

Hello wonderful Hoffers!

I'm looking forward to meeting you all on February 26th at 8.30am!

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:

- Chewton Glen Hotel & Spa
Christchurch Road
BH25 6QS

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

What to bring:

- Swimming costume and gymwear
- Notebook and pen
- Comfortable clothing

Food:

- 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



Corin Ridout (He/His/Him)
Salutary Ice

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