

Email #1:

Subject: Control Your Heart, Control Your Life

Preview Text: Breathing techniques to lower your heart rate

Strong emotions can make the heart literally go wild. Anxiety, stress, even love - think of the cartoon wolf whose heart literally pounds out of his chest.

It skips a beat or two or beats over a hundred times a minute, and while that does not necessarily mean you are in trouble, it can be uncomfortable or just a bit annoying.

Today, I want to share a different way to **gain control of your heart**.

You may have heard about something called breath holding. You may have done it as a child in your bathtub (which is, by the way, a bad idea which will be explained shortly).

Did you know that some people can hold their breath for more than twenty minutes?

This sounds crazy (and dangerous!) but in the sport of freediving, where you dive on a single breath of air, it is business as usual.

Freedivers have been guinea pigs for scientists and thanks to their efforts, we know a lot more about how our breath is linked to our mind and heart.

Breath holding offers many benefits (if done safely - never alone in water and in a safe location when done on dry land).

For instance, studies have shown that **the heart actually works BETTER** after doing a breath hold session.

(link to optional video to embed: <https://www.youtube.com/watch?v=bOyU1OH8nMg>)

As you go deeper into the dive, the **Mammalian Dive Response** - the little dolphin fluttering in your belly - kicks in. As a result of conserving energy, your heart slows down.

This is one of the immediate effects when doing breath hold exercises which you can notice when you feel your pulse or measure your pulse with a fingertip pulse oximeter.

But, as you continue to train breath holding, you **strengthen your mind and nervous system** to where you gain more control over your heart.

Now that you are aware of the **power of conscious breathing and breath holding**, do you want to **learn more relaxation, visualization, breathing and breathing exercises** to **improve your health, increase your energy, release stress and strengthen your mental resilience**?

[Click here to find out more about Breatheology ESSENTIALS](#)

With this guided program improving your breathing habits will be a piece of cake. Go on an exciting journey with 4x world champion freediver Stig Severinsen and fellow students in recorded group sessions and go through the exercises, practice the techniques and acquire the new good breathing and relaxation skills.

You'll start to feel a transformation in just a few days!

Email #2:

Subject: Create a beautiful self-image...

Preview: It all starts with a single breath

One of the first and most important lessons we learn as a child is sharing with others.

While sharing with others is a good gesture and creates positive vibes all around, it is important not to forget about yourself.

If you have not tuned out during one of those safety flight instructions, you may remember the part where the flight attendant instructs you to first put an oxygen mask on yourself, before helping your child.

Take care of yourself first, so you can help others.

To help you achieve this, I want to share this visualization exercise with you. It's called **Beautiful Self-Image**.

Here's how you **find your own beautiful self-image**:

1. Lay down or sit in a comfortable position

2. Imagine that you are looking at yourself from outside or from above (birds' eye view)
3. Watch how your chest harmoniously moves slowly up and down
4. Observe how peaceful and relaxed you look and feel
5. Focus on your breathing: is it gentle and composed?
6. If your breathing feels brisk or strained, imagine how you gradually adapt to a more relaxed, elegant breathing pattern
7. Enjoy the moment of watching and observing yourself breathing in total harmony

Did you enjoy this exercise and would you like to **learn more relaxation, visualization, breathing** and breathing exercises to **improve your health, increase your energy, release stress and strengthen your mental resilience**?

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Email #3

Subject: 250 meter underwater in a single breath...

Preview: Stay calm and keep swimming

Meet Stig Severinsen, 4x world championship freediver and Guinness World Record holder

(Embed video: <https://www.youtube.com/watch?v=b-Mr1RV3Qxc>)

His extraordinary feats have attracted the interest of top athletes, business leaders, and more.

One of the most common requests he has received over the years is how to train for a specific goal.

Goals like optimized performance for athletes or increased (stress) resilience for entrepreneurs.

Many of them are surprised that the first thing they need to learn is how to relax. Without learning how to calm down, you cannot control your breath in more challenging situations.

It is no coincidence that the first exercise in any of Stig's training and programs is based on relaxation.

Yet most people are mostly curious about his "crazy" achievements, such as swimming 250 meters under a frozen lake in Speedos.

While flashy, these incredible feats would not be possible if Stig did not first learn how to relax.

"If all you have is a hammer, everything looks like a nail"

Stig has designed Breatheology to be a toolbox. Depending on what you need or hoping to achieve, you want to utilize different exercises and train differently.

What if I told you that there is an entire course with high quality videos to build-up your immune system, raise your daily energy, learn to "Relax on Demand" and recover from illness faster.

[Click here to find out more about Breatheology ESSENTIALS](#)

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Email #4

Subject: Release tension and free the solar plexus

Preview Text: Feel a world of difference

Throughout our lives, we store our emotions and experiences not only in our brain, but also in other parts of the body. A good example is what we call a *"gut feeling"*. When you perceive something as not being right, you not only think of it in your brain - you actually feel it in your stomach.

Strong emotions related to your self-esteem, self-reliance and self-image are stored in the solar plexus. This group of nerves and ganglia is found in the pit of the stomach, just below the diaphragm.

The solar plexus is part of the **sympathetic nervous system**. Over the years, 4x world champion freediver Stig Severinsen has trained thousands of people. And what he noticed is that many people have a tight solar plexus and a blocked diaphragm.

A free diaphragm is key to better breathing

If your diaphragm cannot move freely, you are not breathing effectively. This has an **impact on your health and performance**.

More importantly, a tight solar plexus often signals trauma that has not been dealt with.

If you are looking for better **health, improved performance and a stronger mind**, you have to release these emotions first.

What if I told you that there is an entire course with high quality videos to build-up your immune system, raise your daily energy, learn to “Relax on Demand” and release the tension in your solar plexus.

[Click here to find out more about Breatheology ESSENTIALS](#)

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Email #5

Subject: Unlock the hidden power inside your lungs!

Preview Text: Train your diaphragm and increase vital lung capacity

Do you feel that you are not getting the best out of your body?

Does it take a long time to recover, get tired too fast, or have low energy?

A plausible explanation is that you are not breathing correctly.

A key player in better breathing is the diaphragm. A stronger and more flexible diaphragm allows you to breathe deeper.

However, training the diaphragm is easier said than done.

Well - read on and I will tell you. :-)

Many people asks questions related to the diaphragm:

“I have a reduced lung capacity; can I improve my lung volume?”

“When I train my diaphragm, how do I prevent my chest from moving?”

“My diaphragm has become lazy - I am not booking much progress?”

I firmly believe you can **strengthen your diaphragm** - And become much stronger - physically and mentally.

Sometimes, all you need is a little help. And the help is right here!

Now you **CAN TRAIN** your diaphragm

And **IMPROVE** your vital lung capacity!

With the Breatheology ESSENTIALS Program

[Click here to find out more about Breatheology ESSENTIALS](#)

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