



# **OXYGEN DVANTAGE**

**MASTER INSTRUCTOR**



## **Breathing Correctly is Vitally Important**

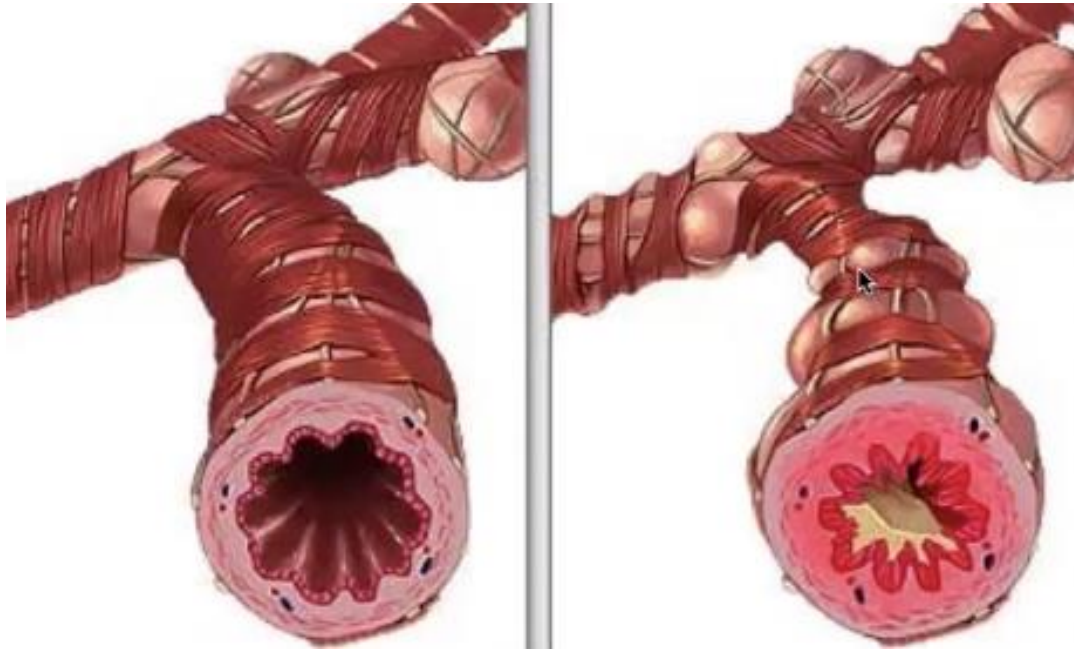
We have forgotten our innate way of breathing.

80% population today are breathing DYSFUNCTIONALY.

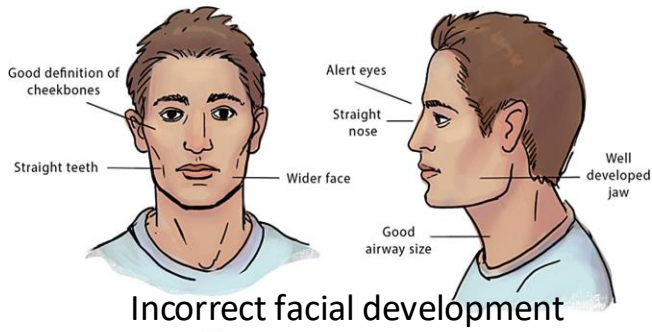
Anxiety and depression are most common mental illness in the UK – there is a huge link here to dysfunctional breathing.

The most damaging symptom of long term stress and anxiety is habitual over breathing. This leads to a number of implications: depression ,chronic Fatigue, osteoporosis, asthma, insomnia, seep apnea, premature heart attacks and strokes.

Over breathing (dysfunctional breathing) causes narrowing of the airways, limiting your body's ability to oxygenate... 80% of the population are doing this.....

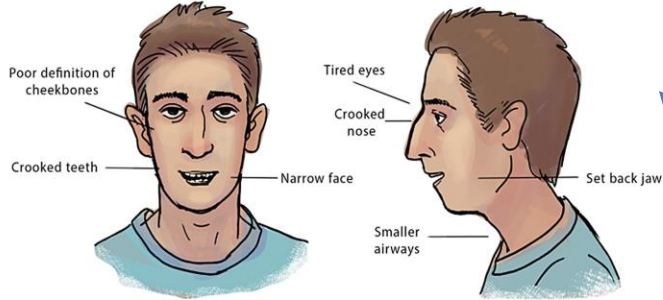
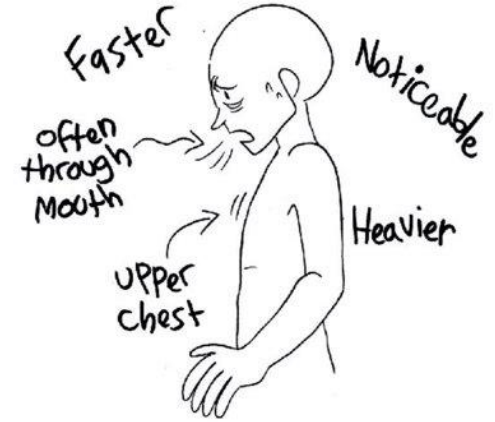


How can a brain starved of oxygen work properly?



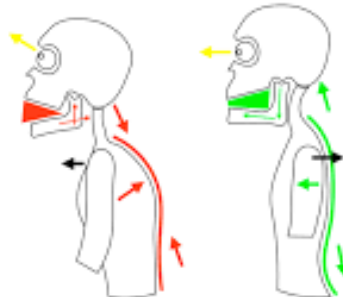
Stressed out

Breathing becomes:

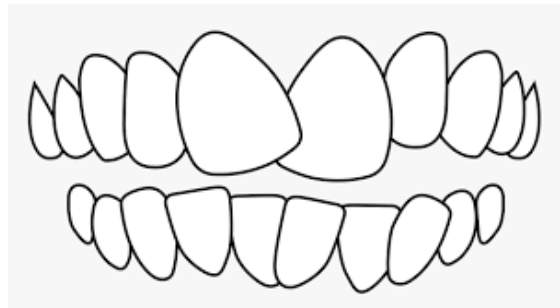


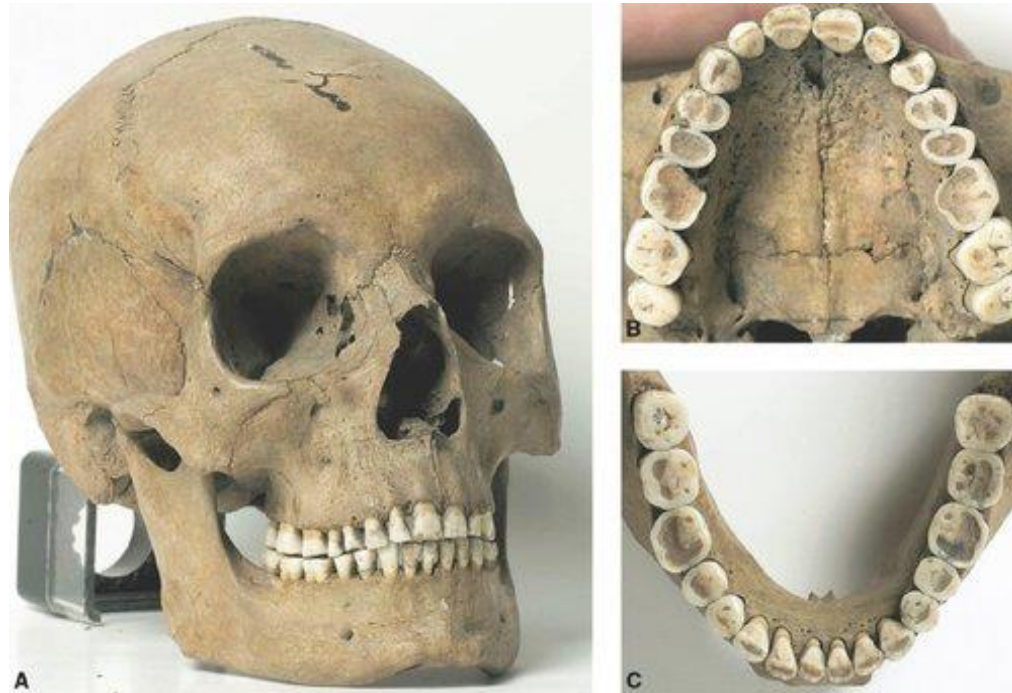
What does over breathing (dysfunctional breathing) look like?

**Headaches, Neck, & Back Pain Or Bad Breathing?**



Mouth breathing, teeth grinding, and forward head posture due to low tongue posture and poor neck support





Pre industrial revolution teeth used to be straight, faces were developed correctly....  
There were no need for braces.....

As a yoga teacher, master oxygen advantage coach and myofunctional therapist my style of teaching intertwines functional breathing, functional movement, and core yoga values to assist students, families and children in restoring health physically and mentally.



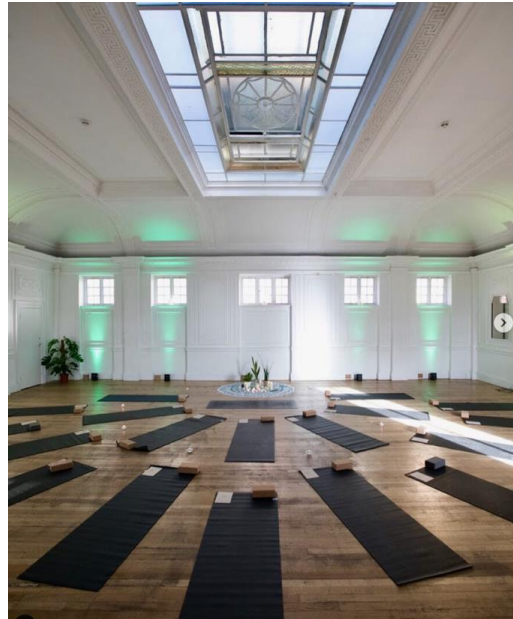
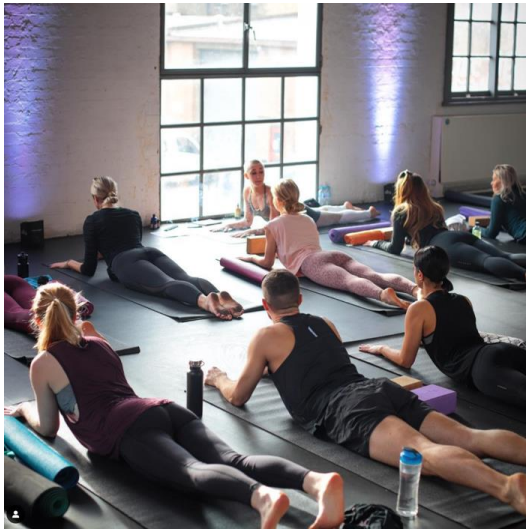
## Workshop Topics

- Breathing impacts the development of the face. Learn how to breath correctly and increase face and tongue tone.
- Developing healthy airways in children. This reduces behavioural problems and improves their development, posture and speech. Many children get misdiagnosed with ADHD when it is in fact a breathing dysfunction.
- The breathing secret for healthy blood pressure to avoid premature heart problems.
- Breathing is different for women. Whether it's hormones, the menstrual cycle, sleep, anxiety, women being twice as likely to develop Alzheimer's... there is a vital link to breathing here.
- Snoring is NOT normal. Snoring is VERY damaging. Improve sleep, insomnia and sleep apnoea by changing the way you breathe when you sleep. Snoring can lead to sleep apnoea which can mean you are four times more likely to develop cancer. (This NEEDS to be addressed in children)
- Improve focus, concentration and flow state at work with increased energy. This workshop is normally done with corporate companies/CEO's to improve workplace performance.
- Anxiety and dysfunctional breathing – learn how to increase oxygen delivery to the brain to help reduce symptoms of anxiety and panic attacks.

## Room Set Ups



## Wellness Gift



At all events I provide goodie bags including handmade wellness gifts made by me!

[knotyoga.org](http://knotyoga.org)

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Seen in....

THE TIMES

## Chris Martin Breathes Better Than You Do. This Man Taught Him How

KATIE GLASS



The basic premise of the book is that we are all chronically over breathing and need to learn to breathe more slowly and through our noses. "We need to turn upside-down the idea we need to take full big breaths" McKeown says.

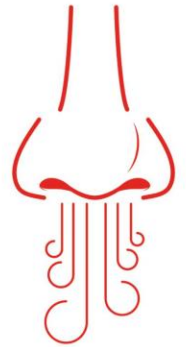
OXYGEN DVANTAGE

www.oxygenadvantage.com

## Men's Health

# LIFT YOUR ENDURANCE AT A SNIFF

A tactic of the world's best distance runners, nasal breathing could transform your cardio performance. Here's how to win by a nose



- HOW TO SHUT YOUR MOUTH**  
Practice goes a long way. Try this exercise from Patrick McKeown, author of *The Oxygen Advantage*
- 01/** Start the exercise by inhaling and exhaling through your nose, then pinch your nose and hold your breath.
- 02/** Now, with your nose pinched, walk as many steps as you can, building up an air shortage.
- 03/** Breathe through your nose again, and calm yourself. If you can't recover in three breaths, you've held it for too long.
- 04/** Now wait for 1 to 2 mins, then do another breath hold. Repeat for 8 breath holds in total.

The Oxygen Advantage  
@OxygenAdvantage

### Amazing article in the British Vogue Magazine mentioning Patrick McKeown. Worth ... [instagram.com/p/CdYHrKosNuP](https://www.instagram.com/p/CdYHrKosNuP)

**S**omething is happening here. The world's best distance runners are breathing through their noses. They're not just breathing through their noses, they're breathing through their noses in a way that's completely different from the way most of us breathe. They're breathing through their noses in a way that's completely different from the way most of us breathe. They're breathing through their noses in a way that's completely different from the way most of us breathe.

**BODY BOOSTERS**





THE 6 SUMMER STYLING UPDATES