

Mental Training

- we have taken mental training one step further

For the first time in history we have scientifically proven that it is possible to control your automatic nervous system. The easiest way to achieve this seems to be through exposure to extreme cold temperatures. However, being exposed to such temperatures can have a big impact on both your physical and mental health. In order to achieve such level of competence you must learn theoretical and practical techniques to be able to master a certain level of body and mind control.



Each and every individual has the ability to reach this state of control. It is a mental ability that simply needs to be discovered or awakened. A vital component is the power of suggestion. It is something that should not be underestimated as it has the ability to induce a trans state, create a disconnection with time and ultimately has the power to alter or eliminate certain habits. A trans state of mind can be applied to mundane situations such as long distance running or in more critical situations such as irrational fears. This course is so powerful it will not only change the way you see yourself (own abilities), but it will create radical improvements to your overall health.

This Course will give you:

- The ability to control both your autonomic nervous system and immune system.
- An understanding of your mental capabilities and ultimately better your mental health.
- The ability to control stress levels, blood circulation, and gain self confidence.



Course held by
Rufus Wiena