

WIM HOF FUNDAMENTALS BREATHWORK MINDSET MOVEMENT COLD EXPOSURE

FOR AGES 12YRS+

ANY REASON

REGISTRATION

\$155 CDN (\$105 €)

***Register Online prior to
Event**

FEATURING

Dr. Steven Piper

WHEN

March 23rd, 2024

9:00am to 2:00pm

***8:30am registration**

WHERE

**Ferguson Athletics /
Complete Function**

**#4, 4 Erickson Crescent,
Sylvan Lake, AB**

PRESENTED BY:



COMPLETEFUNCTION

&

FERGUSON
ATHLETIC DEVELOPMENT

Join Dr. Piper for cold immersion, breathing and strengthen your mind!

**Hate the COLD?
Discover your
inner fire!**



A day of connection

- Experience the power of breathing exercises
- Harness the COLD, improving your mindset
- Ice Bath (optional)
- Learn the 3 Pillars of the Breathing, Cold Exposure and Focused Mindset

**WIM HOF METHOD
FUNDAMENTALS WORKSHOP**
with Dr. Steven Piper

Scan QR Code for Dates



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825-993-1208