

Inner Fire Cold Therapy

WIM HOF METHOD

Retreat at Hindukush Heights, Chitral

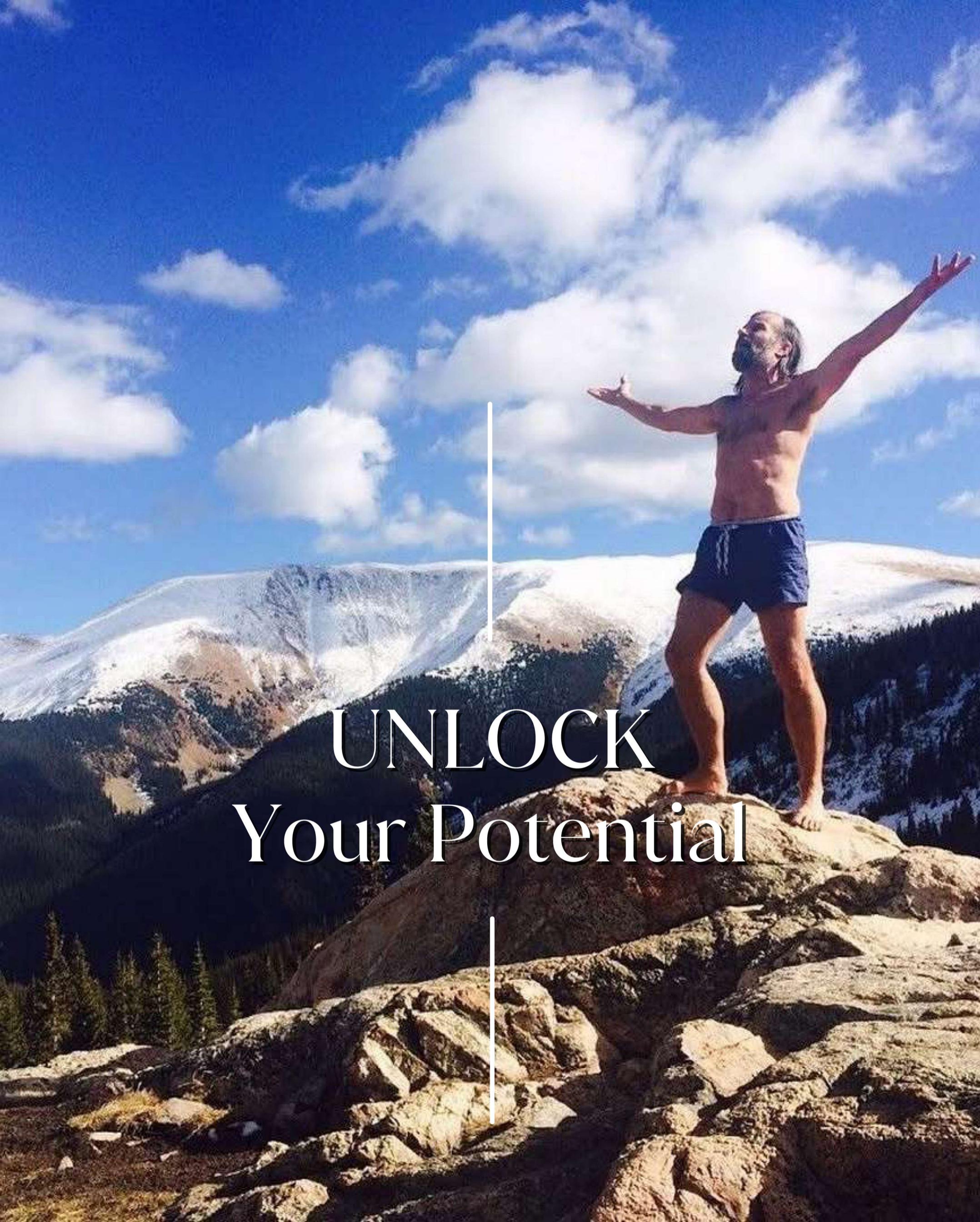


Cold Therapy in the Hindukush

Let the Wim Hof Method (AKA The Ice Man)
break through your deepest boundaries

Join if you'd like to

- Be the 1st in Pakistan to learn the teachings of the Wim Hof Method
- Experience the mental & physical benefits of ice baths & cold exposure
- Incorporate breathing techniques into your daily life
- Meditate
- Leverage nature to expand your consciousness
- Train your nervous, immune & cardiovascular systems
- Heal within & self-actualise



UNLOCK
Your Potential



Sam Javed, Your Instructor

Wim Hof Method

◆ A trailblazer in Australia's holistic health and wellness landscape, Sam is renowned for his remarkable journey of transformation as an educator who has traversed the globe in the field of human potential.

During this first-ever Wim Hof Method retreat in Pakistan, Sam will be passing on elite, evidence-based tools for stronger minds and bodies to a fortunate few.

What You'll Experience

- The rugged beauty and fresh air of Pakistan's Chitral Valley will bring out the power of your natural instincts
- Divorced from the sensory overload you experience daily in the modern world, you will find your inner fire

****NOTE: all sessions held on-site at Hindukush Heights hotel & surrounding hills (not at a lake)***





Wim Hof Method Pillar 1

◆ EMBRACE COLD THERAPY

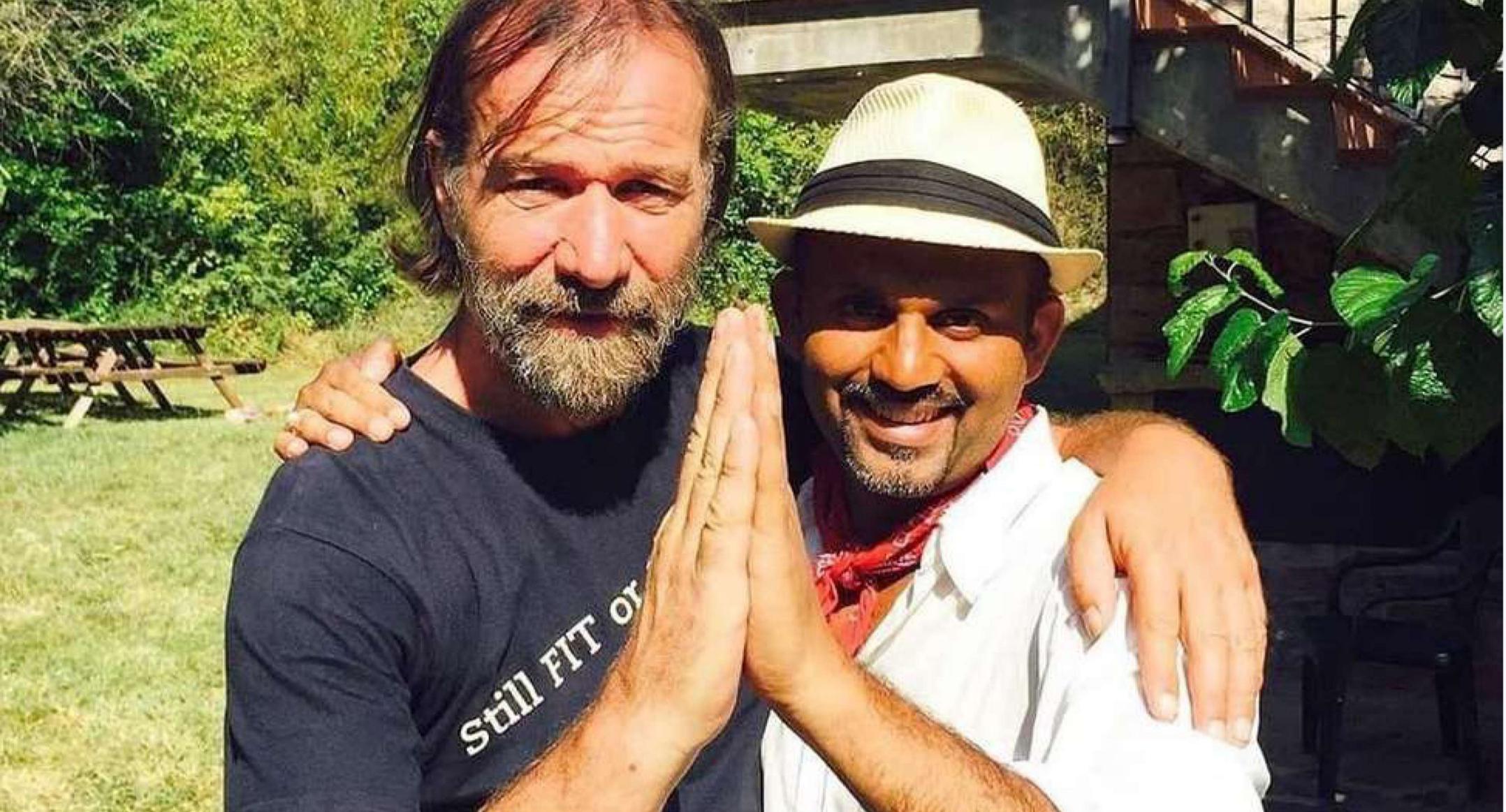
- Learn how to tap into the power of the "cold" to burn fat and boost your immune system
- Improve sleep quality
- Increase hormone levels
- Reduce inflammation
- Increase the "feel good" chemicals in the brain called endorphins, nature's mood boosters



Wim Hof Method Pillar 2

◆ BREATHWORK

The majority of us breathe shallow throughout the day, resulting in ill health and low energy levels. The scientific breathing techniques you will learn in this course will significantly improve your energy levels, detox the body and release toxins, relieve stress and tension, and strengthen your immune system.



Wim Hof Method Pillar 3

◆ COMMITMENT

The 3rd pillar of the Wim Hof Method is the foundation of the other two: both cold exposure and conscious breathing require patience and dedication to fully master.

Only armed with focus and determination can you master your body and mind.

A night landscape of a valley with mountains and a town, with a lantern in the foreground. The scene is captured from an elevated position, looking down into a valley. In the foreground, a glowing lantern sits on a patch of dry grass, casting a warm, golden light. The middle ground shows a town with scattered lights, nestled in a valley. The background features dark, silhouetted mountains under a deep blue night sky. A small, bright light, possibly the moon, is visible in the upper left. Two vertical white lines are positioned above and below the text, framing it.

RETREAT

Price & Details



All-Inclusive Retreat

◆ HERE'S WHAT'S INCLUDED

- Full Wim Hof Method program
- 4N Hindukush Heights rustic luxury boutique hotel
- Organic meals
- Swims, walks & excursions
- RT transfer from Islamabad on Hindukush Express luxury coach

What's Not Included

- Extra snacks and drinks
- Excursions outside of the Program
- Laundry service
- Gratuities





Price in PKR & USD

◆ **EARLY BIRD until AUGUST 10th**

- Rs275,000 / \$975 per person for double room / 2 guests
- Rs305,000 / \$1,075 for single room / 1 guest

◆ **PRICE after AUGUST 10th**

- Rs320,000 / \$1,125 per person for double room / 2 guests
- Rs350,000 / \$1,225 for single room / 1 guest



The Fine Print

TERMS & CONDITIONS | BANK INFO

Please inform us in advance of any allergies.

50% required at booking. Cancellations before

20-August entitled to 85% refund. Cancellations

after 20-August, 50% refund. Cancellations after

5-September will not be entitled to a refund.

