

COMBINED FUNCTIONAL BREATHING, SLEEP DISORDERED BREATHING, ORAL AND FACIAL STRUCTURE COURSE

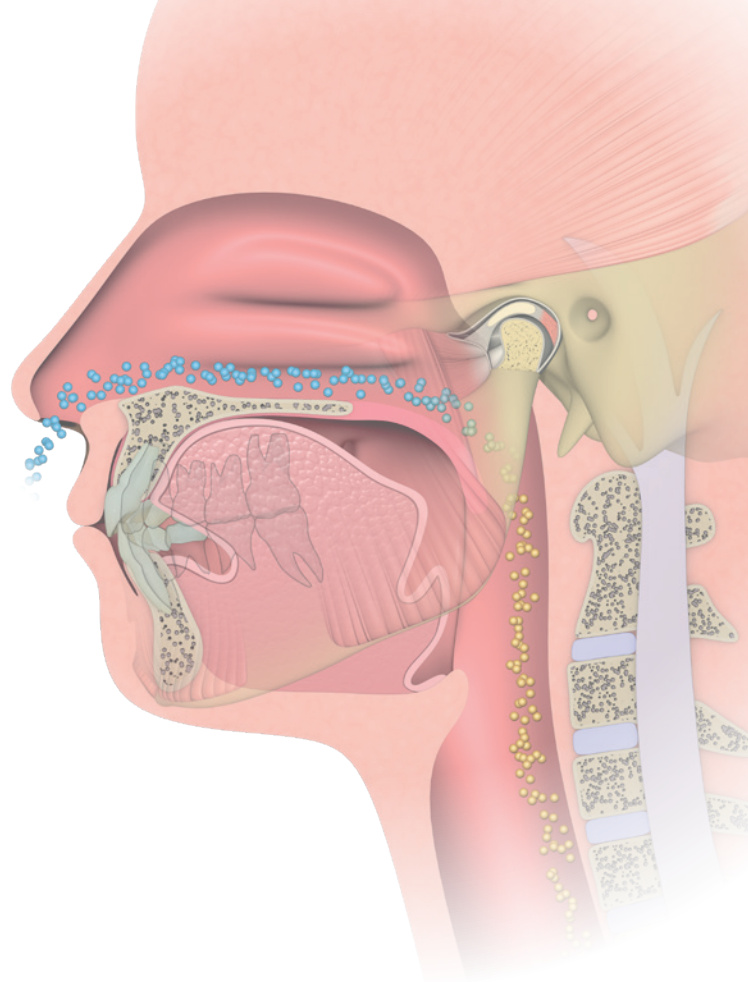
FUNCTIONAL BREATHING INSTRUCTOR TRAINING

July 23 - 24th 2019

MRC International Training Facility,
Gold Coast, Australia



Join Patrick McKeown to discover how sleep disordered breathing and oral/facial structures can be improved with functional breathing.



This comprehensive, two-day course provides detailed instruction on how to address breathing pattern disorders in children, teenagers and adults.

This course has been specifically created for dentists, myofunctional therapists, dental hygienists, speech pathologists, occupational therapists, physiotherapists and all healthcare providers.

Upon registration, online access to our instructor training portal containing detailed video lectures, presentations and published papers is provided.

TRAINING PROGRAM

- Introduction to respiratory physiology
- Mouth breathing: physical, mental and emotional consequences
- Examining dysfunctional breathing patterns
- Practical application of functional breathing exercises
- Nuances (contraindications)
- Weekly program to teach adults
- Mouth breathing in children
- Teaching children & teenagers
- Weekly program to teach children
- Heart rate variability and slow breathing
- Breathing re-education in sleep
- Phenotypes of sleep apnoea
- Breathing & TMJ disorder
- Exhaustion, anxiety panic and breathing

LEARNING OUTCOMES

On completion of the training program, healthcare professionals will:

- Understand the connection between dysfunctional breathing and health problems including asthma, anxiety, rhinitis, sleep disordered breathing (four phenotypes of obstructive sleep apnoea are explored in detail) and temporomandibular disorder
- Identify dysfunctional breathing patterns in children and adults
- Teach exercises to decongest the nose and help establish nasal breathing
- Deliver breathing re-education exercises and guidelines to help restore physiologically normal breathing in children, teenagers and adults



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LECTURER



PATRICK MCKEOWN

MA, Dip BM, FRSB

For the past seventeen years, Patrick McKeown has delivered training in Breathing Re-Education to healthcare professionals and the general public with sleep disordered breathing and breathing pattern disorders.

As part of his work, he has collaborated in four clinical trials investigating Breathing Re-education for asthma and rhinitis. A speaker on TED talks, Patrick is the author of eight books including two best sellers for asthma.

His latest book titled "The Oxygen Advantage" explores improving sports performance in athletes.

REGISTRATION FORM

REGISTRATION FEES (FULLY CATERED)

SPECIAL OFFER

23RD - 24TH JULY 2019

MRC FUNCTIONAL BREATHING INSTRUCTOR TRAINING

2 Days - Doctors \$1600

2 Days - Auxiliary staff \$880

23RD - 27TH JULY 2019

ATTEND BOTH PATRICK MCKEOWN TRAINING & MRC AUSTRALIAN SUMMIT

5 Day Special Price - Doctors \$3000

5 Day Special Price - Auxiliary staff \$1700

REGISTRATION DETAILS

Full Name:

Contact Number: Email:

Address:

Dietary Requirements:

ADDITIONAL PARTICIPANTS

Dietary Requirements:

Full Name:

Full Name:

PAYMENT DETAILS

Make payable to Myofunctional Research Co.

Payment Method: Credit Card: Cheque: Bank Transfer: Amount:

Credit Card Details: Card #: Expiry Date:

CVV Number: