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Severinsen  
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... week during  
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Stig Åvall  
Severinsen (born  
1973) is a four  
time World  
Champion  
freediver.  
Freediving  
consists of  
diving deep or  
long while  
holding your



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**Åvall Severinsen**

breath. He holds a Master s degree in biology (2001) and a PhD in medicine (2007) from the University of Aarhus, Denmark.

**Stig Åvall**  
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verdens største  
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Åvalls netværk  
og job hos  
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breathology**  
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Danish  
freediver.He is  
a four-time  
world freediving  
champion and  
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Records. He wrote  
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as Breatheology  
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1-3 of 3 “The more you believe in the power of thought, and the more you listen to your breath, the greater changes you can create in your life.”

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breathe half,  
live half , it  
says on the  
cover of Stig  
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Severinsen's  
newly published  
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one is tempted to add: "What's worth doing is worth doing right". Stig's book is an integrated book on a subject that Stig really is an expert on, namely to breathe and hold your breath.

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live half , it  
says on the  
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to add: "What's  
worth doing is

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worth doing  
right". Stig's  
book is an  
integrated book  
on a subject  
that Stig really  
is an expert on,  
namely to  
breathe and hold  
your breath.

**Breatheology:  
Optimize Your  
Health and**

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**Performance**

Those who  
breathe half,  
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**Stig Severinsen  
- Wikipedia**

Stig Åvall  
Severinsen was  
the first person  
to hold his  
breath for more  
than 20 minutes  
under water, a  
Guinness World  
Record. He  
believes that  
controlling  
our...

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**About Stig  
Severinsen -  
Breatheology**

By combining  
these tools in  
the right way  
the Breatheology  
Method helps our  
students become  
conscious of  
their breathing  
to relax on  
demand and

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perform at the  
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Performance –  
Improve  
Resilience –  
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Reduce Stress &  
Recovery –  
Enhance Will  
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