



WHOLISTIC HEALTH EXPERT | MUSIC PRODUCER | SPEAKER

NIRAJ NAIK

Niraj Naik is a professional musician and pharmacist turned holistic health and breathwork expert. He started his path in healing others, as a community pharmacist, yet after several years he found himself a patient with stress-related depression and ulcerative colitis. This was a wake-up call that made him embark on a journey of profound self-healing and education. He created a global community of heart-centered changemakers by founding SOMA Breath - the global breathwork and wellness movement with over 2000 certified instructors, and hundreds of thousands of students around the globe.

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My efforts are focussed on providing reliable research, evidence, and the appropriate tools and techniques for people to make their own decisions about their health, well-being, and overall quality of life, instead of accepting the life they have been given by societal, cultural or other external influences.

In addition to the global breathwork and wellness movement, Niraj has created many other brands related to health and healing and was featured in articles from multiple news outlets across the world as well as hundreds of podcasts.



SOMA[®]
BREATH



- Formerly known as the Renegade Pharmacist, Niraj is dedicated to popularizing ancient practices of breathwork and meditation infused with the power of music.
- Highly rated by top names in wellness such as Ben Greenfield, Marisa Peer, Vishen Lakhiani, and Dave Asprey
- Partnered with neuroscientists at Cambridge University for a study on the impact of breath
- **Go-to speaker and facilitator for** Mindvalley's A-Fest. Author of the best-selling Quest breathwork for Life on Mindvalley.
- Music producer of the Wim Hof Method soundtrack, on the popular WHM app
- The creator behind the first-in-the-world Mind-Spa technology in partnership with Rituals, one of the largest cosmetics brands in the world.

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There are 1.6 billion units of Coca Cola sold each day and there are nearly 1 billion smokers. Imagine what would happen if everyone replaced that habit with breathwork.

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As I climbed my way up the corporate ladder I had first hand experience of corporate corruption on an unimaginable scale that actually triggered a chronic disease that left me housebound for nearly a year.

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SEEN ON

Entrepreneur
MAGAZINE

 INDEPENDENT

CNN

Gaia

**The
Guardian**

marie claire

Forbes

**FOX
NEWS
channel**

SOMA Breath combines the ancient Yogic wisdom of Pranayama with modern-day science to create a multi-sensory experience designed to help you improve your health and fitness, heal physically and emotionally, enter deep states of meditation, and to act as a powerful tool in manifestation and spiritual practices.

SOMA Breath is a global movement with an international tribe of thousands of like-minded individuals dedicated to improving their health, their quality of life, and raising their Level Of Vibrational Energy (L.O.V.E.) so that they can live the life they always wanted.

Using special SOMA Breath Entrainment music technology, invented by Niraj Naik, a pioneer of therapeutic music technology, you can entrain your breathing to be smooth and rhythmic throughout your day, helping to give you better health and well-being.

Rhythmic breathing is the foundation of SOMA Breath, and 'breathing in beats' with rhythmic music is what makes our techniques so unique and effective.

IN PARTNERSHIP WITH



RITUALS...



MINDCURE



Deeigual



WHAT OTHERS SAY



Dr. Jeff Tarrant

"We collaborated with Soma Breath for its systematic approach, and proven effectiveness as validated by participants and study coordinators."



Vishen

"My breathwork practice is Soma Breath. Uniquely combined with incredible music, it rivals plant medicine in terms of impact yet offers a safer and more effective approach of impact yet offers a safer and more effective approach."



Marisa Peers

"Soma Breath is the gold standard for breathwork. I recommend this to all my RTT therapists."



Ben Greenfield

"Soma breath practices have greatly boosted my health, mindset, spiritual bonds and even family ties by involving my boys AND my wife."

Mikael Kolthoff ▶ SOMA Breath
July 19, 2020 at 12:18 AM · 🌐

Wow!
I'm on the second week of 21-days Awakening. So many things happening inside of me. Fantastic to feel how I expand, and then experience of the totally stillness. Amazing!
This is exactly what need. I have done a lot of Kundalini and now since 6 month I have done meditations with Joe Dispenza . It has been a great Journey. With Somabreath I feel I'm home. Love the Energizepart that ends with shaking and 5 min AOM and then the 45 min Breathing.
#NirajNaik I love the way you enthuse, the way you use your voice.
I'm sure this is my way to heal.
So grateful 🙏🙏

Lin Harper ▶ SOMA Breath
July 4, 2020 at 3:15 PM · 🌐

I have been practicing the daily breathwork for 6 consecutive days now. It has been an amazing journey so far. I have COPD and so the breath retention is challenging (I only take it as far as is comfortable, I am not pushing myself too far), I started out on day one being able to hold my breath for 15 seconds and today I managed 45 seconds! I'm so amazed.

On my fourth day of breathwork I discovered, late in the afternoon, that I hadn't taken both puffs of my inhaler that morning and I felt fine. So, I decided to reduce the dose to one puff twice a day instead of two (I'm monitoring my blood oxygen levels, so far it's still constantly 98%) I am on my third day of reduced dose and have not has to use my reliever inhaler excessively to compensate for this change. I also do the 11 min breathwork video before I go to sleep, directing the healing to my lungs.

I am so very grateful to have discovered Soma Breath
❤️🙏🎵