Breathwork and Cold Exposure Training for

Hotel & Resort Staff

The Reconnect Breath System A fully integrative and sciencebased framework



Breathwork and ice baths are becoming a powerful complement to hote and resort's list of offerings. These practices offer guests a direct way to access the nervous system, helping them increase relaxation, gain energy, and feel rejuvenated.



Evidence

A clear framework supported by research and practical application, designed to fit seamlessly at your location.



Application

Simple, repeatable guidelines for delivering unique experiences guests will never forget.



Results

Techniques that have been proven to create lasting physical and mental change



Contact Us



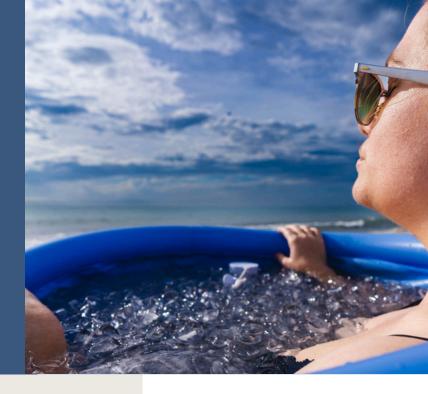






Combining breath and cold exposure into one.

Holistic experiences your guests will never forget.



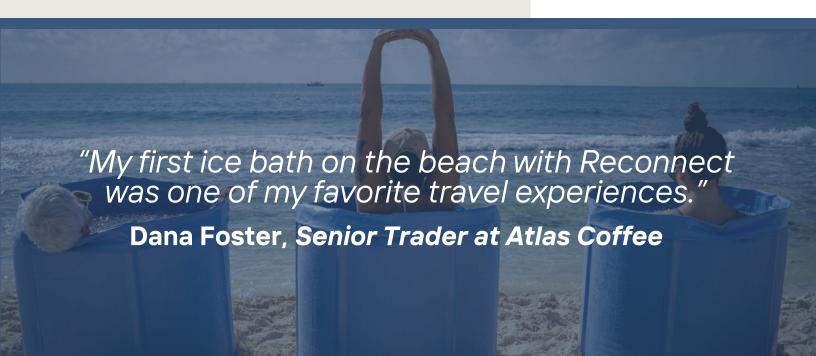


Experiences that Sell Themselves

Guests today want transformative wellness experiences that go beyond the spa. Our experiences provide memorable, **shareable moments** that guests will be talking about years after they've left.



Wellness tourism is *exploding*.
Resorts offering **science- backed, immersive wellness**stand out from competitors and attract high-value quests.

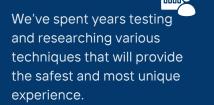






The Reconnect Breath System

Evidence



Application

A complete toolkit for staff: instructor manual, **videos**, guided **audios**, breath **assessments**, worksheets, and playlists to integrate breathwork & ice baths.

Results

Guests receive an experience that is both highly rewarding and hotels are able to deliver the sessions with minimal expenses.



100+ Page Manual

Inside you'll find the latest research, practical exercises, best practices, risk management guidelines, theory, and facilitation skills



Online Academy

Expands the learning experience with ondemand resources, including video lectures, guided audio exercises, live demos, charts, worksheets, and more.



ROI: A Wellness Experience that Pays for Itself





Why it Works

Quick Return

Training investment recouped within weeks

Upsell Potential

Premium packages for VIP guests & retreats.

Market Demand

Wellness tourism is the fastest-growing global market.

Revenue Snapshot



Average Session Price \$50usd per guest



Group Size

3-10 guests



Frequency

3-4 sessions per week

Weekly Earnings



5 guests x \$50

\$250 per session



3 Sessions/Week

\$750



4 Sessions/Week

\$1,000

Monthly ROI

12 sessions per month 16 sessions per month \$3,000usd

\$4,000usd



Sara Jones

Managing Director Spa & Wellness Mexicaribe

"Having practiced breathwork and ice baths with different spa and wellness facilities over the years, I can confidently say that Reconnect provides an exceptional experience."

Tyler Huggins

Founder of Meati Foods

"It was incredible. I'll be taking these lessons into my daily life for years to come."





Melanie Sands

Experience Director at Palmaai-House of Aia "Kevin's extensive knowledge of breathwork shows in the information he shares."

Tara Jean Popovich

Professional Dancer & Winner of So You Think You Can Dance

"The program is remarkable!"





KEVIN CONELLY FOUNDER OF RECONECT BREATH

Kevin Connelly is a breathwork expert, author, speaker, and wilderness first responder. It was his own journey through addiction and depression that led him to breathwork where he discovered the tools to heal naturally.

Since 2021, he's led more than 6,000 people through breathwork and cold exposure experiences, conducted research, and facilitated retreats around the world. He has trained facilitators across the globe and guided thousands through breath and cold exposure sessions rooted in science and transformation.

Kevin's approach blends modern technology with ancient wisdom. He has studied with Tibetan spiritual leaders including the 8th Chokyong Palga Rinpoche, as well as best-selling breath expert James Nestor. His work continues to bridge science, somatics, and personal healing in practical, measurable ways.

TRAINING FORMATS

IN-PERSON TRAINING

- Live, hands on sessions at your location
- Includes full Reconnect Breath System manual + materials
- Downloadable resources and audio practices for daily use.
- Flexible format: 1–5 days, with option for Certificate of Completion or Full Certification

ONLINE TRAINING

- Self-paced access to the Reconnect Breath Academy
- Video lectures on anatomy, science, & facilitation
- Guided audio practices, charts, worksheets & more
- Certificate of Completion after course completion

HYBRID

- Blend of live sessions + online academy
- Digital resources for ongoing support & review
- Hands-on practice with real-time feedback
- Flexible scheduling for staff convenience

REACH OUT TO US FOR PRICING INFO@RECONNECTBREATH.COM

