

# WIM HOF METHOD WEEKEND RETREAT



## TOGETHER WITH SAM JAVED WIM HOF METHOD INSTRUCTOR CONQUERING THE MIND IN AUSTRALIA

Wim Hof is known nationally and internationally for constantly breaking his records in the cold. Wim has shown what the human body is more capable of once you find the flow within your physical and mental state. Even though the Iceman is constantly seeking to improve his current performance, he loves the challenge to pass on his methods to others in order to give everyone the opportunity to experience the benefits of the WHM and to do more than what they thought they were capable of. With the right training and exercises you can make your inner nature stronger.

Sam Javed has been involved with Wim since 2010. First one out of Australia and Asia to learn from Wim in person. He has been his right-hand man, his compadre, his aficionado. Yes taking part in ice-baths and breathing exercises and learning the secrets to a happy, healthy life from the master himself. He was the driving force behind the introduction of Wim Hof Method to Australia and has started many other initiatives and programmes to further the intellectual reach of the Wim Hof Method and Medical Research. His experience ranges from personal 1 on 1 workshops, through to large group classes and even taking hundreds of people through the Wim Hof Method all over Australia at one day events with Wim Hof by his side.

This event is specifically for a small group of individuals who want a deeper and experiential understanding of Wim's work, and want to learn how to implement it into their life immediately to create lifelong change, comfortably & easily.



## WIM HOF METHOD CERTIFIED INSTRUCTOR



COLD THERAPY



BREATHING



COMMITMENT

# RETREAT IN AUSTRALIA

*Iluka Camp and Retreat 20, Shoreham Rd, Red Hill South, VIC 3937 Australia*



The course takes place in a peaceful place near Melbourne, Australia. The course is suitable for beginners, intermediate and advanced participants within the WHM. Age is not an issue. The only thing that matters is that participants are genuinely interested. You will learn various techniques that have a huge influence on body and mind what I learned from Wim Hof in person. Everything will flow. In between the meditation sessions there is time for a walk and contemplation in the beautiful natural surroundings. Two full days centred around mastering the three pillars of the Wim Hof Method. Breathing Techniques, Cold Exposure & Cultivating the mindset that allows you to incorporate these into your daily life. A variety of engaging exercises will have you train your Nervous, Immune and Cardiovascular systems. Optimize energy flow and find a natural balance.

The weekend will help you break through physical and spiritual boundaries previously thought impossible. There is always tremendous camaraderie among the participants who hail from all corners of Australia and the world. The natural surroundings and fresh air will bring out the power of your natural instincts, divorced from the artificial comforts that characterize much of the modern world, you will find your inner fire. As Wim says "comfort is not Happiness". Alternate Intense breathing and Ice Bath sessions with a variety of more laid back activities, hiking in the nature will bring out your natural instincts. The overall experience is incredibly bonding and leaves participants with lasting friendships. You will be astounded to see yourself break through physical and mental limits.



# PROGRAM



## COLD THERAPY

The cold is your warm friend and one of the three pillars of the Wim Hof method. Proper exposure to the cold starts a cascade of health benefits, including the buildup of brown adipose tissue and resultant fat loss, reduced inflammation that facilitates a fortified immune system, balanced hormone levels, improved sleep quality, and the production of endorphins – the feel-good chemicals in the brain that naturally elevate your mood.



## BREATHING

The second pillar of the Wim Hof method is breathing. We're always breathing, yet we're mostly unaware of its tremendous potential. Heightened oxygen levels hold a treasure trove of benefits, and the specialized breathing technique of the Wim Hof Method unearths them all: more energy, reduced stress levels, and an augmented immune response that swiftly deals with pathogens.



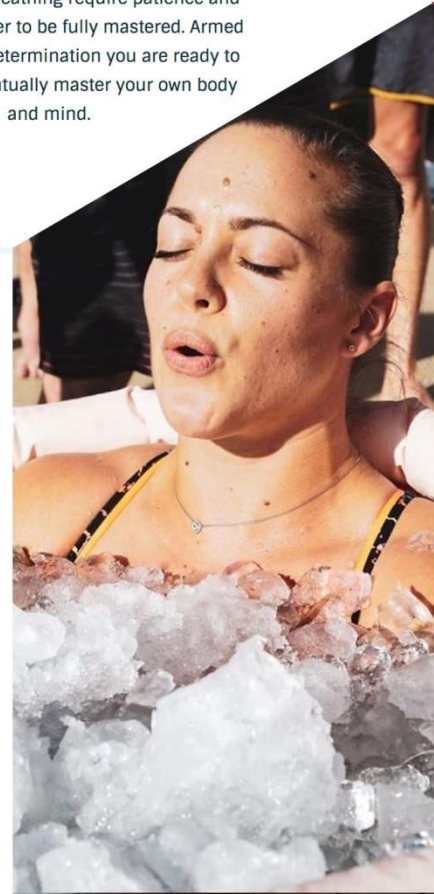
## COMMITMENT

The third pillar of the Wim Hof method is the foundation of the other two: both cold exposure and conscious breathing require patience and dedication in order to be fully mastered. Armed with focus and determination you are ready to explore and eventually master your own body and mind.

During the retreat the three pillars of the method will be explained and instructed: cold exposure, breathing exercises and mind-set/focus. This will be done in combination with physical exercises under the guidance of Sam Javed. He explains aspects about the human physiology, the nervous system and the functions of the brain, and will elaborate on aspects within yoga and meditation. What is yoga? What is meditation? What happens within the brain during meditation? What are our blockades and limitations and how do we get rid of those? You will be taught various physical exercises and breathing exercises which will improve your energy flow and which will be shown to be an active tool to gain deeper awareness. These exercises will also help get the body flexible and enable your mind to concentrate in a more focused manner. The most vital exercises will train the mind, the nervous system, immune system and the cardiovascular system. By gaining this awareness, this will help you to better connect your body and mind. In this way, you can direct your attention to certain body parts, which is a crucial part of your training during this experience. Using this approach, you can influence and change parts within yourself. By practicing regularly, you will learn how to steer the body just by using the mind. *Panta Rhei!* Or, everything flows!

## Day's Program

- 09.00-10.00 Meet and Greet
- 10.00-10.30 Introduction -Breath Mechanics and Dynamics
- 10.30-11.30 Breathing through Blockages
- 11.30-12.00 Yoga and Flexibility Exercises
- 12.30-13.00 Natural Movement
- 13.00-14.00 Healthy Lunch ( Vegan/ Gluten Free Options Available )
- 14.30-16.00 Big Hike In Nature
- 16.00-17.00 Mindfulness & Mental Preparation
- 17.00-18.00 Cold Exposure / Ice Bath
- 18.00-19.00 Q & A
- 19.00-20.00 Healthy Dinner ( Vegan/Gluten Free Options Available )



## What You Get

- ➔ Accommodation and Food at Iluka Eco Retreat is a 36 acre property in Red Hill South on Victoria's Mornington Peninsula.
- ➔ Daily WHM Breathing Sessions
- ➔ Daily Ice Bath Sessions
- ➔ One On One Sessions
- ➔ Group Hypnosis To Connect With Inner Mind
- ➔ Hypnosis Mp3 Valued At 49\$
- ➔ Hiking In Nature
- ➔ All meals Included In Day's Program
- ➔ Work Shop Hand Out On WHM For Reference
- ➔ Book The Journey Of The Ice Man
- ➔ Chapter 22 Biology Now
- ➔ Access To Official WHM Facebook Group
- ➔ And Much More

### Additional Information

## Arrival & Departures

Check-in starts at 8 am (Victorian time) on Saturday 3rd August. We recommend you arrive into Melbourne the day before. There will be car pooling organized among the participants coming from interstate. We officially start 9 am on Saturday 3rd August and finish early at 8am on the Monday 5th August. Some participants would like to go back to work and that would be convenient for them. There is plenty of public transport option also available by visiting the web site <https://www.ptv.vic.gov.au/>

## Address

**20 Shoreham Rd, Red Hill South, VIC 3916**

Iluka is located in Red Hill South on Victoria's, Mornington Peninsula, an 60-minute drive from Melbourne. It is perfectly positioned close to the Shoreham township, wineries, restaurants and local attractions. An easy 1500-metre walk through the rolling landscape will bring you to Shoreham beach for a surf, swim or stroll along the beautiful beach.

## Meals

The retreat provides nutritious well-balanced meals with substantial amounts of fresh fruit and vegetables available. They also cater for most special dietary needs. Please note: They use a commercial high temperature sterilizing dishwasher. They also have full food handling and hygiene polices in place. This includes breakfast , Lunch and Dinner. We spared no expenses with this and we believe the choices of food we eat effect our health, our environment and our communities. All food prepared on site , ensuring us the absolute freshest food possible

## Bedding

Full bedding is included for the duration of your stay. Bedding pack includes: 2 sheets, pillow and pillow case, towel and small light blanket.

## Clothing

Bring clothes suitable for a yoga class and out-door activities. The best shoes to bring are slip-on for around the centre buildings and outdoor shoes for walking. It is recommended to bring a drinking bottle, torch, and ear plugs yoga mat.

## Contact

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