



Wim Hof Method Fundamentals Workshop - What to Bring!

- **Yoga Mat**
- **Swimsuit**
- **Towel**
- **Sunscreen (if appropriate)**
- **Light Snack**
- **Water**
- **Coffee (If desired)**
- **Warm Change of Clothes**
- **Notepad & Pen**
- **Energy, Enthusiasm & an Open Mind!**
- **Signed Liability Waiver (If not already sent electronically)**