



# WELLBEING THROUGH NATURE CONNECTION & **WIM HOF METHOD**

Helping you reconnect with the nature that's both in  
and around you.



**WIM HOF METHOD**  
CERTIFIED INSTRUCTOR

# Wellbeing through nature connection

If there was one good thing to come from the pandemic of 2020-21 it was the realisation from so many of the calming and soothing benefits of time spent outside. It wasn't something new - the benefits have been well known for millennia.

Being in nature has been proven to boost your immune system, physical, mental and emotional health. All it takes is 20 minutes a day.



Forest bathing began as a formal practice in Japan in 1982 in response to a health crisis. It's a wellbeing practice that reconnects you with the nature that is both in and around you.



eco  
MONKEY

Hello. I'm Holly - also known as The Eco Monkey.

I'm a nature addict. I love time spent outdoors - walking on a beach, through a woodland, over a hill ... being out in nature has always been my sanctuary, a place I can be me, I can think and I can be.

In 2020 I trained to become a forest bathing guide and subsequently a wellbeing through nature connection practitioner.

# Forest Bathing

When you are sunbathing you are absorbing in the goodness from the sun. So when you are forest bathing you are absorbing in the goodness of nature.

Together we will step outside, into nature and spend time exploring the space using all of our senses. This is an invitational practice - it means there is no right or wrong, it's just how it lands with you in that moment. I will offer you a series of invitations and give you time to explore what they mean to you in that moment.

Cost is from £35 per person with a minimum charge of £350. Sessions can run from 90 minutes to 3 hours.





# EcoNidra deep relaxation

Every so often we all need to pause. To reset and to remember. That's exactly what an EcoNidra session can offer you. Taking place either inside or out, it's based on yoga nidra (yogic sleep). All you need to do is lay down as I guide you through a triple journey - the first through your senses, the second through your body and the third into the natural world through a soundscape.

One session, lasting 60 minutes, is said to give you the equivalent of 3-4 hours of good night sleep. Now who doesn't need more of that in their life?

Cost is from £25 per person with a minimum charge of £350.

eco  
MONKEY

# Nature breaks

If you have a full day meeting or multi day conference - being inside all day can be overwhelming for all involved. Time spent out in nature has been proven to boost creativity, productivity and your attention span.

Working alongside the main event organiser, I will offer a series of nature breaks throughout the day to help recharge and reset your participants.

Each break can be anywhere from 5 to 30 minutes and can be tailored to suit the theme of the main event.

Cost is £350 for one day. If multiple days - £250 a day.





# Wim Hof Method

Wim Hof is an extraordinary Dutch man who felt called to go into the frozen canals of Amsterdam in the late 1970's - and hasn't looked back since. Through combining the breath, the cold and the mind, Wim has unlocked tools that are held within us that can help us live a happier, healthier and stronger life.

## My story with the Method

I first discovered the Wim Hof Method in 2020 when a friend experienced extraordinary benefits from the practice and I was intrigued as to what it could do for me. I used to run but had to stop because of knee pain which continued for a decade. After my first ice bath I walked pain free for 10 days, maybe 2 weeks and that was enough for me. I became a "Hoffer" and then trained to become a certified Wim Hof Method Instructor with a desire to share this practice with others.

Following knee surgery in April 2023 I was able to reduce my need for pharmaceuticals through practicing the Wim Hof Method.

In March 2025 I was one of the team of Wim Hof Method instructors assisting Wim Hof in his last Winter Expedition in Poland - the spiritual home of the method - with over 400 participants.

# Wim Hof Method

The Wim Hof Method is based on three core pillars. When combined they have been proven to improve your physical, emotional and mental wellbeing.

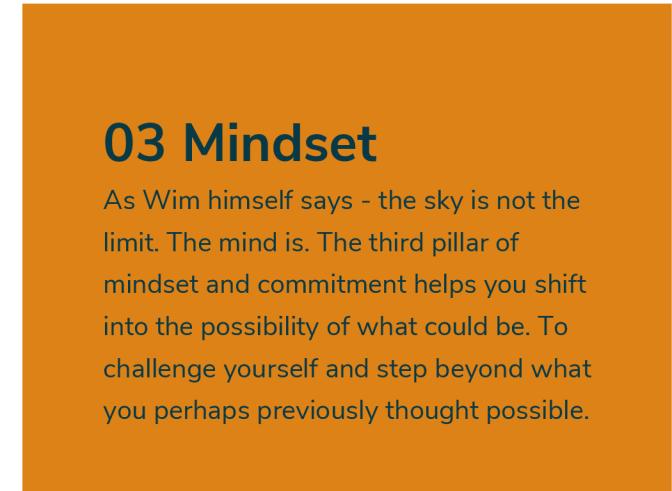
## 01 Breathwork

The breath is our lifeforce. Taking a breath is the first action we take in this life and it will also be our last. But all too often we pay little attention to it. In this pillar we get to know our own breath and explore the basic Wim Hof Method breathwork practice.



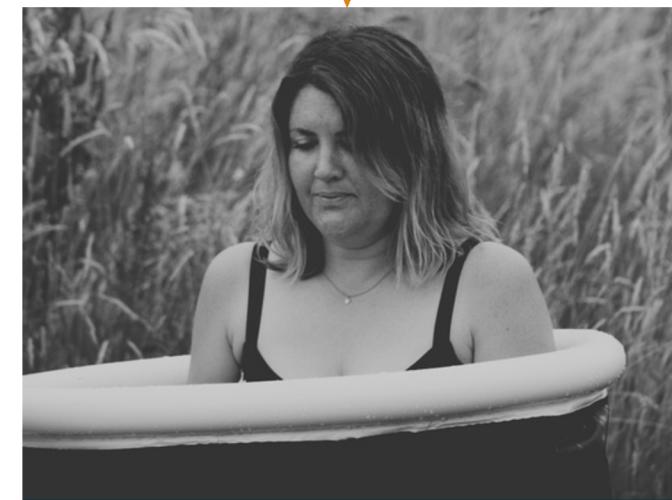
## 02 Cold Exposure

In this pillar we make friends with the cold, to embrace it and understand the power and possibility it holds. We connect with the cold and have the opportunity for an ice bath (optional!) to fully step into the method.



## 03 Mindset

As Wim himself says - the sky is not the limit. The mind is. The third pillar of mindset and commitment helps you shift into the possibility of what could be. To challenge yourself and step beyond what you perhaps previously thought possible.



# Wim Hof Method - The Benefits



# Wim Hof Method Fundamentals Workshop

I can bring a workshop to you for your event. Each workshop lasts 3-4 hours. You will get:

- A background to the Wim Hof Method and science behind it.
- Breathwork session
- An ice bath (optional)
- Team building activities

Cost is from £75 per person with a minimum charge of £750.

We limit the number of people per workshop to a maximum of 25 people to ensure everyone's comfort and safety. All participants will need to complete a health declaration ahead of the session.



**WIM HOF METHOD**  
CERTIFIED INSTRUCTOR



 **WIM HOF METHOD**  
CERTIFIED INSTRUCTOR

# Wim Hof Method Breathwork Session

If you're short on time, I can offer just a breathwork session that lasts 60-90 minutes. Here we delve just into the breathwork pillar of the method to get to know our breath, understand how we breathe (and perhaps how we should breathe) before doing some rounds of Wim Hof Method Basic Breathwork. Participants will leave with tools they can use in their everyday life that can either energise them or calm and soothe them.

Cost is from £35 per person with a minimum charge of £350.

We limit the number of people per workshop to a maximum of 25 people to ensure everyone's comfort and safety.



# Think you know how to **breathe**?

You can go for weeks without food, days without water yet barely a couple of minutes without taking a breath - but I'd guess you pay more attention to the food and drink you consume rather than how you breathe right?

## The power of the breath

The breath has the ability to help us perform better. Whether you're an athlete, a singer, a teacher or someone about to give an important presentation at work - how you breathe can help you calm your nerves and be on your best game.

You may think you know how to breathe - but many of us don't do it efficiently or effectively. We often over breathe and use our mouths - and the consequences impact our physical, mental and emotional health.

The Oxygen Advantage Breathwork programme is about helping you with your functional, day to day breathing - to help you always be on your A game.

# Oxygen Advantage Workshop

In this workshop we will look at how we should be breathing. We'll delve into some of the science behind it and do lots of practical exercises to work on our own breathing technique - and how we can best utilise our breath at moments when we need to perform at our best.

This is suitable for everyone and has no limit on the number of participants.

Workshop can run from 90 minutes to 3 hours.  
Sessions can be run inside or out.

Cost from £35 per person with a minimum charge of £350.



# Happy clients

*“It was a really great session and Holly was excellent. I never thought it would be possible to sit in an ice bath for two minutes, but actually I could have stayed a lot longer.”*

*“I highly recommend this session with Holly - it is deeply relaxing, calming and soothing and yet it leaves you with a sense of refreshed aliveness”*

*“It’s a fabulous experience, allow yourself to relax and enjoy it and the benefit will follow.”*

Don't just take my word for it - these are some of the comments I've had from the many clients I've been able to share these practices with.



**For more information**

[the-eco-monkey.com](http://the-eco-monkey.com)

[holly@the-eco-monkey.com](mailto:holly@the-eco-monkey.com)

+44 (0) 7940 560443

All prices quoted are valid through until December 2025