



THE WIM HOF METHOD

- Corporate and Team Building Workshops -

Our Wim Hof Method workshop offers a fantastic team building opportunity in a unique location where participants will come away feeling refreshed and re-energized with new skills and ideas.

Employee's mental and physical wellbeing is at the top of the agenda for employers looking to foster wellbeing at work. The society and working culture we live in makes it increasingly difficult for people to switch off and take time out to do things they enjoy.

Employers are now looking at ways to help their staff be healthier and happier with an aim of increasing workplace productivity, improve morale, reduce absenteeism and increase mental health wellbeing.

This is why an increasing number of companies of all sizes are opting to include Wim Hof Method (WHM) workshops as part of their workplace wellbeing programmes.



The Wim Hof Method is based on three aspects:

Breathing technique
Cold Therapy
Mindset

Mastering these pillars and learning how to combine them will result in:

Increased energy and focus
Enhanced mental and physical performance
Greater cold tolerance
Increased creativity
Improved sleep



The Benefits of WHM Corporate and Team Building workshops?

WHM workshops are a new and innovative idea for corporate and team building events.

The skills learnt by individuals during the workshops are directly transferrable to work activities, such as mentally preparing for important meetings and stimulating creativity for team brainstorming sessions.

The workshops offer a fantastic team building experience involving practical exercises and simple techniques suitable for all levels.



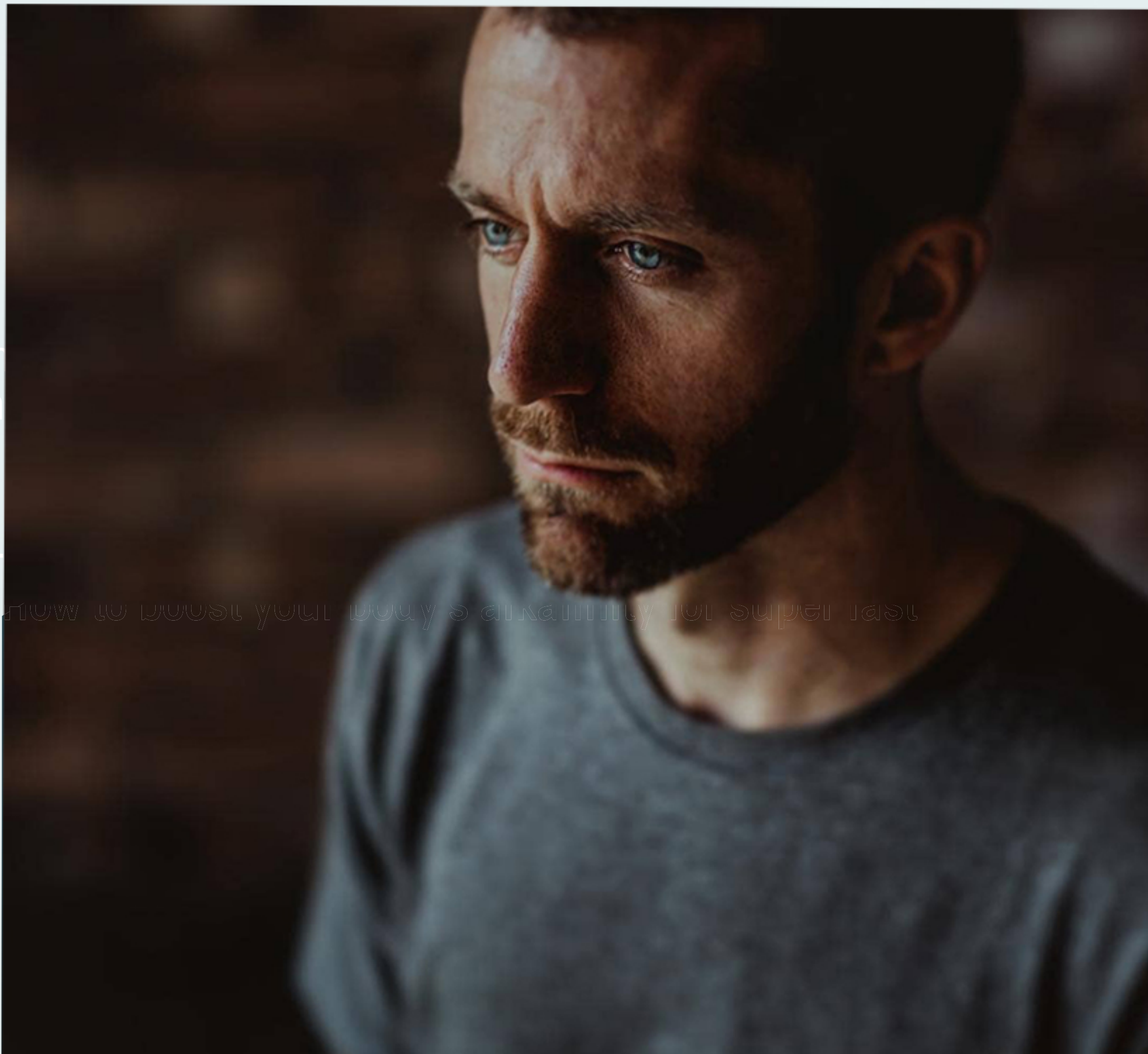
The workshops and retreats are held in unique locations throughout Scotland. The locations are always scenic and peaceful, making the perfect setting to learn about the Wim Hof Method and to come away feeling re-energized.

“Hitherto, both the autonomic nervous system and innate immune system were regarded as systems that cannot be voluntarily influenced. The present study on WHM demonstrates that, through practicing techniques learned in a short-term training program, the sympathetic nervous system and immune system can indeed be voluntarily influenced.”

– Proceedings of the National Academy for Sciences.

WORKSHOP INSTRUCTOR

Allan Brownlie is a certified Wim Hof Method instructor and practices WHM techniques as part of his daily life.



Allan is an Edinburgh-based WHM instructor who runs workshops and retreats throughout Scotland and further afield. Feel free to contact Allan through his website to find out more about the Wim Hof Method and upcoming events.

www.allanbrownlie.com

We live in these unique digital times, where a world of endless information and possibilities is available at the touch of our fingertips. Which is great – but it made me realise some years ago, that I didn’t truly understand my mind and my body. I came to a stage in my life where I was emotionally drained, underweight and ready to abandon the unhealthy lifestyle I had developed over the years. That’s when my quest to find myself began, and I discovered the Wim Hof Method (WHM).

When I tried the different WHM breathing techniques for the first time, I realized ‘WOW, THIS IS IT!’. My breath became my foundation, my balance and my compass for building momentum and confidence. I optimized my lifestyle and conquered the cold. With the help of a range of easy to learn techniques I was able to become a better version of my old self. Today, I feel like I can trust my body and mind again.

I was part of the first international group of people to become a certified Wim Hof Method Instructor. It helped me to become extremely focussed and creative, with improved fitness levels. Using Wim Hof’s method, my body and mind learned to cope with natural stresses they endure when I’m out and about, and it has allowed me to establish a genuine connection with nature. This resulted in being able to climb the highest mountain of the Outer Hebrides (Scotland) and two impressive mountains in Poland, bare chested wearing only shorts, in weather conditions of -10 to -15 degrees Celsius.

Trust me: I’m not special. Anyone can do this, if you are willing to dig deep into your physiology using the great techniques of the Wim Hof Method. It’s simple, it’s effective and the science backs it up.

I’m looking forward to meeting you during one of my workshops or retreats. If you have any questions in the meantime, please do get in touch. I’m more than happy to help.

For more info and bookings, please visit my website at: allanbrownlie.com