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[‘ SUPERHUMAN ’ Tribe Can Hold Breath for 13 MINUTES Underwater](#) Screw the box #VB2018 Alexey Molchanov's World Record Dive to 130m Train Safe Breath Holding With Stig Severinsen, 4X Freediving World Champion. Best Tips/Explanation [THE ULTIMATE SUPERHUMAN - STIG SEVERINSEN FROM BREATHEOLOGY - DISCOVERY](#)

Should you hold your breath after the INHALE or EXHALE?How to Perform Victorious Breath (Ujjayi Breathing Pranayama) FREE Breathing Discovery Masterclass By The Ultimate Superhuman, Stig Severinsen [Healing Deep Emotional Blockages and Trauma with Breathing](#) The Life Changing Power of Breath Holds | Stig Severinsen Interview | TAKE A DEEP BREATH #podcast How To Hold Your Breath Longer/Safer, Training Tips By Stig Severinsen, 4X Freediving World Champion Breatheology Stig Avall Severinsen KCRW: You ’ re a four time freediving World Champion. How did that get started for you? Stig Severinsen: “ Well as with any child, once you start freediving, going under the surface of the ocean, or even ...

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