

BREATHING IN NATURE

So, ya wanna host a workshop!

Here's what we need:

Number of Participants

- Minimum 8 (depending on distance traveled)
- Maximum 20/instructor (we have 2 instructors at BiN)

Space Requirements

- Participants need a space to lie down for the breathwork - think yoga mat size
- Ideal spaces: yoga studios, gyms, open living room or basement space, offices, or even outside

Ice Bath Requirements

- A safe and convenient space for the ice bath:
 - out the back door of your studio
 - wet zone of the change room
- Water access to fill the tub:
 - outdoor faucet or a utility closet with a standard tap
- We need to drain the tub after

Audio Visual

- TV screen with HDMI port or...
- I can also use my trusty whiteboard and speaker

The workshop is as adaptable as the method!



Steve Beattie

Guide at Breathing In Nature

Steve was part of the second cohort of international instructors trained by Wim Hof and became certified in 2017.

Breathing In Nature travels all over the north east sharing the healing powers of breathwork, meditation, ice, fire, and our plant allies.



WIM HOF METHOD
CERTIFIED INSTRUCTOR
LEVEL 2