

BECOME A BREATH & COLD GUIDE

Sherpa Breath & Cold Instructor Certification is a workshop style exploration of breathwork and exposure training. This course provides the opportunity for health care professionals, coaches, clinicians, fitness instructors, and ice bath enthusiasts to level up their knowledge base and coaching skill around these health optimization tools.

Facilitated by a top biohacker and wellness expert, this comprehensive course shares how to masterfully guide others in these resiliency-building practices while maintaining a safe and effective environment.

Attendees are given the skills to confidently lead with multiple techniques for taking people on a journey through breath and cold exposure.

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WHAT TO EXPECT

- Understand how to create emotional and physical shifts using proven breathing techniques
- Become adept at nervous system mapping
- Learn how breath, cold, and heat exposure create physiological change
- Define and begin to develop your own style of breathwork and cold coaching
- Review programming as a tool to upgrade fitness performance
- Dive deeper into the history and science behind these effective practices
- Drive mental toughness that boosts confidence and capacity
- Get familiar with successful recovery, fitness, weight loss, emotional, and health protocols
- Guide adaptation to stress using minimum effective dose range to optimize wellness
- Take home the skill set to lead a remarkable breath and cold session for your community



Instructor Certification

2 Day Course

9-Spm

Cost \$750



ABOUT

Kristin Weitzel, Founder of Sherpa Breath and Cold, and Host of the WELLPOWER Pod cast, is a health and high-performance maven, nutrition specialist, certified fitness trainer, Master Breathwork Facilitator and Exposure Training Coach.

As a long time biohacker focusing on taking action, she advocates for using protocols that create lasting change, while building stronger, and healthier bodies.

PRESENTED BY:  **WELLPOWER**

CURRICULUM

DAY 1:

Sherpa Session Experience History of Breathwork Styles The Nervous System Stress as a Stimulus Science and Research How to Build a Class Creating Your Journey

DAY 2:

Cold Plunge Practical History of Cold Exposure Sauna+ Heat Fitness Training Applications Client Interaction+ Safety Client Protocol Programming Fit for Business