



Wim Hof Retreat Example Schedule

Arrival Day	4:00: PM	Arrival at The Goodwood Hotel
	5:30 PM	Show round The Hotel – The Hub
	6:00 PM	Dinner - Farmer Butcher Chef
	7:30: PM – 9:00: PM	Free Time, use of swimming pool & thermal suites
Full Day	7:00: AM	Breakfast - Farmer Butcher Chef
	9:00: AM	Wim Hof Fundamentals Workshop
	1:30: PM	Hosted Lunch - Farmer Butcher Chef – Sarah Huntley
	3:00: PM	Workshop: psychology of balance & stress management, & mental wellbeing Part 1
	4:00 PM	Tea Break
	4:30: PM	Workshop: psychology of balance & stress management, & mental wellbeing Part 2