

FEATURED EXPERIENCE

Heat & Ice. Breathwork at SaunaHaüs.

*Wednesday was the theory.
This is where the body learns it.*

An extension of Rhys Thomas's Power of the Breath workshop. Rhys, co-founder of SaunaHaüs, leads a guided contrast ritual on the Sea Point Promenade: sauna rounds and cold plunges, with the breath doing the work. Attendees put Wednesday's practice to the test under real heat and real cold.

THE FORMAT

180 minutes · 35 places

Thu 22 Oct, 08h30 to 11h30

SaunaHaüs, Prom Park, Sea Point Promenade

Swimwear and towel required

TICKETED

PARTNER VENUE

R150 for Summit ticket holders (50% off R300)

One ritual. Five movements.

1

The arrival

Prom Park on the Sea Point Promenade. Shower, swimwear, towel, and a short briefing on the ritual and how the breath leads it.

2

The breath

Rhys brings the Conscious Connected Breathwork from Wednesday into the heat: the tools that carry you through discomfort.

3

The heat

Guided sauna rounds at 75 to 95 degrees, led with breathwork, curated music, essential oils and rhythmic fanning.

4

The ice

Cold plunge intervals at 6 to 10 degrees between rounds. The moment the theory becomes practice.

5

The reset

Grounding and community energy on the promenade, and a nervous system that has been trained rather than told.

PARTNER VENUE



*Step into Ritual.
Resilience, recovery and release.*

Cape Town's first dedicated guided sauna and cold plunge club, co-founded by breathwork practitioner Rhys Thomas. Scandinavian-inspired hot and cold rituals combined with breathwork and sound therapy, on the Sea Point Promenade, built to calm the nervous system and leave you refreshed and reset.

THE SIGNATURE RITUAL

Three guided sauna rounds at 75 to 95 degrees
Cold plunges at 6 to 10 degrees between rounds
Breathwork, curated music, oils and rhythmic fanning

saunahaus.co.za · Founder: Rhys Thomas

What participants leave with:



Theory into practice

Wednesday's breathwork applied under real heat and real cold, with Rhys in the room.



Contrast therapy, felt

Guided sauna rounds and cold plunges, with the breath leading every transition.



A trained nervous system

Resilience, recovery and release: a reset the body remembers and can repeat.



Tools for discomfort

Breath techniques for staying calm when everything in the body wants to leave.



Community energy

A shared ritual with 35 people on the Sea Point Promenade, not a solo cold shower.



A ritual to keep

A SaunaHaus pass for Mental Mastery Week attendees, so the practice outlasts the week.

The breathwork workshop was the theory. Heat and ice are where the body learns it, and where Mental Mastery Week turns from something you heard into something you did.