

3 Day

Fri 5th Jan 2018 -
Sun 7th Jan 2018

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Host:

Cradock Performance
and Injury,
11C Centrepont,
Liosban Industrial
Estate,
Galway.

Oxygen Advantage Instructor Training Course with Patrick McKeown

Are you a fitness instructor, strength & conditioning coach, yoga teacher or physiotherapist interested in teaching The Oxygen Advantage® Technique to your clients and students?

Would you like to teach individuals or groups a unique proprietary workout to optimise breathing patterns, improve oxygen uptake and delivery, provide an aerobic and anaerobic workout as well as developing mental focus and acuity.

The Oxygen Advantage® workout consists of ten breathing exercises taught according to an exact protocol and sequence. Designed by Patrick McKeown, this sequence allows you to teach clients in an efficient manner, maximising the benefits of the Oxygen Advantage® Technique.

Patrick McKeown is a global leader and catalyst for helping the world breathe better.

Places on this course are strictly limited.

For further information contact

Ana: info@oxygenadvantage.com

Eimear: eimear@cradockperformance.ie

Course format: www.oxygenadvantage.com/teach-it

