulating and supportive group environment.
- Take a deep dive into the theory and practical application of the OA® Method.

Your 3-day training is an immersive experience alongside Patrick in Spain, specially designed to introduce and welcome you to the Oxygen Advantage® community.

After your 3-day training, you will have the opportunity to complete your certification through an online learning portal to which you have lifetime access.

You will be invited to all future refresher sessions on Zoom with Patrick.

For more information about the OA Advanced Training please visit: <https://oxygenadvantage.com/live-online-advanced-certification/>



## Your course fee includes:

- A hard copy of the Advanced Instructor manual in English or Spanish
- A hard copy of The Breathing Cure Book by Patrick McKeown in English or Spanish
- A breathing belt, OA t shirt and sample pack of MyoTape
- Lifetime access to the OA Advanced online training portal with prerecorded learning materials, presentations and marketing assets to begin teaching as a certified instructor
- Editable PowerPoint Presentations for delivering your own workshops to clients.



It also includes lunch daily and tea/  
coffee break



## Planning to attend the training:

Is it possible to pay for the training in two part payments?

We require a €250 deposit upon registration. If you cannot attend this deposit is refundable up to 8 weeks before the training start date. After this time, you may transfer your deposit to another training (online or in person).

The balance of €745 is due 14 days before the start of the training, upon receipt of which you will receive access to the online training portal.



## Is accommodation included in the fee?

No, travel and accommodation are not included in the fee. You can avail of 15% discount on room booking at the hotel El Almirante using the code which will be provided upon registration.



## Training Syllabus:

- Introduction to the Oxygen Advantage®
- Evaluating dysfunctional breathing patterns
- The relationship between breathing patterns and functional movement
- The science of breathing (physiology)
- Practical application of the OA®
- How to improve the delivery of oxygen during rest and physical activity
- Nasal Breathing
- Nasal breathing during exercise
- Exercise induced asthma
- Managing bronchoconstriction during sports and activity
- Improving sleep quality for performance and focus
- Measuring BOLT
- Maximum breathlessness test
- Intermittent hypoxic hypercapnic training (IHHT)
- IHHT and running economy
- IHHT and swimming
- IHHT and running
- IHHT and team sports
- Delaying the onset of lactic acid and fatigue
- Long term effects of breath-holding
- Increasing aerobic capacity
- Pre-competition preparation
- Oxygen Advantage® and the WHM
- Increasing creativity
- Program based on BOLT score, age and state of health
- Tailoring exercises to individuals
- Nasal obstruction resulting in strong air hunger
- Training format, week 1 to week 4 and beyond
- Heart Rate Variability
- Weightlifting
- Intra-abdominal pressure
- Core control
- Improving respiratory muscle strength
- How to teach the Oxygen Advantage®
- Enter the zone with Atomic Focus

## Breathing Exercises you will learn:

1. Get in the zone
2. Stop a racing mind
3. Deep sleep
4. Feel calm, but maintain focus
5. Oxygenate your brain — Breathe Light
6. Breathe Light using SportsMask
7. Activate the relaxation response — Breathe Slow
8. Calm your body and mind — Breathe Deep
9. How to breathe during stress or a panic attack
10. For stress— Recovery breathing - sitting
11. For repetitive and negative thinking — Recovery breathing – pacing
12. Recharge— get a dose of oxygen when you most need it
13. Flow State for public speaking and high performance situations
14. Get out of your head
15. Prepare for competition
16. Breathing for running
17. Wake up alert
18. How to Breathe throughout the day and night

### About your instructor:

World renowned Buteyko Method expert and author Patrick Mckeown completed his clinical training in the Buteyko Method in the Buteyko Clinic in Moscow in 2002, and was accredited by the now deceased Professor Konstantin Buteyko.



Since then, Patrick has coached thousands of children and adults worldwide who suffer from breathing pattern disorders, sleep disordered breathing and anxiety. To date he has authored 8 books on the topic of breathing, including The Oxygen Advantage, Close Your Mouth, The Breathing Cure, Atomic Focus and Anxiety Free Naturally.

The Oxygen Advantage (published in over 10 languages) is an extension of his work, combining the simulation of high-altitude training and exercises especially formulated for athletes to

improve their performance in a safe, scientific and legal way. For the first time, athletes have access to a trusted and reliable means of measuring their progress through the Body Oxygen Level Test (BOLT), allowing them to overcome poor breathing habits; to understand in simple terms how oxygen is delivered throughout the muscles; and how practicing breath holding exercises can naturally increase their aerobic and anaerobic capacity.

Patrick has worked with elite athletes worldwide, including in the fields of tennis, cycling, weightlifting, American football, MMA and athleticism.

Patrick is a member of The Royal Society of Biology and president of Buteyko Professionals International (BPI).

As a TEDx speaker, Patrick's Work has changed the lives of thousands worldwide. His work has been published by Harper Collins (UK), William Morrow Press (USA), Red Wheel Weiser (USA), Sperling & Kupfer (Italy), Kanki Publishing Inc. (Japan). He has been published in The American Journal of Respiratory and Critical Care Medicine, The Journal of the American Orthodontic Society and Clinical Otolaryngology.