

OCTOBER 2-4, 2026

Revivory Sauna & Cold Plunge Instructor Training

REVIVORY

REGISTER NOW TO
SECURE YOUR SPOT

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 Thursday evening
Depart Sunday 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 84F, LOWS OF 70F

PACKING LIST

Swimwear, workout clothes, comfortable shoes, a light sweatshirt or jacket, 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: 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). Expect to participate in and lead session segments.

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.

CERTIFICATE

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

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

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.