

Prudence Fowler

as having successfully completed the course:

Oxygen Advantage® Functional Breathing Instructor Training

50 hours of study to include:

- Achieving the normalization of carbon dioxide levels in the body
- Achieving better functioning of the diaphragm breathing muscle
- Cadence breathing – achieving optimal parasympathetic/sympathetic balance



Patrick McKeown – Director of Education & Training

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Loughwell, Moycullen
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Ireland

June 16, 2021

Date

Patrick McKeown