

Cold Plunge Guide

Suggested Use and Etiquette



bhy | hot yoga
hot pilates
hot barre



Welcome

Welcome to the BHY cold plunge!
We are thrilled to be adding this therapeutic and life enhancing service to our studio. Being a hot yogi, the idea of embracing the cold was not something I ever thought I would do. In fact, until recently, I avoided the cold at all costs.

But I, like you was curious about the cold and the benefits I was hearing about. I also was drawn to the opportunity to once again learn to train my body and mind to find joy and comfort in something I perceived as uncomfortable... much like how I felt about the heat when I first started hot yoga.

To my wonder and amazement, just like hot yoga had done from my first class, my cold plunge practice immediately started to shift me and even before my mind learned to love the cold, my body clearly did, and it kept me going back for more.

My regularly cold plunge practice has improved my mental clarity, mood, focus, reduced soreness and inflammation, improved my performance in yoga and pilates and simply put, are most peaceful 3-5 minutes of everyday.

I am so excited you have decided to embark on this journey with us and see how a regular cold plunge practice can enhance your life.



Dana

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"WE HAVE BECOME ALIENATED
FROM NATURE, BUT THE COLD IS
CAPABLE OF BRINGING US BACK TO
WHAT WE ONCE HAD LOST."

#wimhofmethod

WHY PRACTICE DELIBERATE COLD EXPOSURE THERAPY

Congratulations and welcome to the Beaches Hot Yoga Cold Plunge!

Please keep in mind this guide is meant to be used as an informational resource for beginning your cold exposure therapy journey. It is not meant to be prescriptive, and each individual's usage will vary. If you have any preexisting health conditions, please consult with your doctor before beginning any cold exposure therapy protocols.

Be safe! For some people cold and/or heat exposure can be dangerous. Hydrate properly. Heed the warnings about pregnancy, blood pressure etc. (as with any protocol).

Why practice deliberate cold exposure therapy?

The research on this topic is becoming more and more available to the masses. As a 'fringe' therapy up until recently, this practice, made popular by Wim Hof (the Ice Man), is now becoming more and more widespread. Wim's method includes the trifecta of Breath Work, Mindset and Cold Exposure and has been adapted for use worldwide.

Once you experience the physical and mental benefits for yourself, it is easy to see why so many people are adding deliberate cold exposure to their daily lives.

What happens in my body and mind when I experience Deliberate Cold Exposure Therapy?

The primary reason exposure to the cold is so effective is actually fairly simple.

Inflammation is what causes pain in our bodies. Chronic inflammation over time is also linked to a myriad of other physical and mental health complications. Research has shown that chronic inflammation is associated with heart disease, diabetes, cancer, arthritis, and bowel diseases like Crohn's[1]

Therein, cold exposure reduces inflammation in the body and thus can reduce pain and chronic ailments in the body – but this is just the starting point

You know that feeling after a great workout? Or after a particularly sweaty session in the practice room?

Your body has released an incredible amount of 'feel good' hormones including dopamine, serotonin, adrenaline and endorphins. Well, cold exposure does as well! One study found that immersion in cold water – 57 degrees, to be exact – raised people's blood levels of the neurotransmitters noradrenaline (by 530 percent) and dopamine (by 250 percent)[2]

Lastly, deliberate cold exposure is one of the tangible ways that you can reset your nervous system and practice 'resilience training.' In moments of stress, our nervous system flips into 'fight or flight' mode. This autonomic response is honed from a primordial time when if we were in the wild and a threat like a bear approached us, it was time to take action and run!

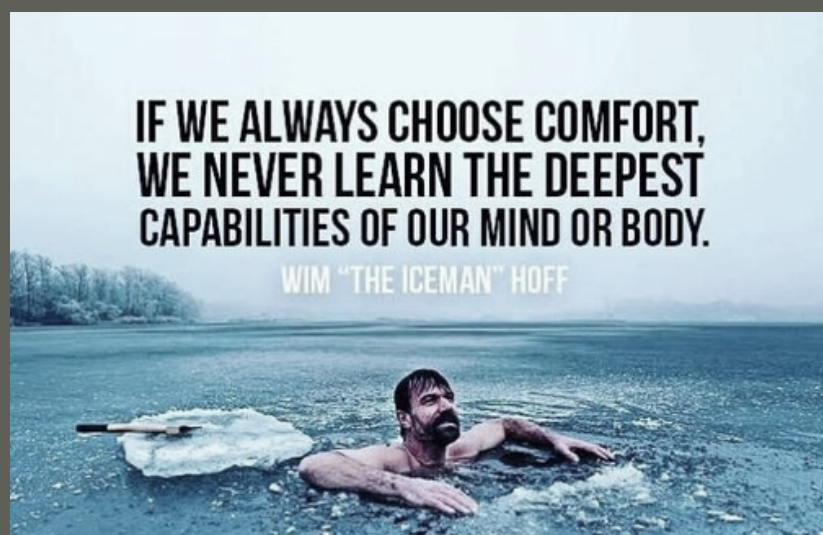
Nowadays simple daily stressors can trigger this response in our bodies, and, you guessed it – prolonged times of heightened stress can cause inflammation in our bodies.

By approaching the cold, a safe stressor or a form of ‘eustress’ (good stress) we are now retraining our bodies response to stressors, and systematically, we then shift how we respond to stressors in our daily lives as well.

We are reprogramming the way that our nervous system shifts from ‘fight or flight’ to ‘rest and digest’ and are removing the pressure from our nervous system from being so ‘on’ all the time, to being in a more relaxed rested state which means optimizing your bodies physical and mental functions.

[1] <https://www.health.harvard.edu/staying-healthy/understanding-acute-and-chronic-inflammation>

[2] <https://www.washingtonpost.com/wellness/2022/03/10/benefits-of-cold-water-immersion/>



BENEFITS OF DELIBERATE COLD EXPOSURE THERAPY



Benefits [1]

- Reduced inflammation, swelling, sore muscles
- Improved quality of sleep
- More clarity and focus
- Improved immune response
- Relief from symptoms of autoimmune diseases
- Higher energy levels
- Strengthens the nervous system
- Combats oxidative stress
- Lessened symptoms of anxiety, depression, PTSD, CPTSD, Bipolar disorder and ADHD

[1] <https://www.wimhofmethod.com/cold-therapy>

Suggested Use

Everyone's use of deliberate cold exposure therapy in their lives will be different. We suggest combining your cold practice with breath work and intention setting to garner the most benefits.

Step 1: Create your vibe in the bhy plunge room Maybe play some music, use some essential oils on your wrists and hands, create your ideal environment.

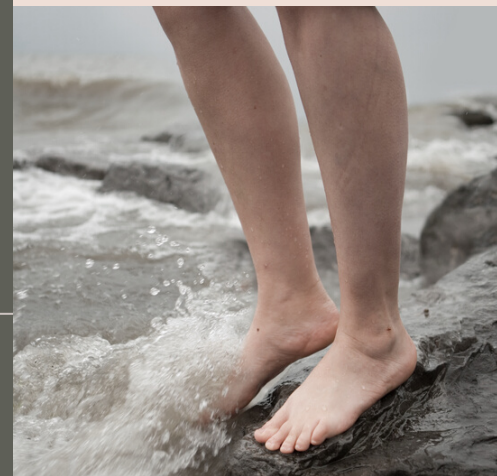
Step 2: Intention setting

Take a moment to pause and focus on your intention for this practice. What is your goal for today's plunge? What would you like to gain? Maybe there is something you would like to release. Whatever it is, focus in on it and feel the energy of this intention grow within your mind and body.



Experiment and build your own practice that works for you!

Every individual will be different





Breath Work is a powerful tool for:

Relaxation

Stress Relief

Personal Growth

Self Awareness



Suggested Use

Step 3: Breathe! Take a moment to take some intentional breaths – our suggested breath work (outlined on the next page) is to complete 30 fast and deep inhales and exhales, followed by a pause after your last EXHALE, hold at the bottom until you feel the need to inhale (aim for 30 seconds if possible!) and then inhale fully and completely to hold at the top of the inhale for 15 seconds

Allow your breath to return to your normal breathing pattern

Step 4: Movement Get your blood flowing and your body moving before entering into the cold
Pick your favourite song and do a dance
Swing your arms back and forth
Do a few squats or lunges! Whatever feels intuitively good for you, just move!

Suggested Use

Step 5: Enter into the cold

One step at a time, one breath at a time

There is no prescribed breathing pattern for while you are immersed in the cold – your body and mind know the way. As best as you can, EXHALE deeply upon your entry into the water and slowww your breathing and mind

In an ideal world, and to unlock the most benefits, you immerse yourself up to your shoulders once in the water
Duration in the cold is outlined below – we suggest 2-3 minutes up to a maximum of 5 minutes per session

Suggested use protocol as outlined by Dr. Andrew Huberman (Stanford Medicine)[1]

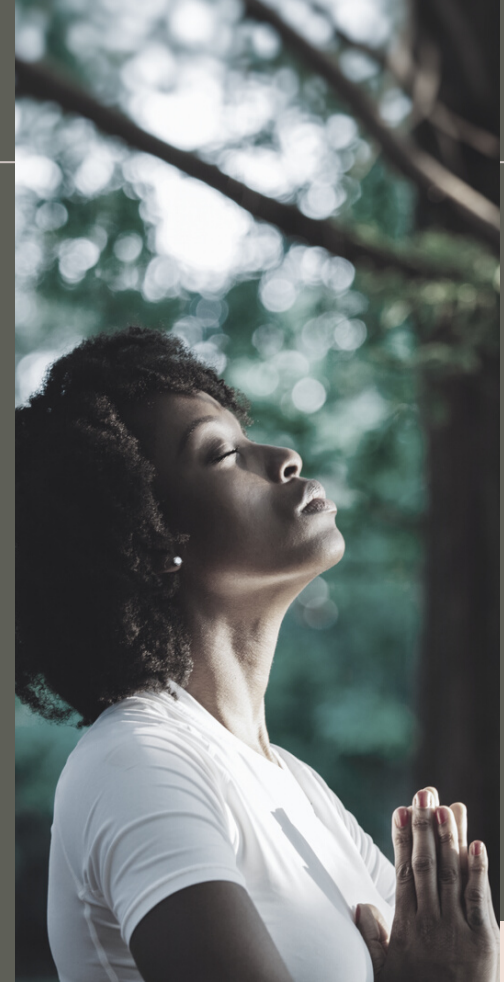
Temperature – Cold enough that it is uncomfortable (ie I would like to get out) but safe enough to stay in
11 minutes total per week, divided into 2-4 sessions
Immersion to neck is better than cold shower, is better than cold air

If doing sauna (or hot yoga) end with cold to further boost metabolism

Step 6: Exit the plunge

Step out slowly and carefully – ideally don't reach for your towel right away. Give your body a few moments to recalibrate at room temperature. Find some movement! Get your blood flowing and feel ALIVE

[1] <https://www.youtube.com/watch?v=pq6WHJzOkno&t=2307s> Huberman Lab Podcast #66



Suggested Weekly use:

*11 minutes total
Divided into 2-4 sessions*

Water should be cold enough that it is uncomfortable, but safe to stay in



SUGGESTED BREATH WORK

the power of the breath

BREATH WORK

Breath Work is an incredibly powerful tool to add to your wellness toolkit. Our suggested breath work protocol aims to prime your body, mind and nervous system for cold exposure, and for improving your ability to deal with stressors.

Begin by sitting or laying down

Allow your thoughts to gently soften, become fully immersed in the present moment
Take 30 deep inhales and exhales through your nose or mouth

Inhale deeply into your belly, your chest, all the way to the top of your head, and exhale the same way, top of your head, chest, belly – like a wave, no pause in between
Pace: A little bit faster than is comfortable

Get out of your mind and into your body

After your 30th exhale, pause at the bottom in this breathless state for 30 seconds

When you feel called to inhale, inhale fully and completely and pause at the top of the inhale for 15 seconds

Exhale Fully

Repeat 1-3 rounds as you wish

Return to your normal breathing pattern





ETIQUETTE AND CLEANING

Our cold plunge tank is equipped with a robust filtration system that includes a uv, ozone and 5 micron filter, which kills bacteria, viruses, fungi and algae on contact. The cold plunge room is cleaned and disinfected after each use, so you can enjoy clean clear water in a healthy and peaceful environment.

A fresh towel is provided for each dip.

Cold Plunge Etiquette

- All cold plungers must shower first before entering the cold plunge room at bhy.
- Bathing suits are required.
- Please bring only what you need into the cold plunge room. All personal belongings; bags, clothing etc. are to remain in the changerooms at bhy.
- Please note the cold plunge room is NOT a change room.
- Please refrain from applying lotions, scents and oils on parts of the body that will be submerged to help keep the cold plunge free from impurities.
- Please enter the cold plunge slowly. Follow the suggested guide and avoid splashing.
- Warning... cold plunging is addictive and can be life changing!

CONGRATULATIONS!

Congratulations on adding Deliberate Cold Exposure Therapy to your wellness routine

We are here to support you on this journey

If you have any questions, please feel free to connect with any of our team members



Thank you

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