

Breathing, Cold Exposure & Mindset

PROGRAM FOR 3 NIGHTS FROM THURSDAY TO SUNDAY
7TH – 10TH NOVEMBER 2024

Inner strength and empowerment for your life – through the Wim Hof method. This encompasses breathing, cold exposure and mindset. Through specific physical exercises, breath techniques, and meditations, you will train your mental resilience and cultivate a powerful mindset for your life.

PROGRAM

Thursday	From 3.00 p.m. Check-In From 5.00 p.m. Meeting point at the reception Welcome round with breathwork session From 7.30 p.m. Dinner
Friday	From 8.00 a.m. Movement, Warm Up, Breathwork session and morning meditation Breakfast in the hotel restaurant From 11.00 a.m. Hiking tour and ice bath 1.30 p.m. Lunch break 5.00 p.m. Theory and breathwork session 6.30 p.m. Dinner
Saturday	From 8.00 a.m. Movement, warm up, Breathwork session and morning meditation Breakfast in the hotel restaurant From 11.00 a.m. Ice bath 1.30 p.m. Lunch break 5.00 p.m. Theory and breathwork session, ice bath 6.30 p.m. Dinner
Sunday	From 8.00 a.m. Movement, Warm Up, Breathwork session and morning meditation Breakfast in the hotel restaurant 11.00 a.m. Theory, ice bath and final round