

Hello wonderful Hoffers!

I'm looking forward to meeting you all on October 23rd at 08.30am!

Our workshop will be four action- packed hours. It's going to be fun and I hope you're ready :)

Attachments:

- Information pack including a health declaration form for you to review if you should seek medical guidance before attending
- Liability form to be completed prior to attending

The 20-day cold shower challenge included in the information pack can be a good way to prepare your body and mind for the workshop and optional Ice Bath.

Venue:

- **Address:**

Contact:

- Please call me on [07919 308877](tel:07919308877) if you have problems finding the venue, or email me if you have any questions prior to the event

Overview of event:

- Introductions
- The science behind the method
- Breathing
- Cold Exposure
- Feedback and close

Timing:

- The workshop starts promptly at 08.30am, please come 10 minutes early so we can start on time.
- We'll be finished on or before 12.30pm.

What to bring:

- Yoga mat (if you have one, if not, I will have some available to use)
- Swimming costume and towel
- Notebook and pen
- Comfortable clothing

Food :

- Light refreshments will be provided, and the workshop will be followed by a healthy lunch in the Pool Bar.
- If you have any food allergies/intolerances, please let me know.

If you have any questions, I am happy to help in any way!

Looking forward to seeing you all

Best wishes

Corin