



## Advanced Instructor Training

Become an Oxygen Advantage® Advanced Instructor in Pakenham, Ontario, Canada May 2-4, 2025.

**Venue:** Stewart Community Centre, 112 MacFarlane Street Pakenham, Ontario

**KOA 2X0**

**OXYGEN ADVANTAGE®**



Pakenham is a quaint village on the Mississippi river 40 minutes west of Downtown Ottawa, 26 minutes from Kanata. Restaurant and coffee shops are within a two minute walk. Free parking is available. Contact [paul@achc.ca](mailto:paul@achc.ca) for information on local accommodations.

The course will take place from 9:00 am to 4:30 pm Friday, Saturday and Sunday.

### Your Oxygen Advantage Master Instructor Dr. Paul Sly, B.Sc.(Hons), DC, FMS

Paul is a certified Oxygen Advantage® Master Instructor and Buteyko Clinic International provider. He is a practicing chiropractor with over 25 years' experience. An acupuncture provider, certified in Functional Movement Systems, Paul's treatment of musculoskeletal injuries combines a focus on functional breathing and functional movement with various joint and soft tissue therapies.

Paul uses Oxygen Advantage® principles and techniques with active people of all ages, from all walks of life. His sports clients include NHL hockey players, professional strongman/ strongwoman competitors and elite Canadian and world champion powerlifters.

Paul is co-author of the book **SmartCuts - Biohack Your Healthspan: Cutting-Edge Protocols For Greater Energy and Performance.**

Paul is excited and passionate about training Oxygen Advantage® Advanced Instructors in Canada who will help people optimize sleep, healing, rest and recovery, and maximizing mental and physical performance.

Cost: \$1400 CDN includes access to your own Oxygen Advantage® instructor portal online with access to supporting materials and marketing, a physical manual, and a pulse oximeter.

**Cost: \$1500 CDN**

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## Your course fee includes:

- 3-days of in person training in the OA® Advanced Method with Dr. Paul Sly
- Lifetime access to an online learning portal with videos, presentations and tutorials
- Downloadable instructor training manual
- 14 hours of live Zoom coaching with Patrick McKeown, creator of the Oxygen Advantage Method®
- Marketing materials for teaching clients
- Access to instructors' Facebook group and community
- Ongoing refresher classes and free masterclasses with the OA® community

## Course Description

Master the Science of Breath with Oxygen Advantage®

Developed by renowned breathing expert Patrick McKeown, this 100+ hour certification teaches you to apply safe, science-based breathing techniques to transform health and performance.

Become a certified Oxygen Advantage® Instructor, joining a global community committed to harnessing the power of breathwork.

You'll gain in-depth knowledge of respiratory physiology, learning how to restore functional breathing and simulate altitude training for improved endurance.

With breathwork demand growing exponentially, you'll be equipped to help a broad range of clients - from executives to pro athletes - to release their full potential.

## What will i learn in this course?

You will learn to identify breathing dysfunctions, understand their impact on health and performance, and teach scientifically-backed exercises and protocols to restore optimal breathing. This includes nasal breathing techniques, breathing re-education protocols, and simulation of high-altitude training exercises. You will also receive business development strategies to meet the growing worldwide demand for breathing instructors.



## What sets this course apart



**Backed by Science:** Understand the proven connection between optimized breathing patterns and wellbeing.



**Expert-Led Training:** Learn directly from pioneer Patrick McKeown, who has dedicated over 10,000 hours to breathing research.



**Global Community:** Join a network of elite instructors applying breathing techniques internationally.

**OA Advanced Instructor Training**

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