



WIM HOF METHODE WEEKEND-WORKSHOP FRIDAY 13H30 TO SUNDAY 13H30

Location

Center of Unity, CH-3855 Brienzen-Schweibenalp, Tel +41 (0) 33 952 20 00

Packing list

- drinking bottle, small thermos
- small back bag
- notebook pen (optional, if you like to take notes)

Clothing:

- swimming shorts/bikini (two sets in case it's still wet); towel
- shorts, plus sports bra/bikini top for ladies
- comfortable clothes: training pants, long sleeve top, T-shirt, warm socks
- raincoat, fleece jacket, wool hat, gloves
- hiking-/trekking shoes, optionally: hiking poles or similar in case of snow
- slippers/indoor shoes
- flipflops, crocs or similar (to be put on easily after coming out of the water)

Preparation (optional!)

If you want, you can prepare your body for the workshop. You do this by taking a cold shower after your usual warm shower. Start with 30 seconds and increase the time every week by 20 - 30 seconds. If you already shower cold, your start time is your usual time + 30 seconds. Start with the legs and end with the face. Breathe calmly with your focus on a long exhalation. Have fun!



Program

The time indications are approximate, situational changes are possible.

Friday

13.30 – 17.30	Yoga to settle; getting to know each other Intro to Breath, Cold & Mindset Getting in touch with breathing & cold
18.00	dinner
20.30	Mediation - optional

Saturday

06.45 – 8.30	Wim Hof Breathing, Ice bath, Yoga Warm Up
08.30 – 09.15	Breakfast
10.30 – 13.00	Reflection, Yoga, Theory
13.00 – 14.00	Lunch
14.30 – 17.30	Cold hike Wim Hof Style, Yoga Warm Up
18.00 – 19.00	Dinner
20.30	Mediation - optional

Sunday

06.45 – 8.30	Wim Hof Breathing, Ice bath, Yoga Warm Up
08.30 – 09.15	Breakfast
until 10.00	Checkout rooms
10.30 – 12.30	Yoga, breathing & Q&A, integration to daily life