

Claire Walsh - Keynote

Claire Walsh, free diver, speaker and author of bestselling *Under Water, How Holding My Breath Taught Me to Live* invites participants to explore the pause between the inhale and the exhale. Claire will share her personal story and experiences, highlighting the profound impact breath and breath hold has had on her life. In this unique workshop, Claire guides participants through various breathing techniques to prepare for a breath hold. Here participants can deepen their awareness of the impact breath has on the body and mind, test and strengthen their resilience and truly get a taste of what is possible.

Workshop Objectives:

- Deepen awareness of connection between body, mind and breath.
- Understand the importance of breath in managing stress, enhancing focus, and improving overall well-being.
- Explore Claire's personal journey and learn from her experiences to gain inspiration and insights into the transformative power of breath.
- Learn and practice breath hold techniques to experience their benefits first hand.
- Discover practical strategies for incorporating breathwork into daily life for continued personal growth and wellbeing.

