



GOODWOOD
HEALTH & WELLBEING



WIM HOF RETREAT

Learn the three pillars of the Wim Hof Method and become happier,
healthier and stronger.

Why the Wim Hof Method?

Over time, our relationship with the world we live in has changed. Our lifestyles have disconnected us from the natural environment. Because of this disconnection, our age-old survival mechanisms are no longer triggered and we've lost touch with our inner power. Through decades of self-exploration and ground breaking scientific studies, Wim has created a simple, effective way to stimulate these deep physiological processes and realise our full potential.

The Benefits of Wim Hof

There are three pillars to the Wim Hof Method; the breathing, the gradual cold exposure, and the commitment. Mastering the three components can help you unlock a host of benefits including:

Increased energy and mood

Improved sleep

Reduced stress levels

Stronger immune system

Increased willpower

Heightened focus, concentration and determination

Improved mental health

Our Wim Hof Expert



Sarah Huntley

Sarah Huntley is an in-demand Performance Psychologist (MSc, BSc), Wim Hof Method Instructor and the founder of Thrive Performance Coaching. With over 15 years working with elite athletes to improve their mental game as well as mentoring ambitious entrepreneurs to create six-figure enterprises, Sarah helps dynamic and innovative businesses create high performing teams – who are productive, effective and happy in the workplace.

Included in Your Stay

Welcome bag and gifts

Dinner at Farmer, Butcher, Chef

Daily talks and workshops with certified
Wim Hof Method instructor

Full use of the swimming pool and thermal suites

Post-retreat fireside chat

Turn down service with detox salts and sleep mist

One night in a Signature Room at The Goodwood Hotel

All food and drink included

£690 per person, based on single occupancy in a Signature Room
14 participants maximum

To find out retreat dates and to book, please visit [goodwood.com](https://www.goodwood.com)

Goodwood Health & Wellbeing

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