



OA Advanced Instructor Training

Dates: 28, 29, 30 March 2024

Times: 9.30am-5pm daily (attend all three days)

Venue: Oak Park Los Angeles, Home of CrossFit Los Angeles, 1715 18th st, Santa Monica, CA 90404, USA

OXYGEN  DVANTAGE®

Train with Patrick McKeown in person, in Santa Monica, in March 2024

Oxygen Advantage Advanced Instructor Training is our most comprehensive certification. It gives you the skills to teach functional breathing and simulation of altitude training to clients with a wide range of needs and goals. Our Advanced Instructors work with everyone from pro athletes and military to adults and children with chronic illnesses.

Enjoy the unique opportunity to train directly as an OA Advanced Breathing Coach with world renowned breathing expert, author, and creator of the OA Method, Patrick McKeown.

Venue:

Oak Park is a world-class training facility in Santa Monica, CA under the guidance of dedicated, professional coaches who support the intentional, sustainable growth of the people they lead.

This 3-day training is an opportunity to:

- Meet and train with Patrick in the United States in 2024

Your course fee includes:

- A welcome pack including: OA Advanced Training Manual, OA T-Shirt, sample pack of Myotape, and a Breathing Belt.
- Lifetime access to the OA Advanced online education portal with pre recorded videos, presentations, access to future live classes, and marketing materials for delivering OA breathwork classes.



Your course fee does not include:

- Lunch
- Accommodation

Planning Your Training and Your Trip: Payment

Your Investment: \$1050.00

Your training fee is payable in full at time of registration via our website. Should you need to cancel, you may do so and receive a full refund until 29th February 2024.

This training is subject to numbers. We advise early booking.

Should you have any questions regarding the fee, please contact info@oxygenadvantage.com

Times Daily

This training takes place 9.30am-5pm daily, on each of the training dates: 28, 29, 30 March 2024
Please attend all three days.

Lunch is not included in the training fee. Feel free to bring refreshments and snacks with you.
Please wear comfortable loose clothes and footwear to the training as you will be practicing breath work with movement.

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