



Nourished by nature

Extreme experiences train your ability to stay balanced and in control during life's toughest moments

Practical tools from these sessions help you manage stress and cultivate inner peace

Every challenge is a step toward new skills and deeper self-discovery

Strength through challenges-peace through practice

Forget the worries of everyday life and immerse Yourself in activities that will help restore emotional and physical balance and recharge Your energy.

Šalčio Mokykla organizes **health-enhancing activities** for people who seek to strengthen their physical and psychological resilience through various wellness practices.

It combines traditional methods such as **cold bathing, breathing techniques, standing on nails, Lithuanian sauna sessions, meditation and body control practices** that help participants overcome their fears, expand their comfort limits and improve their overall health. It is intended for everyone who wants to strengthen physical and psychological endurance, improve health and get to know their true self more deeply.

The events are ideal for those who seek to test their limits in extreme conditions, learn stress management and harmony between body and mind. We offer unique events for both personal and business needs.

Feelings the experience evokes - Feeling of victory, strength, euphoria, peace, motivation, relaxation. Releasing inner vitality and gives energy for the whole day, an opportunity to know yourself from a completely new angle.

Convenience of the experience - Experience is not necessary. However, since the event involves physical activity, we always recommend consult with doctor if there is any doubts about being able to participate.

Activity facts:

Duration: 3-5 hours

Location: Open workshops are held in Vilnius, Kaunas, Klaipėda. Other event locations are selected based on the customer's needs.

Season: Cold water and sauna practices are considered seasonal - autumn - winter, other activities are carried out all year round

No. of participants: 10-30 persons

Level of activity/previous knowledge required: Activities are adapted for all fitness levels, including beginners.

What to bring: Yoga mat, swimwear, towel, gloves, hat, slippers and comfortable sport clothing.

Whats included in the experience: Breathing practices, cold water bathing, nailstanding, endurance training, and sauna aromatherapy. The event features natural products like kombucha, teas, and body care items.

Price: 35-95 euro/ person (depends on the needs and the program itself)

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