



Meet Leah Scott

Hi,

I'm Leah, an accredited Snowy Mountains guide, certified Wim Hof Method Instructor, breathwork specialist, extreme cold tolerance practitioner & mother of two.

During winter you'll find me, ice axe in hand, neck deep in the icy waters of the Thredbo River, enjoying my daily cold exposure ritual. This powerful practice has helped me conquer my own battle against stress, anxiety & depression.

My mission is to help people improve their health & wellbeing and to inspire them to see beyond their perceived physical & mental limitations.

I created the world's first Wim Hof Method retreat for women and regularly host events in the Snowy Mountains, around Australia & globally, where I share my unique way of life and teach others about the power of breathwork, cold exposure & nature therapy.

I would love to be interviewed or write an article for your program or publication. You can find past media appearances on my website or visit my social channels to see what I'm up to.

I look forward to hearing from you.

Leah Scott



Snapshot of Leah Scott

- *Full-time Wim Hof Method instructor*
- *Hosted the world's first Wim Hof Method retreat for women*
- *Hosted the first Australian Wim Hof Method Retreat*
- *Taught around Australia, Europe & North America & alongside Wim in Thailand*
- *Based in Jindabyne & Thredbo, Snowy Mountains NSW, Australia*
- *Breathwork practitioner*
- *Extreme cold tolerance practitioner*
- *Snowy Mountains guide*
- *Experienced alpine hiker & backcountry snowboarder*
- *Motivational speaker & life coach*
- *Mental health advocate*
- *Mother of two*

Qualifications

- *Certified Level 2 Wim Hof Method instructor*
- *Accredited Snowy Mountains Guide*
- *ASTI Avalanche Specialist certified*
- *Wilderness First Aid trained*

For all media enquiries please email me:

contact@leahscott.net

