

# Breathing, Cold & Mindset

PROGRAM FOR 3 NIGHTS  
FROM THURSDAY TO SUNDAY  
6<sup>TH</sup> TO 9<sup>TH</sup> NOVEMBER 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.

EXPERIENCE THE POWER OF BREATHING, COLD, AND MINDSET –  
YOUR WIM HOF RETREAT AMIDST BREATHTAKING NATURE

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

## PROGRAM

### THURSDAY ARRIVAL & LETTING GO

From 3.00 p.m. Check-In & arrival in the exclusive hotel setting

From 5.00 p.m. Meeting point at the reception

#### Welcome Session with Breathwork

Get to know the group and feel the first deep connection to your breath – the foundation of your Wim Hof experience. Experience how you let go of everyday life and fully arrive in the here and now.

From 7.00 p.m. Shared dinner & relaxed exchange

### FRIDAY THE PATH TO INNER & OUTER STRENGTH

From 8.30 a.m. **Morning ritual: Movement, warm-up & breathwork**

Activate your body with targeted mobility exercises and balance your nervous system with a powerful breathwork session, followed by a soothing morning meditation.

Afterwards Enjoy a rich breakfast in the hotel restaurant.

12.00 p.m. **Guided hike & ice bathing in spectacular nature**

A highlight of the retreat is the breathtaking hike to Birnbachloch, a magical spot in the mountains. Here, you will experience an unforgettable ice bath – an intense experience that elevates your willpower and resilience to a new level. With the loving guidance of Laura & Sukkhadas, you will learn to embrace the cold and harness its power.

2.30 p.m. Lunch break & free time.

5.00 p.m. **Theory – the science behind the Wim Hof Method & an in-depth breathwork session.**

Delve deeper into the background of the method and learn how to use specific techniques to influence your nervous system, reduce stress, and sustainably improve your health.

7.00 p.m. Shared dinner & exchange

## SATURDAY

### INTENSIVE TRANSFORMATION & DEEP UNDERSTANDING

From 8.30 a.m.

#### **Morning ritual – movement, warm-up & intensive breathwork**

Today, you will experience a particularly profound breathwork session that expands your consciousness and ignites your inner strength. Feel how breathing dissolves physical and mental blockages.

Afterwards

A nutrient-rich breakfast in the hotel restaurant

From 11.30 a.m.

#### **Theory & ice bath – deepening the technique.**

Learn how to interact even more consciously with the cold, control it, and train your nervous system sustainably.

1.30 p.m.

Lunch break & free time for relaxation.

5.00 p.m.

#### **The science of cold & breathwork deep dive.**

Understand the physiological mechanisms behind the Wim Hof Method – from immune system activation to the release of endorphins and the regulation of the autonomic nervous system. Afterwards, you will have the opportunity to take another ice bath to further strengthen your body awareness.

7.00 p.m.

Shared dinner & reflection on the day.

## SUNDAY

### INTEGRATION & SUSTAINABLE IMPLEMENTATION IN EVERYDAY LIFE

After three intense days, today's focus is on integrating what you have learned. How can you incorporate the Wim Hof Method into your daily life? How can you sustainably use your newfound mental and physical strength?

From 8.30 a.m.

#### **Movement, Warm-Up & final breathwork session**

A last intense breathing session to anchor the experiences of the past days and gently prepare your nervous system for the transition back to everyday life.

Afterwards

Breakfast in the hotel restaurant.

11.00 a.m.

#### **Integration, closing session & final ice bath**

In a shared closing session, you will reflect on your personal insights and experiences. Then, you will have the opportunity to consciously enjoy your last ice bath – with the new mental strength you have built up during the retreat.

OPTIONAL:

#### **Shared lunch & free spa use**

1.00 – 3.00 p.m.

Let the retreat come to a relaxed close – exchange experiences with the group or enjoy the soothing warmth of the spa.