

Heather Athie

has successfully completed:

Oxygen Advantage[®] Advanced Instructor Training

120 HOURS OF STUDY

Learning Outcomes:

- The science of functional breathing from 3 dimensions: biomechanical, biochemical and psycho physiological.
- Exercises and protocols to address dysfunctional breathing.
- Stressor breathing exercises for body and mind to create positive adaptations, including improved physical and mental performance.
- Breathing exercises and protocols to improve sleep quality, change states, and improve concentration and attention span.
- Breathing programs tailored to suit a range of client health profiles.



Patrick McKeown
Director of Education & Training

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Ireland



Gray Caws
Oxygen Advantage[®]
Master instructor

October 5, 2021

Date

Patrick McKeown