



WIM HOF METHODE

WOCHENEND-WORKSHOP

FRIDAY, 1.30PM – SUNDAY, 1.30PM

Location

Hotel Fafleralp, Im Paradies, CH-3919 Fafleralp, Switzerland, Tel. +41 27 939 14 51

Packing list

- Yoga mat (inform us in time, if you do not have one)
- blanket, small pillow (there are hotel blankets available, only take one if you like to have your own)
- drinking bottle, small thermos
- head light (optional, only for autumn courses)
- notebook pen (if you like to take notes)
- small back bag

Clothing:

- swimming shorts/bikini; towel (two sets)
- 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, crampons 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

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|---------------|--|
| 13.30 – 15.30 | opening session (yoga & intro) |
| 15.30 – 16.00 | pause |
| 16.00- 18.00 | afternoon session (breathing/cold intro: ice meets hands&feet) |
| 19.00 | dinner |

Saturday

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|---------------|--|
| 7.00 – 9.00 | early morning session (breathing/cold dip @lake) |
| 9.00 – 10.00 | breakfast |
| 11.00 – 13.00 | morning session (yoga, reflection early morning, theory) |
| 13.00 – 14.00 | lunch |
| 15.00 – 18.00 | afternoon session (outdoor walk) |
| 19.00 | dinner |

Sunday

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|---------------|---|
| 07.00 – 09.00 | early morning session (breathing/cold dip @lake) |
| 09.00 - 10.00 | breakfast* |
| 10.30 – 12.30 | closing session (reflection, focus, transfer to daily life) |
| 13.00 | lunch |

* depending on room choice and occupancy, a check-out before noon may be necessary. Please check with the hotel on Saturday.