

INVINCIBLE BREATHING™ METHOD FOR MIND, BODY AND SPORT
Scientific breathwork to optimize health, mental clarity and performance

<https://oxygenadvantage.com/>

THE OXYGEN ADVANTAGE®

A UNIQUE BREATHWORK TRAINING PROGRAM BY PATRICK MCKEOWN

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

Our vision is that one day, everyone will know, understand and apply the power of the breath. Our mission is to make the use of science-based breath techniques universal within a generation.

Learn the OA™ via online courses, live Zoom classes or in person. Teach the OA™ by becoming a certified instructor.

WHO IS THE OXYGEN ADVANTAGE INVINCIBLE BREATHING™ FOR?

If you are a pre-athlete, a pro athlete, a weekend warrior, a yoga teacher, physiotherapist, osteopath, physical or mental health professional, in mainstream or alternative practice, a coach, public speaker, performer, self improvement enthusiast, or struggle with less than optimum health on a daily basis... this science-backed breathing method is for you.

A LIVING BREATHING METHOD,

Flexible, personal, resourceful,

For every body,

Every mental state...

For the pro athlete,

The lifelong asthmatic,

The tired, the wired,

The stressed out, burned out,

Rat race,

Out of the race,

First place!

Empowering you

To thrive,

To live,

To grow...

HOW WELL DO YOU BREATHE?

It's time to test your breathing. The Body Oxygen Level test, or BOLT score, measures your body's sensitivity to the gas carbon dioxide. It's an important indicator of functional breathing. The MBT measures your maximal breath hold time. Do not try the MBT if you are pregnant or have a pre-existing health condition. Strong breath holds must only be practiced if you are in good health.

WHAT IS THE WHAT IS THE OXYGEN ADVANTAGE™?

The OA™ is a series of unique breathing exercises for optimum health and sports performance. The exercises focus on two pillars: functional breathing and simulation of high altitude training. Study at your own pace, online or in person. Or train to join our global team of certified instructors and build a sustainable career as a breathing coach.

TWO POWERFUL PILLARS

FUNCTIONAL BREATHING TRAINING

- Breathe easy, even during exercise
- Boost oxygen delivery
- Open your airways
- Strengthen your core
- Get deep, restful sleep
- Calm your mind for laser focus
- Feel happier, healthier and stronger

SIMULATION OF ALTITUDE TRAINING

- Push past your personal best
- Stop gassing out before the finish line
- Recover faster after training
- Delay lactic acid and fatigue
- Strengthen your breathing muscles
- Improve repeated sprint ability
- Enhance performance, safely and legally