

Wim Hof Workshop Breathing Workshop (90 minutes)

Start 5 min.

Health question (disclaimer), process and a safe framework.

Intro Wim Hof method 10 min.

Short personal introduction and explanation of the three pillars (breathing, cold and mindset).

Introduction to breathing 5 min.

Explanation of the process (you are the captain), pH value strip test, nasal breathing vs. mouth breathing, autonomous NS, why do we breathe at all? Respiratory physiology...

Breathing meditation 20 min.

Functional breathing exercises, explanation and introduction of Wim Hof breathing, then 3 rounds of guided Wim Hof breathing (with music and guided words) and safety instructions.

Discussion and feedback from participants 5 min.

What did you experience (group discussion and or in pairs and then exchange in the plenary session). Breathing theory: What happens physiologically? pH strip test.

Short introduction to the topic of cold 5 min.

What's with the cold? Why should participants also get to know this module? Horse Stance and the three phases.

Ice bath 25 min.

Step 1: Preparation phase with horse stance and breathing;

Step 2: 2-minute ice bath in groups of 5 or 6;

Step 3: Controlled warm-up phase with horse stance and focus;

Completion 5 mins.

Group photo, feedback and questions.