

Wim Hof

Extreme Athlete

"Become Strong, Happy & Healthy"

Wim Hof is a Dutch athlete known as "The Iceman" for his ability to withstand extreme cold. He has received global recognition and fame through his extraordinary achievements. His feats include climbing Mount Kilimanjaro in shorts, running a half marathon above the Arctic Circle on his bare feet, and standing in a container while covered with ice cubes for more than 112 minutes.

TOPICS:

- Wim Hof Method
- Mental Health
- Reaching Your Goal
- Physical Health

LANGUAGES:

He presents in English.

IN DETAIL:

Wim has developed the Wim Hof Method – a combination of breathing exercises, cold exposure and commitment – that gives you the tools to take control over your body. He has set out to spread the potential health benefits of his breathing techniques, working with scientists around the world to prove that his techniques work. Over the years, Wim Hof has put several extraordinary achievements in his name, including 26 Guinness World Records. Highlights include swimming underneath ice for 66 meters and climbing to 6.700 meters altitude at Mount Everest wearing nothing but shoes and shorts.

WHAT HE OFFERS YOU:

Having embraced the majestic force of nature, Wim resolved to share his discovery with the rest of the world. Wim's story and philosophy is completely unique and refreshing for any audience. He demonstrates an unparalleled perseverance and encourages other people that they too can do exceptional things.

HOW HE PRESENTS:

Discover the incredible potential of your body & mind, and learn about the underlying science. Become enraptured as Wim guides you with his comforting yet incomparably spirited energy.