

## Breathwork and Ice Bath Workshop Information Package

Soon, your workshop will start. In order to prepare yourself for the workshop, the following information is provided.

Wim Hof has developed a method characterized by simplicity and effectiveness. The effects and applicability of this method are being investigated by various scientific institutes, including Radboud University. Initial results have shown that the method affects the autonomic nervous system and the immune system. This means that application of the Wim Hof Method (WHM) may be of particular importance in the fields of public health, sports and at many other levels.

The method is based on three components; breathing techniques, the training of mindset/focus, and gradual exposure to the cold. Although there are various methods that separately deal with either breathing techniques, the training of mindset/concentration or exposure to the cold, no other technique, as far as we know, is based on the interactive basis between these components. It is the very interaction of these components that appear to provide proof of the positive effects on the body, as shown by several scientific studies (Kamler, 2009; Groothuis et al., 2010; Kox et al., 2012; Kox et al., 2014).

During the workshop, the theory behind each of the components will be discussed and the importance of the interaction between the components will be explained. Next, you will experience the method by practicing the techniques, based on the philosophy of Wim: 'Feeling is understanding'. The three components are briefly explained below. During the workshop, the theory will be explained in more detail.

### Breathing technique

Regulated by the autonomic nervous system, inhaling oxygen is an unconscious process. Fortunately it's an unconscious praxis, otherwise we simply wouldn't have a break, as we'd have to deal with it incessantly. The amount of oxygen that we inhale through our breathing influences the amount of energy that is released into our body cells. On a molecular level, this progresses via various chemical and physiological processes. Breathing is the easiest and most instrumental part of the autonomic nervous system to control and navigate. In fact, the way you breathe strongly affects the chemical and physiological activities in your body. Throughout the years, Wim Hof has developed special breathing exertions that keep his body in optimal condition and in complete control in the most extreme conditions. The breathing technique is first and foremost premised on inhaling deeply and exhaling without any use of force. Wim Hof: 'by not breathing out entirely, you come to a point where a residual of air remains in the lungs'. After doing this thirty times, you exhale again

without any use of force. This time though, you don't immediately inhale again, but wait with inhaling until you sense your body needs new oxygen. After this, the whole process starts again. While you start to have sensations of lightness, laxity and tingling, these rounds are repeated a number of times. During the workshop, you will learn and experience the breathing technique.

#### Training of mindset & focus

It is generally known that a strong mindset can be an important weapon when it comes to thinking, doing and achieving. In the WHM, a strong mindset is important to realize your inner strength. Concentration/meditation is an important part of this. This concentration is required for what you wish to achieve for certain purposes. If Wim Hof would not concentrate, for example, he would feel just as cold as everyone else. Focus is thus very important. The technique of Wim Hof differs from other meditation/concentration techniques. The Wim Hof technique is not primarily aimed at putting the body into a relaxed state, but rather into an active state. Wim Hof thus has a strong mindset and makes use of his (trained) concentration to achieve certain goals.

#### Gradual exposure to the cold

Exposure to cold is a less common but very effective technique. When heating systems were first developed in Greek antiquity, cold baths were still thought to have health benefits. In our society, we are used to turning up the heat or putting on an extra jersey as it gets colder. We are used to this comfort and there is nothing wrong with this. However, in the WHM the cold is an essential force involved in accessing the autonomic nervous system (and the associated immune system). Already within ten days of gradual exposure to the cold, a drop in blood pressure occurs. This is due to a better functioning cardiovascular system. Furthermore, your immune system improves which diminishes the risk of illness.

Lastly, please fill out the health declaration form and remember to bring this to the workshop. We strongly advise against participating in the workshop when you are pregnant or have epilepsy. If you have cardiovascular health issues or any other (serious) health condition, ask your medical doctor for advice before practicing the WHM. Have fun at the workshop!

# Personal Liability Statement & Health Declaration

## BREATHWORK AND ICE BATH WORKSHOP

As a qualified Wim Hof Method instructor, Christina Mesic will see to it that the activities are carried out safely and correctly. However, we cannot assess the health risks particular to individual participants. Participants are notified about the health risks in advance via a written statement. We point to their personal responsibility, and advise to consult their personal physician should the medical questionnaire prompt any potential issues. It is ultimately up to the participant to determine whether they are fit to take part.

## MEDICAL QUESTIONNAIRE

Are you currently or were you recently suffering from:

- Heart Disease ( yes / no )
- Severe Hypertension ( yes / no )
- Epilepsy ( yes / no )
- Severe Asthma ( yes / no )
- Recent Surgery ( yes / no )
- Migraines ( yes / no )
- Panic Attacks ( yes / no )

Are you pregnant? ( yes / no )

## PERSONAL LIABILITY STATEMENT

"I hereby declare that I participate in the activity on \_\_\_ / \_\_\_ / \_\_\_ voluntarily and entirely at my own risk. I shall not hold Christina Mesic liable for any damages and/or injury resulting from participation in the Fundamentals Workshop".

## HEALTH DECLARATION

"I hereby declare that I have been adequately informed about the particulars of the activity beforehand, and that I am in good physical and mental condition. I shall not hold Christina Mesic liable for any damages and/or injury resulting from participation in the Workshop. My participation is entirely at my own risk".

Name: .....

Date: .....

In case of an emergency, please contact: .....

Signature: .....