

Breathing Flame Press Kit

1. About Oscar Trelles

Short Bio:

Oscar Trelles is the founder of Breathing Flame, a wellness and performance company helping people and organizations build resilience, clarity, and long-term capacity without burning out.

Medium Bio:

Oscar Trelles is the founder of Breathing Flame, a wellness and performance company helping individuals and organizations build resilience, clarity, and long-term capacity without burning out. After two decades leading technology, commercial, and marketing teams across New York, London, and other global hubs, Oscar hit a hard ceiling: chronic stress, constant travel, and declining health. He rebuilt from the inside out through breathwork, the Wim Hof Method, fasting, movement, cold and heat exposure, and systemic coaching. Today he teaches those same science-backed methods through high-impact programs such as *Unblocked in Ten Weeks*, *The Reverse Aging Challenge*, and stress and performance workshops for teams and executives.

Full Bio:

Oscar Trelles is the founder of Breathing Flame, a company dedicated to practical human performance: more energy, more clarity, and more meaningful longevity. Before founding Breathing Flame, Oscar spent over twenty years building and leading technology, sales, and marketing organizations in the U.S., the U.K., and Europe. He worked across high-pressure environments in New York and London, scaling teams, running strategy, and operating inside cultures where output was rewarded and depletion was ignored.

That pace eventually caught up with him. After experiencing burnout and noticing a steady erosion in sleep, focus, and emotional range, he made a decision to rebuild his health and direction rather than continue to push through it. He immersed himself in applied physiology and behavioral science, integrating practices such as breathwork, the Wim Hof Method, cold and

heat exposure, fasting, movement, and nervous system training. What started as recovery became a new operating model.

Breathing Flame is the result of that work. Oscar now helps individuals and organizations improve stress resilience, executive function, and long-term performance without trading away healthspan. His programs include *Unblocked in Ten Weeks* (a time-bound 1:1 clarity and execution reset for founders and leaders), *The Reverse Aging Challenge* (a science-based healthspan protocol delivered online and in person), *9D Breathwork Journeys* (guided nervous system resets delivered live across the Costa del Sol), and leadership workshops on stress, trust, and decision-making under pressure. His approach is direct, evidence-based, and built for real life: simple practices that people can actually use at work, at home, and under stress.

2. About Breathing Flame

Breathing Flame helps people and organizations perform at a high level without sacrificing wellbeing. Its programs combine **evidence-based physiology** and **behavioral science** with **practical tools** for stress regulation, focus, and energy renewal.

Core Pillars:

- **Resilience:** Regulate stress and recover faster.
- **Clarity:** Strengthen focus, decision-making, and purpose.
- **Transformation:** Build habits that last and lead to measurable change.

Primary Audiences:

- Entrepreneurs and leaders rebuilding from burnout.
 - Teams seeking sustainable performance and cohesion.
 - Organizations investing in human capacity and healthspan.
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3. Programs and Experiences

For Individuals

- **Unblocked in Ten Weeks:** A structured coaching program that clears mental and strategic blocks in ten weeks. Learn more at unblockedintenweeks.com
- **The Reverse Aging Challenge:** A science-based healthspan program combining a 7-week online course and 7-day in-person reset. Learn more at 7weekreverseagingchallenge.com
- **Wim Hof Method Workshops:** Guided conscious breathing, cold exposure, and mindset training to reset the nervous system.
- **9D Breathwork Journeys:** Standalone, 90-minute immersive breathwork sessions held across the Costa del Sol.

For Organizations

- **Stress Management Masterclasses:** Practical tools for stress regulation and peak performance.
- **Breathwork for Teams:** Guided conscious breathing and meditation to help teams learn emotional self-regulation.
- **Wim Hof Method for Teams:** Half-day workshops combining guided conscious breathing and cold exposure to bring clarity and cohesion to teams.
- **Power-Up Weekends:** Corporate offsites that combine performance training with recovery and connection.

4. Key Topics for Media & Speaking

- The science of **healthspan vs lifespan**.
- **Performance without depletion** in modern leadership.
- The physiology of **resilience and clarity**.

- **Breathwork, cold exposure, and mindset training** for energy regulation.
 - Designing **time-bound transformation** that lasts.
 - Reversing burnout through **science-based self-leadership**.
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5. Contact Information

Press & Media Inquiries

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Social Media

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