

Norway 2024

June & November

Wim Hof Method Winter Expeditions

May 30 - 3 June & 4 June - 8 June

Nov 15 - 19 Nov & Nov 20 - 24 Nov

Find your magic within



WIM HOF METHOD
CERTIFIED INSTRUCTOR



BREATH & ICE



MEET THE TEAM

Flo Mausser, ex-pro snowboarder, and Martina Sowinz a former top executive manager have been a team since 2009.

Gus Hoyt is also a functional breathwork coach and trained as a paramedic in America. He's worked as a chef, mountain cowboy and Green politician.

Flo and Gus met at their initial training at Wim's house and they have all enjoyed many a winter adventure together since, in Poland, Austria and Norway.

For over five years they have been completely committed to the Wim Hof Method and have made it their mission to bring fellow human beings closer to the original power of their body and mind using the Wim Hof Method.



Hallingskarvet National Park Norway

Nestled among mountain
tops and next to a glacial lake,
Storestølen is a family run
boutique hotel which we will
have all to ourselves!



This eco lodge is designed using the principles of Feng Shui and was refurbished using natural materials.

The yoga and dining rooms overlook the Hallingskarvet National Park with a view of the lake. At over 1,300m above sea level we really are on top of the world!

The chef sources locally and is trained in allergy-friendly food, vegetarian and vegan cuisine drawing culinary groups from all over Norway.

Ice baths and mountain walks start at our doorstep and the iconic waterfalls are minutes away.





THE 'NOT A TIME-TABLE'

The world is our playground and our activities may vary dependent on weather, group dynamics and goals but there are consistent factors to all our Expeditions.

We do not share a timetable because we want everyone really living in the 'moment of now'.

- Movement | Games
- Ice Baths | Personal Challenge
- Guided Breathwork
- Functional Breathwork
- Reflection Time | Meditations
- Science Discussions
- Ice Showers | Great Food
- Nature Walks | Endurance Walks
- Sauna and Jacuzzi

INTENTIONS

EXPECTATIONS

GOALS



Push - Go further than you think you can and redefine boundaries

Grow - Understand how this reflects to daily life

Thrive - Know that you can do anything and will take this energy home

Bond - Connect with yourself and others in the group as buddies and as a whole

Self Discovery - This one is up to you and we can't wait to give you the space you need

Intentions

Expectations

Goals

Whatever your personal intention is for this trip, we will help create your personal challenges as well as the group activities, or not, the choice is yours.

'Everything can be, nothing has to be - you decide at every moment how far you want to go'



JUNE ADVENTURES

SPRING WINTER

There is a small window between Winter and Summer to perfectly enjoy this natural wonderland.

The snow is melting and the rivers and waterfalls are in their majestic full ice-cold flow.

The lake near our lodge is mostly ice free and we can leap from rocks and walk out to the 'winter island' for fun and games.

Our hikes will be longer but with Spring sunshine to help us along. Starting in meadows and ending in snow capped mountains.

Frozen lakes await us in the high ground!

(May 30th - 3rd June & 4th - 8th June incl.)





NOVEMBER ADVENTURES



'WINTER WINTER'

In November we have booked the small window between the beginning of real winter and the stage where the mountains are inaccessible.

This is the time to challenge ourselves in the raw power of the natural world.

In these changing climates nothing is guaranteed, especially the weather, but this is the best time to truly experience all the different kinds of cold exposure on offer.

And we have fun and safe activities for every kind you could possibly imagine!

(15th - 19th Nov & 20th -24th Nov incl.)



THE MAGICAL ELEMENTS & EXTRAS

True Wildness and raw nature.

We scoped for years to find this perfect location.

It's like living inside a snow-globe or National Geographic Calendar.

'Hygge' or 'Koselig' is key: Beautiful and nurturing comfort within the lodge and bedrooms. Fireplaces, cosiness and underfloor heating in the bathrooms!

Anne and Torre our hosts focus on holistic health. Anne is a therapist and has worked with energy medicine for more than 15 years. Food is vital to good health. All allergies and intolerance catered for.

Only local ingredients are used, organic if possible with no additives, preservatives or white sugar used.



JOIN US, NORWAY 2024 FOR YOUR WIM HOF WINTER EXPEDITION

Secure your place now!

Full training provided on site

Preparation guide and zooms prior to departure

Places are limited

Contact: hello@flomausser.com or
gushoyt1@gmail.com to reserve your place

Total only €1,980 (Flights not incl)
SUPER Early Bird (before New Years Day 2024):
Only €1,780

NRD (unless place resold) £400 / €450

May 30 - Jun 3 & June 4 - June 8 incl.

Nov 15 - Nov 19 & Nov 20 - Nov 24

First come, first booked





Nordic City Breaks



You can fly, train or sail your way to Oslo (or Bergen) or use a mix of travel options.

The train and bus from Oslo to Hallingskarvet National Park is included - but do not miss this train!

We advise building in a city break before, after or either side of your wild adventure. Transition back to 'normality' gradually after your time on top of the world. There is so much to do if you want to explore Oslo:

Discover Viking History at 'The Viking Planet' and see the legendary Kon Tiki exhibition.

Visit the greatly lauded Munch Museum.

Walk over the Opera House and get an amazing view of the harbour.

Spent £900 on a beer!

Cruise around the bay or take a mini cruise.

See the home of the Nobel Peace Prize.

Swim / Sauna in the harbour - because you can!

Or, travel via Bergen or Copenhagen for a million colourful things to see and delicious Danish treats!



**ADD A
NORDIC
CITY
BREAK**



This Wim Hof Travels are a project of The Healthy Humans Club



Contact: hello@flomausser.com or gushoyt1@gmail.com