



## BREATHING FOR YOGA – UNDERSTAND THE SCIENCE. DEEPEN YOUR PRACTICE.

The New Online Yoga Course for  
Scientific Breathwork from  
Oxygen Advantage® Experts,  
Patrick McKeown and Anastasis Tzanis

APRIL 13-21 | 16:00-18:00 LONDON | COST: 995 DOLLARS US

ENROLL TODAY

### The Breath.

#### Prana.

It unites you with the world through the exchange of air in your lungs. And it provides a unique doorway into every aspect of your manifest being.

During yoga practice, the breath supports movement and balance and brings stillness to the mind. Off the mat, it stays with you, breath by breath, day by day, impacting, informing and inspiring your experience... and your life.

But without an understanding of how the breath works, you can't fully access its myriad benefits. It's challenging to reach your full potential, and easy to develop unhealthy habits that increase risk of injury, for you and your students.

If you want to take your practice, or your teaching to the next level, apply new research to ancient techniques and explore the scientific power of breath in yoga...

If you've ever been told to "take a big, deep breath..."

#### THIS COURSE IS FOR YOU.



- Learn which asanas improve your breathing biomechanics,
- Discover simple tests to monitor your breathing,
- Correct common myths about the breath,
- Find out how to recover when breath control falters,
- And earn a certification that qualifies you to teach the Oxygen Advantage® breathing method. To students at all levels of experience.

"THIS IS ONE OF THE BEST COURSES I HAVE ATTENDED AND OFFERED SO MUCH MORE BEYOND THE BOOK IN TERMS OF INFORMATION AND PRACTICAL APPLICATION. PATRICK BREAKS DOWN THE PHYSIOLOGY OF BREATHING, AND HOW IT AFFECTS PERFORMANCE, HEALTH, AND PHYSICAL WELLBEING."

- JEN LI SHENG, GENESIS GYM SINGAPORE SENIOR INSTRUCTOR AND  
4-TIMES SINGAPORE STRONGEST MAN.

DEVELOP YOUR PRACTICE. ENHANCE YOUR TEACHING.  
BECOME AN OXYGEN ADVANTAGE® INSTRUCTOR.

COST: 995 DOLLARS US

SIGN UP NOW



## WHAT AM I LEARNING?

- A new understanding of how breathing research applies to yoga practice,
- The skill set that's required to guide students through yoga poses, Pranayama and meditation in a progressive and safe way,
- A breathing technique that enhances your own physical practice and benefits your students,
- The ability to achieve measurable improvements in respiratory function for your students,
- An in-depth understanding of how the biomechanics, biochemistry and psychology of each student affects the breathing, and what you can do about it.

[ENROLL NOW](#)

## WHO ARE MY TEACHERS?



**ANASTASIS TZANIS**

[VIEW MORE](#)



**PATRICK MCKEOWN**

[VIEW MORE](#)

## TESTIMONIALS

### WHAT PEOPLE SAY ABOUT ANASTASIS & PATRICK

#### **GINO PERROTTE**

ADJUNCT LECTURER AT BARUCH COLLEGE, FOUNDER OF RIGHT BRAIN JOURNEYS  
RECOMMENDS ANASTASIS TZANIS | JANUARY 2021

Anastasis infuses a great blend of knowledge and energy in his teaching. I learned things about breathing that I have never known about or thought to observe before participating in this course. The directions for exercises are very simple and clear. His voice is so pleasant and centering. And I love that each exercise is less than 10 minutes (some even shorter) as it makes it manageable to incorporate into my morning routine before beginning my work for the day.

I will definitely be making these exercises a part of my daily routine!



## WHAT'S INCLUDED IN THE PRICE?

- 7 live online training classes, lasting 2 hours each
- The Oxygen Advantage® Instructor Manual for yoga
- Copies of our PowerPoint presentations for you to keep
- Lifetime access to recordings of the advanced breathing exercises
- Direct email access to your instructors for support
- Exam entry
- Case studies

Upon successful completion of your exam, you receive your Certification in Oxygen Advantage® Breathing for Yoga. This gives you immediate access to our branding and marketing materials and the rights to trade as an Oxygen Advantage® instructor. And your profile will be displayed on our Instructor page at OxygenAdvantage.com, so that your information is available for client searches.

RESERVE YOUR SPOT

## HOW CAN I APPLY THE TRAINING?



*"A lot of the people I see as a yoga therapist have anxiety and depression. They're in chronic pain... Some lead with their structural or physical health issues. Others come because of their anxiety and depression. Regardless, I always teach them functional breathing." - Robin Rothenberg, yoga therapist and author of Restoring Prana (excerpt from The Breathing Cure by Patrick McKeown).*

Students come to yoga to find a sense of centeredness and focus. Often, they come because they feel overwhelmed.

In this special online yoga course, we approach concentration from **3 dimensions:**

1. MIND,
2. BREATH, AND
3. PHYSICAL POSES.

By harnessing the breath, you can help your students improve their concentration over time, as they gain more experience in physical and breathing exercises. This has implications for balancing postures, where proper use of the diaphragm, mental calm and a strong drishti are all vital to stability.

In vinyasa yoga – and in life – the breath is an integral part of movement. You'll learn how to use a vinyasa-based sequence as a foundation for the Oxygen Advantage® breathwork, and a core workout that incorporates functional breathing.

You will practice breathing exercises to enhance relaxation, stretch and release the fascia, reduce the heart rate and free the movement of your diaphragm.

## HERE'S A BREAKDOWN OF THE COURSE OUTLINE...

CLASS 1

CLASS 2

CLASS 3

CLASS 4

CLASS 5

CLASS 6

CLASS 7

### CLASS 1: THE SCIENCE OF BREATHING WITH PATRICK MCKEOWN

TUE APRIL 13, 2021

- Screening for breathing pattern disorders in yoga teaching
- The relationship between breathing patterns and functional movement
- The science of respiratory physiology
- Increasing oxygen uptake during movement
- A practical demonstration of Breathe Light

SIGN UP NOW



## REPLACING PRANAYAMA?

As a yogi, you already know about the breath.

But there's no denying, a deeper understanding of breathing science will give you a stronger foundation for your practice and teaching.

This course is not designed to replace Pranayama. Or to debunk anything about yoga as you understand it. Instead, it's an opportunity to learn and understand why the breath is so important, and how you can harness it in your teaching, practice and beyond, to experience its full benefits, mentally and physically.

The ancient Yogis understood the biochemistry of breathing. They used the breath to manipulate the body's breathing receptors to produce physiological changes. You can learn to do the same.

And in the process, you can expand your practice to incorporate breathwork – an area that's subject to an explosion in demand worldwide.

To learn more about how functional breathing integrates with yoga, watch Patrick's interview with Robin Rotherberg, yoga therapist and author of *Restoring Prana: A Therapeutic Guide to Pranayama and Healing Through the Breath for Yoga Therapists, Yoga Teachers, and Healthcare Practitioners*.



## FREQUENTLY ASKED QUESTIONS

I PRACTICE YOGA BUT I DON'T TEACH IT. CAN I TAKE THE COURSE?



Yes, the course is designed for yoga practitioners too. To get the most out of the online yoga course, it's best that you have at least one year of yoga practice prior to attending. If you're new to yoga, experience in other forms of exercise may be relevant. If you have any doubts, [please get in touch](#) to discuss whether this course is appropriate for you.

WILL THIS COURSE CERTIFY ME TO TEACH THE OXYGEN ADVANTAGE®?



IS THIS A YOGA TEACHER TRAINING COURSE?



DO I NEED ANY PRIOR KNOWLEDGE TO TAKE THE TRAINING?



DO I NEED ANY ADDITIONAL EQUIPMENT TO TAKE THIS ONLINE YOGA TRAINING?



WHAT ARE THE COURSE OBJECTIVES?



IS THERE AN EXAM?



DO I RECEIVE A PHYSICAL CERTIFICATE?



IS THERE FOLLOW UP SUPPORT?



DURING THE COURSE, HOW DO I REACH OUT IF I'M HAVING A PROBLEM OR WANT TO ASK A QUESTION?



WHAT'S THE DIFFERENCE BETWEEN THE ONLINE YOGA COURSE AND OTHER OXYGEN ADVANTAGE® TRAINING?



WHAT ELSE WILL I GET?



HOW CAN I APPLY THE TRAINING IN MY PROFESSIONAL LIFE?



I'M ALREADY CERTIFIED OR TRAINING AS AN OXYGEN ADVANTAGE INSTRUCTOR® AND WANT TO UPGRADE TO THIS TRAINING. IS THIS POSSIBLE?



INVESTMENT: \$995

SIGN UP TODAY

OXYGEN  
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LEARN IT  
CERTIFICATIONS  
FIND AN INSTRUCTOR  
BLOG  
FAQ

WHO WE ARE  
ABOUT  
THE BOOK  
WHO IS PATRICK

SOCIAL MEDIA  
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