

Member Webinar



REGISTER NOW



SEP 17 @ 2PM



FREEZE THE STRESS!

Cold Exposure & Breath Work

Stress doesn't have to control your life. In this session, we'll explore science-backed strategies for regulating the nervous system through cold exposure and breath work. You'll learn how these techniques can strengthen resilience, improve mood, and speed up recovery.

Our expert will explain the research behind each method and share safe, practical ways to incorporate them into your routine so you can feel calmer, more energized, and better equipped to handle whatever comes your way.