



## 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)*

**Customer provides space:** \$85/participant (minimum 6 participants or \$750)

**Nick provides space:** \$125/participant (minimum 6 participants or \$1000)

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### 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)

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### Breathwork Class

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

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

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### 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. INQUIRE FOR RATES.*



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[www.foxfirebreathworks.com](http://www.foxfirebreathworks.com)