



Sample Schedule

Cold Exposure & Breathwork Retreat

Arrival Day

- 4:00PM: Arrival at The Goodwood Hotel
- 5:30PM Show round The Hotel – The Hub
- 7:00PM: Dinner - Farmer Butcher Chef
- Free Time, use of swimming pool & thermal suites

Full Day

- 7:00: AM Breakfast - Farmer Butcher Chef
- 9:00: AM Workshop 1 – Fundamentals of the Wim Hof Method, the 'Power of the Breath' and breath awareness and immersive breathwork practise.
- 12:00: PM Hosted Lunch with Dan Hughes - Farmer Butcher Chef
- 1:30: PM Workshop 2 – Creating an unbreakable Mindset & Cold Immersion
- 3:00: PM Tea
- 3:30: PM Workshop 3 – Learnings, Reflections and Celebrations