

July		
Friday, July 5th	8:00 – 9:00	Animal Flow
Saturday, July 6th	09:30 – 10:30	Breathing Session
Saturday, July 7th	11:00 – 14:00	Wim Hof Fundamentals

August		
Friday, August 2nd	8:00 – 9:00	Animal Flow
Saturday, August 3rd	09:30 – 10:30	Breathing Session
Saturday, August 3rd	11:00 – 14:00	Wim Hof Fundamentals

September		
Friday, September 6th	8:00 – 9:00	Animal Flow
Saturday, September 7th	09:30 – 10:30	Breathing Session
Saturday, September 7th	11:00 – 14:00	Wim Hof Fundamentals

Descriptions:	
Animal Flow	A unique and dynamic form of exercise that combines elements of ground-based movement and fluid transitions inspired by animal-like movements.
Breathing Session	Calming breathwork sessions enhance energy and relaxation. Conscious breathing helps the mind slow down, dissolves stress and promotes calmness.
Wim Hof Fundamentals	Wim Hof “The Iceman” Method basics with a Certified Level 3 Instructor that focuses on improving health and well-being throughout. Benefits include reduced inflammation, a boosted immune system, improved sleep and raised levels of endorphins.