

DECEMBER 6-8, 2026

# Revivory Sauna & Cold Plunge Instructor Training

REVIVORY

REGISTER NOW TO  
SECURE YOUR SPOT

[revivory.co/instructor-training](https://revivory.co/instructor-training)

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

## LOCATION DETAILS

### VENUE NAME

Revivory Westchase  
4022 Tampa Rd Suite A6 & A7  
Oldsmar, FL 34677

### FEATURES

Revivory Westchase is the official home of RIT (Revivory Instructor Training). Our bespoke luxurious studio features custom saunas, group cold plunges, and a calming atmosphere perfect for personal development.

## TRAVEL INFO

### RECOMMENDED ITINERARY

Arrive Saturday evening  
Depart Tuesday evening

### NEAREST AIRPORT

Tampa International Airport, ~10 miles from venue

### TRANSPORTATION OPTIONS

Airport Transfers: Uber or Lyft, 15 minute ride  
Public Transit: Not recommended  
Parking: Available onsite at Revivory Westchase

## ACCOMMODATIONS

### CLOSEST

Hilton Garden Inn Tampa Northwest/Oldsmar  
(3-Star, \$\$, 3-minute walk)

### ALTERNATE

Hampton Inn & Suites Tampa Northwest/Oldsmar  
(2.5-Star, \$\$, 5-minute walk)

### EXTENDED STAY

Residence Inn by Marriott Tampa Oldsmar  
(3-Star, \$\$\$, suites, 6-minute walk)

HIGHS OF 74F, LOWS OF 58F

## PACKING LIST

Swimwear, workout clothes, comfortable shoes, warmer layers for cool evenings, and a refillable water bottle. Water shoes are optional but helpful. 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.

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

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

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

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

#### DAY 3: TUESDAY (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 on Sunday and Monday (8:30a to 7:00p), and 8+ hours on Tuesday (8:30a to 5:00p). December evenings can be cooler, so bring layers.

**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.

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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.