



WIM HOF METHOD

AUTUMN RETREAT IN ESTONIA

RAPLAMAA NATURE RESERVE

16TH- 18TH OCTOBER 2026



A JOURNEY OF NATURE, COLD & CONNECTION

**GAETAN LOUBRIEU (Certified Advanced WHM Instructor) &
ALINA ONCICA (Certified Yoga Instructor)**



AWAKENING YOUR INNER STRENGTH

This retreat is an invitation to step out of your daily rhythm and reconnect with yourself in a simple, yet powerful way.

Over the weekend, we will immerse ourselves in the quiet beauty of Estonian nature - walking through forests, breathing fresh air, and allowing the body to reset.

The journey

- **Breathwork:** Learn practical tools to **regulate your nervous system**, boost energy, and build resilience.
- **Cold Exposure:** A safe, supportive approach to exploring your limits and discovering **inner strength, trust, and resilience**.
- **Yoga & Movement:** Create a stronger connection between body and mind to find grounding and presence.

Beyond the practices, this is about human connection. In a small, authentic group, you will share moments of laughter and openness - creating a space where you can **simply be yourself**.

By the end of the journey you will leave with a reset mind, a recharged body, and a new sense of what's possible.





MEET YOUR INSTRUCTORS

GAETAN & ALINA



This retreat is guided by Gaetan, certified Wim Hof Method instructor, and Alina, certified Yoga instructor. Together, they have led many groups through breath, movement, and cold immersion.

After more than 4 years living in Estonia and embracing its wild winters, Gaetan & Alina have learned to connect deeply with the cold and the beauty of Estonian nature - and now they are ready to share this experience with you.

With only **10 participants**, you will enjoy a cosy atmosphere where everyone feels seen and supported. Our base will be at Oela (Raplamaa), with activities both on-site and in the surrounding nature.

Expect the unexpected - and trust that you will be immersed in peaceful nature. The perfect way to (re)connect with yourself.



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WHAT OTHERS SAY ABOUT THE RETREAT



Filip Neagu

14 March, 2026

A beautiful and life-changing experience! Initially I thought I wouldn't be able to attend the retreat due to having had a flu just days before the retreat, but I talked prior with Gaetan and he encouraged and assured me that the retreat will actually be beneficial to my healing. I attended and was excited about all of the activities, even though the cold-exposure dip in freezing water was something I was at peace to cross off my list in case I wasn't feeling well enough or even brave enough. However, Gaétan and Alina created such a safe and empowering atmosphere for us all, that it was almost impossible not to let go of any inside-voice and do it wholeheartedly. Our dynamic as a group became so close in such a short time and everything went so smoothly and seamlessly natural under Gaétan's supervision. In addition, the food we were served was so deliciously unforgettable.



Marc MONTEILLER

5 March, 2026

This weekend was much more than a workshop. It felt like a real journey.

Through the breathing sessions, yoga, cold exposure and time in nature, I experienced something both challenging and deeply energizing. Each activity complemented the others and created a powerful balance between effort, calm and awareness.

One of the most memorable moments for me was walking several kilometers in the cold wearing only shorts and later entering the ice baths. Surprisingly, what stayed with me was not the cold itself, but the sense of calm and presence that appeared during those moments. It was a powerful reminder of how much our mindset and breathing can influence our body.

Another beautiful aspect of the weekend was the atmosphere. The group quickly became a supportive and open community where everyone encouraged each other to step slightly outside their comfort zone.

The guidance throughout the retreat was excellent: professional, attentive and always creating a safe environment for everyone.

I leave this weekend feeling stronger, clearer and very grateful for the experience. It was both inspiring and transformative, and I would absolutely recommend it to anyone curious about discovering their own inner strength.



Alexandre Silva

11 March, 2026

In addition to the WHM practice, Gaétan brings with him a very special skill of holding a safe place for each one of us.

The program was very balanced, the accommodation was very comfortable, the meals delicious, everything was thought through and filled with kindness... It felt like Home.

The attendants were from 1st timers, to all sorts of level of experience and the retreat was suitable for everyone, offering plenty of deepness into the WHM practice as each one was ready for. I am grateful for everyone that joined and that I had the chance to share the weekend with. With Gaétan guiding us through the cold and breath, Alina guided us through the mindfulness of yoga and the presence needed to accept the practice with awareness.

Special shout out to Angelina, for making sure that all the magical moments would be captured and that everything was perfect, supporting the event from start to finish.

I've been following the work of Gaétan and since the moment I took the fundamentals workshop and joined the WHM Community in Tallinn, this has since become a big part of my life.

Thank you for this life long lasting memory and experience, looking forward to the next one.

See you in the Cold



PRACTICAL INFORMATION

“EXPECT THE UNEXPECTED” - WIM HOF

Program

Over the course of three days, we will do various practices including deep breathwork, yoga, meditation, sauna, dipping in cold water, and hike in the forest. And most importantly we will show ourselves new possibilities. Let the nature of Estonia inspire and balance us !

For the best experience, come with an open mind and an open heart.

Start: 16th of October at 16h, Tallinn

End: 18th of October at 16h, Tallinn.

You will be picked up in Tallinn at 16h (or meet directly on the spot if you have a car). Transportation to the retreat center from and to Tallinn is included in the price.

Accommodation

You will be staying in a cozy Estonian farm by beautiful bog trails—a warm base to rest and reconnect. The accommodation includes rooms for 2–4 people, shared facilities (shower & toilets), a sauna, and a pond. It is a simple, peaceful space for our small group to gather.



What to bring

You will receive a packing list a few weeks before the retreat.

What you will definitely need:

- Warm clothing
- Day backpack
- Yogamat & blanket
- Hiking shoes
- Hat and gloves
- Swimsuit, towels & flipflops
- Water shoes

Meals

Vegetarian food will be provided throughout the whole weekend to keep us fueled for our adventures.

All meals included. Vegans are welcome!



SECURE YOUR SPOT

“DON'T THINK, JUST DO IT” - WIM HOF

Regular tickets: 423,5€
Early Bird tickets: 368,5€

The price includes:
3-day retreat
All activities (yoga, hike, breathing, cold immersion...)
Transportation from Tallinn to Oela
2 nights accommodation (2-4 person rooms)
6 vegetarian meals (vegan options available)
Use of Finnish sauna

To register, please email: loubrieu.g@gmail.com or click on the link below.
Payment plans are available upon request

JOIN THE ADVENTURE!

Doubting if this weekend is for you ?

Get in touch with Gaetan (loubrieu.g@gmail.com)

We are happy to hear from you and can book a free call to
get to know each other, no strings attached.

This travel is suitable for everyone, but requires a basic level of health. Out of precaution, we advise against participation during pregnancy, or if you have epilepsy. People with cardiovascular issues, or any other serious health conditions should always consult a medical professional before starting the Wim Hof Method.

See you soon!