

Performance Breathing - Cohort 1-25

Master Trainer	Patrick Marques
Location	Zoom meeting link will be sent once Cohort is joined
Cost	\$350
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Course Schedule April 19 – May 31, 2025

DATE	ACTION	TOPICS COVERED/WHAT YOU GET
Saturday April 19	Coaches' Call #1 10:00am Eastern via Zoom Meeting	<ul style="list-style-type: none"> Welcome: who I am & why we made this course Course platforms and materials Goals, Learning Objectives, & course outline Theme: Breathing mechanics, control and habits Course expectations & questions
Sunday April 20 – Friday May 2	Self-Study Block #1: Performance Breathing 1 Video assisted learning	<ul style="list-style-type: none"> Big 5 Breathing Concepts Breathing assessments & Neuro assessments protocol 3 x Breathing Mechanics exercises 1 x Breathing Control exercise 1 x Breathing Habit 14-Day Breathing Habit Builder & plan Downloadable Quick Reference Guides
Tuesday April 29	Submit PB1 Insights and Questions info@neurotrainingeducation.com	Share your questions and takeaways from PB1, in advance of the upcoming Coaches' Call
Saturday May 3	Coaches' Call #2 10:00am Eastern via Zoom Meeting ↓	<ul style="list-style-type: none"> PB1 Highlights and Applications Questions & insights PB2 Preview and supplemental material
Sunday May 4 – Friday May 16	Self-Study Block 2: Performance Breathing 2 Video assisted learning	<ul style="list-style-type: none"> Review the assessments protocol 2 x Breathing Mechanics exercises 2 x Breathing Control exercise 2 x Breathing Habit 14-Day Breathing Habit Builder & plan Downloadable Quick Reference Guides
Tuesday May 13	Submit PB2 Insights and Questions info@neurotrainingeducation.com	Share your questions and takeaways from PB2, in advance of the upcoming Coaches' Call
Saturday May 17	Coaches' Call #3 10:00am Eastern via Zoom Meeting ↓	<ul style="list-style-type: none"> PB2 Highlights and Applications Questions & insights PB3 Preview and supplemental material
Sunday May 18- Friday May 30	Self-Study Block 3: Performance Breathing 3 Video assisted learning	<ul style="list-style-type: none"> Review the assessments protocol 3 x Breathing Mechanics exercises 1 x Breathing Control exercise 2 x Breathing Habit 14-Day Breathing Habit Builder & plan Downloadable Quick Reference Guides
Tuesday May 27	Submit PB3 Insights and Questions info@neurotrainingeducation.com	Share your questions and takeaways from PB3, in advance of the upcoming Coaches' Call
Saturday May 31	Coaches' Call #4 10:00am Eastern via Zoom Meeting	<ul style="list-style-type: none"> PB3 Highlights and Applications Questions & insights Integration Strategies in complete cycle