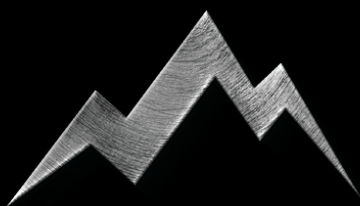


ICE COLD LEADER X ASPEN MMA DAY RETREAT

August 11 - 12th, 2023

SCHEDULE: DAY ONE

- 8:00 - 8:50am: Introduction: Thinking like a Navy SEAL
- 9:00 - 10:30am: Brazilian Jiu-Jitsu with Ernesto Mendez
- 10:30 - 10:45am: Break
- 10:45 - 11:30am: How Navy SEALs Define Culture
- 11:30 - 12:30pm: Lunch
- 12:30 - 1:00pm: The Physiological and Mental Benefits of Cold Exposure
- 1:00 - 2:30pm: Muay Thai with Nikita Chub
- 2:30 - 2:45pm: Break
- 2:45 - 4:15pm: Wim Hof Breathing and Ice Bath
- 4:14 - 4:30pm: Break
- 4:30 - 5:00pm: Closing Remarks/Takeaways for the Day



ICE COLD
LEADER

EVENTS



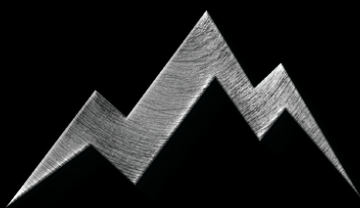
ICE COLD LEADER

ICE COLD LEADER X ASPEN MMA DAY RETREAT

August 11 - 12th, 2023

SCHEDULE: DAY TWO

- 8:00 - 8:30am: Goals and Intentions
- 8:30 - 9:30am: Brazilian Jiu-Jitsu with Ernesto Mendez
- 9:45 - 10:00am: Break
- 10:00 - 10:30am: Leadership Application to BJJ & Break
- 10:30 - 11:30am: Muay Thai with Nikita Chub
- 11:30 - 11:35am: Break
- 11:35 - 12:05pm: Leadership Application to Muay Thai & Break
- 12:05 - 1:00pm: Lunch
- 1:00 - 5:00pm: Nature Hike Surprise & Closing Discussion



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