

An introduction to the Wim Hof Method

By Level 2 (Advanced) Wim Hof Method instructor Paul Hewitt

“An amazing 4 plus hours , learning lots & coming away totally invigorated. Paul was a brilliant instructor . Patient , clear , extremely knowledgeable and fun.”



Put yourself in the expert hands of a certified WHM Instructor to learn the 3 pillars of the Wim Hof Method: Breathing Technique, Cold Exposure & Commitment. Find out how you can utilize oxygen and cold exposure to optimize body & mind, and learn about the underlying physiology.

These workshops are limited to 30 participants, and Instructors often choose to keep them much smaller. The intimate quality allows for ample personal attention, and feedback tailored to your specific situation. Whether you are looking to improve mental or physical performance, relieve symptoms related to an illness, or are simply curious to find out what the Wim Hof Method is all about— a WHM workshop offers something for everyone.

The program generally kicks off with an introduction to the Wim Hof Method, and always includes a breathing session and an (optional) ice bath. At the end there is ample room for reflection, and the Instructor is there to answer questions throughout the workshop.

Instructors have their own specializations, and there is some variation across the individual workshops. A detailed overview of the day is sent out upon registration.

If you have no prior experience with cold exposure, we recommend you finish your showers cold in the days leading up to the workshop. This may be overwhelming at first, but just try to relax, focus on your breath, and bring it into a controlled, steady rhythm.

Who is this workshop for?

This workshop is suitable for everyone, but does require a basic level of health. Out of precaution, we advise against participation during pregnancy, or if you are person with epilepsy. People with cardiovascular issues, or any other serious health conditions should always consult a medical professional before starting the Wim Hof Method.

Typical half day workshop agenda

1. Introductions, goals, and story sharing
2. History of the Wim Hof Method
3. Wim Hof breathing – theory & benefits
4. Practical group Wim Hof breathing session
5. Break
6. Breathing debrief
7. Wim Hof cold exposure – theory & benefits
8. Preparation for the ice bath – practical & mindset
9. Optional ice bath (up to 2 mins maximum for beginners)
10. Reflections, medal ceremony, and close

About your trainer Paul Hewitt

Paul is an advanced Wim Hof Method instructor, Advanced Oxygen Advantage instructor (optimal breathing for mind, body, and sport), Performance Coach and certified Hypno/EFT therapist. He specialises in helping athletes and members of the general public overcome performance blocks and areas where they feel stuck in their lives or have plateaued. He is particularly skilled with helping people experiencing medical and emotional issues as a result of past trauma and has become the ‘go to’ for people who have almost given up on hope of a better life for themselves.

In a Wim Hof Method workshop with Paul you can expect a thorough grounding in the Wim Hof Method as a means of taking control of your own health and discovering tools that can help you lead a happier and more authentic life. With Paul’s wider background in mental performance and coaching you can also expect a sprinkling of sports psychology and other rapid transformation tools alongside the Wim Hof Method, to help you get the best of the day, leave feeling reset and recharged, and move forward in the direction you desire.

More information

<https://olympianmind.co.uk>

[Paul Hewitt official Wim Hof Method Instructor](#)

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Bespoke workshops

Bespoke workshops can be run at your own venue at a cost of £400 for the half day, with the cost split between the participants. Dates are usually on a weekend, with an evening also a possibility in the summer months. All equipment and training materials will be brought to the location and set up on the day.

The benefits of a bespoke workshop is they can be tailored to individual requirements, focusing on specific elements of the method and including other techniques as required. They can be targeted at individual goals and cater more easily for the experience level of those taking part.

Requirements are a quiet, calm space for breathing practice, where yoga mats can be laid out, access to Wi-Fi (optimally) and access to an outside area with drainage and a cold-water tap.

Reviews

Here are a sample of reviews from recent Wim Hof Method introductory workshops. More can found on [Paul's profile](#). Paul's workshops are rated as five star.



[Richard Barron](#)

6 February, 2024

Paul was brilliant. He was very open and happy to share his own experiences and this led to the group feeling comfortable and able to express why they were there and what they wanted from the course. A great morning - thoroughly enjoyed it!



[Alice Walker](#)

4 February, 2024

Paul was a fantastic WHM instructor. He guided the group beautifully with empathy and understanding. I took so much from the day and look forward to going deeper into this method with Paul. The day was fun, very relaxed, and equally informative. The location chosen was perfect for the event and I felt fully supported.



[Kate Turnell](#)

4 February, 2024

Paul was such a lovely man, calm and concise in his delivery and gave lots of time for reflection and for participants to share their thoughts and ask questions. Doing this as a group definitely helped me too. I'll be back for the advanced course for sure.



[Dawn Larter-Evans](#)

4 February, 2024

An amazing 4 plus hours , learning lots & coming away totally invigorated. Paul was a brilliant instructor . Patient , clear , extremely knowledgeable and fun. Paul was right in that you come away curious to know even more & keen to put into practice as soon as possible . I would love to do another workshop with Paul so hope he offers this soon ! Thank you Paul & of course Wim .



[Anita Marriott](#)

16 January, 2024

Great course with plenty of information. Paul the instructor made it interesting and kept the information continually flowing at a steady pace. Also made everyone feel confident about their own progress