



WIM HOF METHODE WEEKEND-WORKSHOP

FRIDAY 12H00 TO SUNDAY 14H00

Location

Waldhotel Pradaschier, Pradaschier 20, CH-7075 Churwalden

Tel +41 81 356 22 80 Mobile +41 76 533 53 57

Packing list

- blanket, small pillow (there are hotel blankets available, only take one if you like to have your own)
- drinking bottle, small thermos
- 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, cros 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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| 12.00 | Lunch |
| 13.30 – 15.30 | Yoga, getting to know each other, WHM Intro |
| 15..30 – 16.00 | pause |
| 16.00 – 18.30 | WHM breathing -intro cold |
| 20.00 | dinner |

Saturday

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|---------------|---|
| 07.30 – 09.00 | WHM breathing – cold dip ice pot - meditation |
| 09.30 – 11.00 | brunch |
| 12.00 – 13.30 | reflecting cold exp, WHM theory, yoga |
| 14.00 – 16.30 | cold exposure (hiking/cold dip), WHM theory |
| 17.00 – 18.00 | mindfulness/meditation |
| 19.00 | dinner |

For the small appetite between brunch and dinner, healthy snacks are available for self-service.

Sunday

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| 07.15 – 09.15 | WHM breathing – cold dip ice pot - meditation |
| 09.15 – 11.15 | brunch / checkout |
| 11.15 – 13.00 | power breathing, transfer to daily life, closing |