



Beat your winter blues in an ice-bath!

Our Story

This is a little story about me on the search for happiness during the never ending lockdowns of 2020-2021. It all started in March 2020 when we as a family got into a great habit of binge watching Drew Binsky's travel adventures on Youtube. As we spent 10 months on the road in 2018/2019 enjoying our family gap year around the world, we felt really trapped during the lockdown, like caged animals waiting to be unleashed again... So it's all Drew Binsky's fault :-) that one evening we bumped into this video:



My kids were gobsmacked and I WAS HOOKED!

Since then, thanks to my obsession, our family consumed a fair share of content on Wim Hof available on Youtube created by other youtubers, not just our favourite Drew Binsky.

*"Unless you are willing to experience new things,
you'll never realize your full potential."*

Wim Hoff

Once the 1st looooong lockdown in the Czech Rep was over, I was exhausted and fed up and short of any inspiration for life... My kids only just got back to school – no homeschooling yippee!!! And I was researching the summer activities and holiday clubs available, as I jumped through the rabbit hole of Google like Alice in Wonderland, I came across a club that was offering a 'Meditation in Ice' seminar. The instructors were offering a similar experience of Wim Hof seminar in the town nearby! Shall I go for a dip?

I was beyond intrigued.

And then suddenly I received a phone call from my son's teacher known as a local open water swimming enthusiast. We exchanged a few words about the issue/solution and before Michael had a chance to say good-bye, I jumped in quickly: "Michael, would you mind me asking something about open water swimming?" Sure, go ahead he replied politely. "Have you ever done... ehm ice-baths? You know like Wim Hof method ice-baths? I found a local sports club organizing a Meditation in Ice weekend seminar...." And before I had a chance to finish off the sentence, Michael "poured a bucket of cold water over my head": Well, I wouldn't waste my money on it. If you want to experience something like that, just join our local open water swimming group and by the end of December, I can guarantee you that you'll experience an ice-bath. And for free. Now's the summer but we'll always get back to it as a group in September. I'll text you.

First Sunday in September 2020, I was standing on the shore of the local lake and jumped in. The temperature of the water was 14 Degrees Celsius and I thought it was FREEEEEZING!

Little did I know that Michael was right... by the end of December I was experiencing ice-bath at least once a week if not 2 or 3 times on some crazy occasions.

Without any seminars, even without reading **this famous book...**

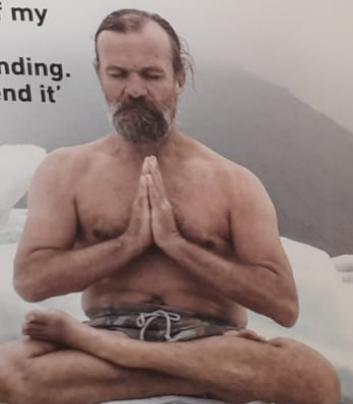
'Thor-like and potent ...
Wim has radioactive charisma'
RUSSELL BRAND

'Positive and persuasive'
ANT MIDDLETON

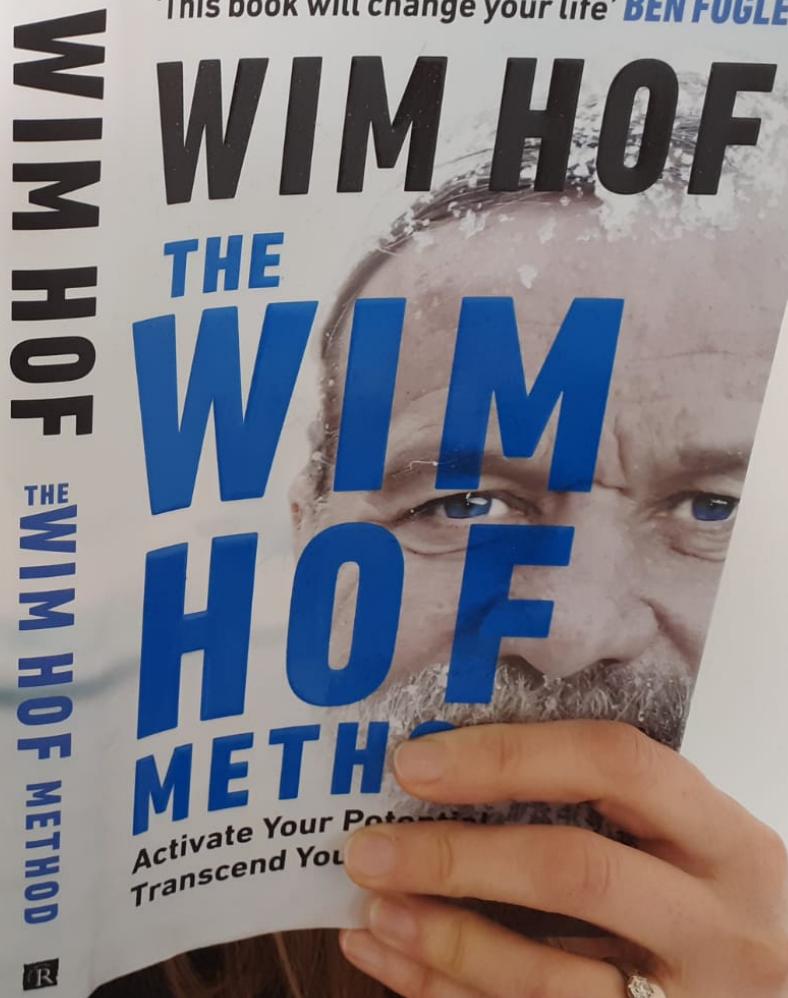
'Wim is a legend of the power
ice has to heal and empower'
BEAR GRYLLS

'A fascinating look at Wim's
incredible life and method'
FEARNE COTTON

'An essential part of my
daily regimen for
self-care and grounding.
I warmly recommend it'
DR GABOR MATÉ



'This book will change your life' **BEN FOGLER**



HOW COME?

Because I admitted to myself that I was bored and I needed to beat my lockdown blues by... doing something... else.

Because I was willing to experience something new and experiment.

And because there was a positive peer pressure. There's nothing quite like a group of people that agree to meet up on Sunday morning on a lake shore, no matter what the weather, they all strip down and jump into the freezing lake.

To be honest, if I was standing there myself, I don't think I'd be brave enough to do it, not even try it. But because the others are there, because the others show up, I want to show up - not just for them, but for myself.

So, this is by no means my happily-ever-after. It's more like Get Freezing Happy Now recipe if:

- you are curious,
- want to start something new and/or
- you're a bit of an adrenalin freak.

Get inspired



Wanna come along?

Join us for a 'lake-jump'? Open water swim? Ice-bath? The choice is yours.

Our friendly group of slightly mad peeps meets up regularly every Sunday at 11 am on the shorefront of the lake in Lovčice.

Things you should know before you dip your toes in...

What to bring:

1. Swimming suit/ trunks
2. Yoga mat to stand on
3. A large bath towel
4. Dressing gown (optional)
5. Your favourite warming up drink (eg. tea in a flask)



Not a great fan of the cold yet?

Let us help you fall in love with the ice one newsletter at the time!

Sign up here:

Name:

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SUBMIT

Contact

EMAIL: hello@freezinghappy.com

CALL or TEXT: 07791913517

Let's get social!

