



Wim Hof Exercise

The Wim Hof Method is like Tummo (inner heat) Meditation and Pranayama (yogic breathing). Yet it is something else entirely. While Wim has read a lot of books on yoga and meditation for many years, this technique primordially comes from what he terms 'cold hard nature'. By subjecting himself to the bitter conditions of nature, he learned to withstand the extreme forces of cold, heat and fear. If you learn this method or technique correctly, it will empower you to do to the same.

The first part is a breathing exercise which can be likened to controlled hyperventilation. This is, of course, an oxymoron. Hyperventilation is something which happens involuntarily. But just imagine the breathing part, without any of stress triggers that normally cause this way of breathing. The image will consist of rapid breathing that makes one languid, invigorates one, makes one high on oxygen.

Step by step explanation breathing exercise (taken from Wims website)

1) Get comfortable

Sit in a meditation posture, whatever is most comfortable for you. Make sure you can expand your lungs freely without feeling any constriction. It is recommended to do this practice right after waking up since your stomach is still empty or before a meal.

2) 30 Power Breaths (I do it for 3 minutes)

Imagine you're blowing up a balloon. Inhale through the nose or mouth and exhale through the mouth in short but powerful bursts. Keep a steady pace and use your midriff fully. Close your eyes and do this around 30 times. Symptoms could be light-headedness, tingling sensations in the body.

3) The Hold, retention after exhalation

After the 30 rapid successions of breath cycles (or 3 minutes), draw the breath in once more and fill the lungs to maximum capacity without using any force. Then let the air out and hold for as long as you can without force. Hold the breath until you experience the gasp reflex.

***** I add the bonus here:** After letting all of the air out of the lungs, I do as many push-ups as I can without breathing. Hold the breath until you experience the gasp reflex.

4) Recovery Breath

Inhale to full capacity. Feel your chest expanding. When you are at full capacity, hold the breath for around 10 seconds and this will be round one. The breathing exercise can be repeated 3 rounds after each other.

5) After having completed the breathing exercise take your time to enjoy the feeling afterward. This feeling will be more and more like a meditation.

When you start doing these exercises we recommend taking your time recovering from the breathing exercise. After doing the breathing exercise and you feel good, you can start with taking the cold shower.

Summary

+ 30 times balloon blowing / circular breathing

Breathe in fully

Breathe out without force and hold until gasp reflex

Inhale fully and hold for 10 seconds.

Repeat until finished and recover from the breathing exercise.

Bonus:

Add push-ups or squats during the time you are holding your breath until you wait for the gasp reflex. Notice that you are stronger without air than you would normally be if you could breathe!