



Sample Schedule
Cold Exposure & Breathwork Retreat

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
- 7:00: PM Dinner – Farmer, Butcher, Chef

Depart