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What are the benefits of the Wim Hof Method?

The basic version consists of three phases as follows: Controlled breathing: The first phase involves 30–40 cycles of breathing. Each cycle goes as follows: take a deep breath... Breath retention: After completion of the 30–40 cycles of controlled hyperventilation, take a final deep breath in, ...

Wim Hof - Wikipedia

Breathing techniques of the Wim Hof Method. The breathing techniques of Wim Hof are an important part of his unique method, and they are sure to release your inner fire! The techniques are focused on deep and rhythmic inhalations and exhalations, also called controlled hyperventilation or power breathing.

Breathing techniques - Wim Hof

Over the years, Wim Hof has developed his own method, aptly titled the Wim Hof Method. He teaches his method through in-person workshops and online video courses. His “Fundamentals” video course is \$279, but currently discounted by 35% because of Covid-19 (enter COVID35 at checkout to claim the discount).

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Wim Hof Method Guided Breathing for Beginners (3 Rounds ...

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Right now the Wim Hof Method is in English. Wim speaks slowly and clearly as he demonstrates the exercises. Coming Soon: the training will be available in German, Spanish, Italian, and Dutch. Are the physical exercises suitable for all fitness levels?

Wim Hof Method - Online Video Course

Wim Hof má v současnosti 60 let a narodil se v roce 1959; Jeho rodným státem se stalo Nizozemsko; Kromě svého jména se mu mimo jiné přezdívá Ice Man; To, co jste se mohli dočíst výše je pouze výklad toho, co Wim Hof za svůj život dokázal. Pochopitelně vás s tímto mužem seznámíme podrobněji.

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