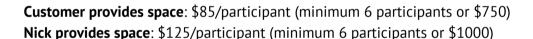


# **WORKSHOPS AND CLASSES**

#### **Private Wim Hof Method Workshops**

- Fundamentals Workshop: Breathwork, Theory & Science Discussion, Ice Bath
- Advanced Workshop: Power Breathing, Cold Exposure in Nature, Interoception
- Breathwork and Cold Exposure (no theory discussion)





## **Functional Breathing and CO2 Tolerance workshop**

Improve breathing mechanics and learn how to optimize your breathing biochemistry. Maximum 25 participants.

**1 1/2 hour workshop:** \$35/participant (minimum 8 participants or \$300)



#### **Breathwork Class**

Guided WHM breathwork, Oxygen Advantage exercises, or another modality discussed with client.

**1 hour session**: Starting at \$250. Maximum 25 participants.

### **Private Coaching**

Customized functional breathing coaching. In-person or online. 60 minute session: \$100 (includes free consultation and assessment)

\*IF YOU RUN A GYM, YOGA STUDIO, OR WELLNESS CENTER AND WANT TO DISCUSS SPECIAL RATES, REACH OUT.

\*\*SAUNA CAN BE ADDED TO ANY OF THESE ACTIVITIES. INOUIRE FOR RATES.





