

M+

BRATISLAVA

# WORKSHOP OF WIM HOF METHOD

BREATHING EXERCISE | MINDSET | COLD THERAPY



**MARTIN THÁM**  
CERTIFIED INSTRUCTOR

I guide people through processes of breathing exercise, meditation and cold exposure. We reveal the capacity of our body and mind and get over both mental and physical blocks. I see a lot of potential in Wim Hof Method as well as in people. I put my heart and energy into sharing my own experience.

Wim Hof (58) is a Dutch record man (26 Guinness records)

Through this scientific method we learn to consciously influence our immune system and autonomous nervous system. We get in control of our happiness, health and strength. Breathing exercise and stay in cold can alter our mindset. This state of mind brings new views and opens doors. It connects us with our hidden potential.

**This method will teach you to:**

- » accept and let go
- » relax in stressful situations
- » step out of your comfort zone with joy
- » accept cold with ease and gratitude
- » control your life energy
- » increase alkalinity in the body (via breathing)

price: € 99  
(lunch included)  
[www.martintham.com](http://www.martintham.com)

**BOOK YOUR SPOT ON:**  
[info@martintham.com](mailto:info@martintham.com)

