

FEBRUARY 7-9, 2025

Revivory Sauna & Cold Plunge Instructor Training

3 full days of hands-on training, theory, and practical application of the Revivory Method

REVIVORY™

REGISTER NOW TO
SECURE YOUR SPOT

revivory.co/instructor-training

LOCATION DETAILS

VENUE NAME

Cedar & Stone Nordic Sauna
800 W Railroad St
Duluth, MN 55802

FEATURES

Located on Lake Superior in Northern Minnesota, Cedar & Stone offers a remarkable environment for thermal bathing. With high-end saunas, plunging directly in the Lake, and co-located lodging at Pier B, you'll have a once-in-a-lifetime experience.

TRAVEL INFO

RECOMMENDED ITINERARY

Arrive Thursday evening; Depart Sunday evening

NEAREST AIRPORTS

Duluth International Airport (DLH), 17 minutes away
Minneapolis-St. Paul (MSP), 2.5 hours away

TRANSPORTATION OPTIONS

- Airport Transfers: (DLH) Uber 17 minute ride
- Public Transit: (MSP) [Groome Transportation](#)
- Parking: Available onsite at Cedar & Stone

ACCOMMODATIONS

MID-RANGE RECOMMENDED

Pier B
(3-Star, \$\$, 0 minute drive/2 minute walk)

MID-RANGE

Lift Bridge Lodge, Ascend Hotel Collection
(3-Star, \$\$, 4 minute drive/ 21 minute walk)

BUDGET

Radisson Hotel Duluth-Harborview
(2-Star, \$, 4-minute drive/18-min walk)

HIGH OF 24°F, LOW OF 14°F

PACKING LIST

Winter jacket, hat, gloves, boots, and insulating midlayer(s). Swimwear, workout clothes, comfortable shoes, sweatshirt or jacket, and a refillable water bottle. Water shoes are optional but very helpful in this location. You will be changing in and out of swimwear multiple times per day. Towels and sauna hats will be provided.

COURSE SCHEDULE OVERVIEW

PRE-COURSE ONLINE TRAINING (10-12 HOURS)

Preparation for the onsite experience, self-directed. Through our online courseware, you'll learn the science and philosophy behind the Revivery Method, test your mastery with learning assessments, and arrive on-site with the knowledge you need to succeed (10-12 hours estimated completion time)

DAY 1: FRIDAY (8:30A TO 7:00P)

Orientation, Opening Sauna + Cold Plunge Sessions, Science of Contrast, Advanced Communication Skills, Peer Collaboration and Feedback

DAY 2: SATURDAY (8:30A TO 7:00P)

Sauna + Cold Plunge Sessions, Peer Feedback, Trauma-Informed Leadership Skills, Presence Development, Advanced Communication Skills

DAY 3: SUNDAY (8:30A TO 5:00P)

Creating Safety, Instructor Ethics and Self-Care, Sauna + Cold Plunge Sessions, Peer Feedback, Pretest Q&A, Next Steps

NOTE

We will be together for 10+ hours each day on Friday and Saturday (8:30a to 7:00p), and 8+ hours on Sunday (8:30a to 5:00p). Each day has multiple sauna and cold plunge sessions, and you should expect to both participate in and lead sessions/session segments. Between sessions, you will learn advanced communication skills, develop individual leadership and presence, establish strong peer connections, explore the science and psychology of the Revivery Method, and go deep with in-depth debriefs and discussions.

WHO SHOULD ATTEND? Current and prospective instructors of group and/or private sauna and cold plunge sessions. Ideal for fitness coaches, wellness practitioners, contrast therapy entrepreneurs, or anyone seeking to deepen their ability to connect with and inspire their clients.

WHAT'S INCLUDED? Certification course materials, daily lunch, access to facility amenities.

CERTIFICATE

Revivery Method Level 1 Certificate (*REV-1*) upon successful completion of course prework, on-site curriculum, and post-course test.

REFUND POLICY

Tuition is non-refundable. Registration may be transferred at Revivery's sole discretion.

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Becoming a sauna and cold plunge instructor has profoundly transformed my life. Guiding others strengthened my leadership skills and gave me a renewed sense of purpose.

WILL S.

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The vulnerability I have shown and seen from others has repaired my faith in the concept of community.

DEBBIE B.

“

I came into the course as a skeptic and left a full-on believer in guided contrast therapy. Literally cannot wait to teach this to my students.

JONATHAN G.