

Breathwork, Cold Exposure & Mindset

PROGRAM FOR 4 NIGHTS FROM THURSDAY TO MONDAY
DECEMBER 11–15, 2025 WITH SUKKHADAS INGO AUER

MENTAL AND PHYSICAL STRENGTH THROUGH THE WIM HOF METHOD – FOR A POWERFUL LIFE.

This method combines conscious breathing, targeted cold exposure and mental training. Through intensive breathing techniques and ice baths, you not only strengthen your immune system and circulation, but also enhance your resilience, regeneration and inner balance. Breath. Cold. Mindset. Nature Experience. For a Life Full of Clarity, Focus and Energy.

Immerse yourself in an unforgettable weekend filled with energy, mental strength and inner calm. Through the combination of focused breathing, cold exposure and movement, you activate your full potential – for greater health, resilience and inner balance.

PROGRAMM INCL. COLD HIKING

THURSDAY ARRIVAL & RECHARGE

- From 3.00 PM **CHECK-IN & ARRIVAL IN THE EXCLUSIVE HOTEL ENVIRONMENT.**
Let go of the everyday and immerse yourself in a space that promises both relaxation and new beginnings.
- From 5.00 PM **WELCOME CIRCLE & FIRST BREATHING SESSION**
We open the space for connection – with yourself and the group.
Conscious breathing and initial movement help you arrive.
Meeting point at the reception
- From 7.00 PM **SHARED DINNER**
A pleasurable start. In a relaxed atmosphere, we begin to open the space for genuine connection and growth.

FRIDAY BEGINNING YOUR INNER STRENGTH JOURNEY

- From 8.30 AM **MORNING RITUAL: MOVEMENT, WARM-UP, BREATHWORK & MEDITATION**
You activate body and mind for a powerful day – with clarity, focus and energy.
- Afterwards Enjoy a rich breakfast in the hotel restaurant
- 12.00 PM **GUIDED HIKE & ICE BATH IN SPECTACULAR NATURE**
A 40–60-minute hike each way leads us to a stunning natural landscape where you'll experience your first ice bath – safely guided and deeply transformative.
- 2.30 PM **LUNCH BREAK WITH INTEGRATED SPA USE**
Time for regeneration – treat yourself to warmth, peace and space to reflect.

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5.00 PM **THEORY: BACKGROUND OF THE WIM HOF METHOD & DEEPENING BREATH JOURNEY**
 You'll learn the scientific and mental foundations that make this method so effective – and experience a powerful breathwork session.

7.00 PM **SHARED DINNER**
 We end the day in familiar company and reflect on our experiences together.

SATURDAY **DEEPENING & TRANSFORMATION**

From 8.30 AM **MORNING PRACTICE: MOVEMENT, WARM-UP, INTENSIVE BREATHWORK & MEDITATION**
 You go deeper – physically, mentally and emotionally. These sessions help you consciously leave your comfort zone and open new inner spaces.

Afterwards Nutritious breakfast in the hotel restaurant

From 11.30 AM **THEORY & ICE BATH II**
 Learn how to maintain calm, strength and control in challenging moments – and deepen your practice with a second guided cold experience.

1.30 PM **LUNCH BREAK WITH SPA ACCESS**
 Use the power of warmth, water and stillness to regenerate your nervous system.

5.00 PM **SCIENTIFIC INSIGHTS & DEEP BREATH JOURNEY**
 What happens in your body through breath & cold? Gain grounded knowledge and experience another intense session. Optional: another ice bath.

7.00 PM **SHARED DINNER**
 Space for honest exchange – shared insights, personal processes and deep human connection.

SUNDAY **INTEGRATION & CONSCIOUS PREPARATION**

From 8.30 AM **MORNING RITUAL: MOVEMENT, BREATHWORK & MEDITATION**
 We bring it all together: movement, breathing and mental alignment – preparing you for the new mindset you'll carry into your life.

Afterwards Breakfast in the hotel restaurant

11.00 AM **INTEGRATION & INTRODUCTION TO THE COLD HIKE**
 In the closing circle, we reflect on your development and experiences. Then we prepare you mentally, physically and practically for Monday's longer cold hike.

1.00 – 5.00 PM **FREE TIME AT THE ATMOSPHERE SPA**
 Regeneration, silence, or lightness – you decide how to deepen this day for yourself.

7.00 PM **SHARED DINNER**
 A ceremonial conclusion. Carried by depth, peace and community.

MONDAY **THE COLD HIKE: YOUR NEW REALITY**

From 7.00 AM **MORNING BREATHING SESSION**
 We consciously activate energy, focus and inner stability for the upcoming challenge.

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| 8.00 AM | Breakfast in the hotel restaurant |
| 9.00 AM | COLD HIKE Together we experience one of the retreat's most impressive moments: a 2–2.5-hour hike in shorts, hat and gloves – guided, safe and powerful. Everyone joins regardless of experience. It's not about performance but presence, mental strength and leaving your comfort zone. Total duration approx. 4–5 hours (including prep, hike, changing and return). |
| Afterwards | INTEGRATION & CLOSING CIRCLE AT THE HOTEL We consciously reflect on the experience, share with each other – and end the retreat together. |
| Optional | Use of the spa area for regeneration (Check-out individually depending on hotel booking) |