



## Cold Coaching

Are you ready to **release**, **restore** and **revive** your body, mind and soul? Are you primed for your biggest transformation – EVER?

Then you're ready for Pure Power's **Cold Coaching Immersive**, a 6-week self-development and coaching program that combines cold water therapy with breathwork, mindset coaching, movement and a beautiful sense of community.

In this program you will overcome procrastination and self-doubt; build resilience, determination and self-confidence; and emerge as your most empowered, focused and passionate self.

We meet on Saturday mornings on the shores of Lake Ontario where you will be introduced to the healing practice of cold water therapy.



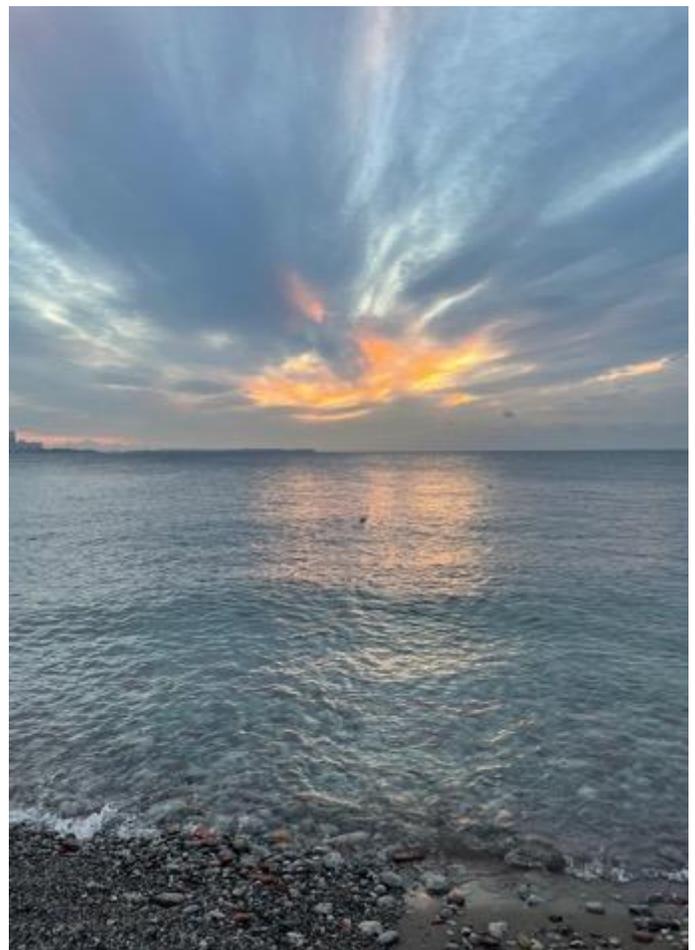
### ***The Benefits of Cold Water Therapy:***



- Improves Cardiovascular Health
- Reduces Cholesterol
- Boosts the Immune System
- Helps Treat Autoimmune Inflammation
- Increases dopamine in the brain by 2.5 times, providing feelings of happiness and focus for many hours after immersion
- Eases pain and speeds recovery from sports injuries



- Boosts the body's stores of so-called "brown adipose tissue" (BAT), a type of "good" body fat activated by low temperatures. BAT burns calories to maintain body heat, which can lead to weight loss, unlike "bad" white fat which stores energy and hikes obesity risks
- Exposure to cold water or air boosts BAT's production of adiponectin, a protein that helps protect against insulin resistance, diabetes and other diseases



### **Class Format:**

**Fire Circle:** Gather to explore how each participant is feeling; discussion on a topic determined by the coach, including: letting go / need to control; forgiveness (of self and others); stress / stress reduction; building resiliency; and more.

**Breathwork Practice:** 15 minutes of deep breathwork to release, heal and heat the body as we prepare to enter the water

**Movement:** Stretching and moving the body

**Immersion:** Guided cold water immersion

**Music and dance:** Celebrate and release

**Fireside wrap-up :** Beverages / healthy snacks

**All-inclusive cost: \$279 per person**

**Dates:** vary depending on season; email [tommi@purepowercoaching.com](mailto:tommi@purepowercoaching.com) for details. Season runs late September through May.