



**FALCON INSPIRE**

# BE INSPIRED WITH FALCON INSPIRE!

Do you want to sleep better?

Do you want to learn a powerful nervous system hack?

Have you reached a plateau in your athletic performance?

Do you want to explore your body's innate healing ability?

Are you curious how your diet can complement your breathing  
and cold resistance?

**"How we breathe forges a direct connection to our health,  
strength, and happiness. Let's get inspired!"**

- David Grover, *Wim Hof Method* and ex-US Air Force survival instructor



**WIM HOF METHOD**  
CERTIFIED INSTRUCTOR

**'You are the alchemist of your own body.'**

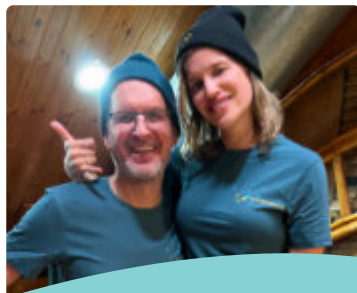
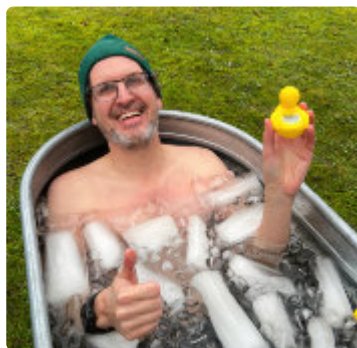
- Wim Hof

The Wim Hof Method's three pillars of  
**Breathing, Cold exposure  
& Mindset**



work together to help you:

- ✓ Develop healthier, more efficient, breathing patterns
- ✓ Handle stress and improve productivity
- ✓ Increase your energy, focus, and happiness
- ✓ Improve your immune system
- ✓ Improve your confidence to tackle life's challenges



**FALCON** INSPIRE



For more information  
and upcoming workshops,  
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 **WIM HOF METHOD**  
CERTIFIED INSTRUCTOR

**'Be inspired!'**

- The Falcon