

Online Breathing Masterclass

With Níall Ó Murchú



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**Reduce stress,
anxiety and fear**



Boost immunity



**Find peace and calm
amongst the chaos**



Online Breathing Masterclasses

These are uncertain times. Companies are being forced into new ways of working. Their staff are struggling to deal with stress, anxiety and fear. But, there are simple ways to regain peace, calm and control. By learning how to breathe consciously we are able to change how we feel, how we think and how we react to pressure.



“We were interested in finding new ways to help us manage stress and take control of our lives. These breathing techniques are something each person took away from the session and is trying to incorporate this into daily routines. I would recommend Niall to any high-performance team looking to manage stress, perform better, or build psychological safety within a group.”

Kieran O’Flynn, Sales Manager, Hubspot

Format of classes

- Each class is created around the requirements of the client
- During it, we'll be using different breathing and relaxation techniques
- The classes are delivered through an online platform such as Google Meets, Zoom etc
 - Some clients have services they use already
- Classes are up to 45 minutes long
- There are two exclusions: it is recommended that people with epilepsy or who are pregnant do not take part in these masterclasses



Organisations worked with

Google

SAMSUNG







About me

By learning how to breathe in a transformative way, and how to use the cold as a force for good in my life, I have become a better father, a better husband and a better man. That is why I have become an instructor: to help other people transform their lives by simply breathing and a little bit of cold. I teach breathing techniques, and the Wim Hof Method, around the world. I have over 20 years experience helping people find natural ways of restoring and improving their strength, health and happiness.



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