

“Warriors For God” Workshop

A 3-day immersion to equip and empower men of God who are shepherds for congregations to train their bodies and brains for peak performance; to defy the status quo or stereotype of pastors and preachers being unfit and unhealthy; and to prepare each attendee’s body and mind to fulfill the Great Commission with an optimized lifespan and healthspan.

Overview

Health coach, biohacker, podcaster, speaker, nutritionist, and New York Times bestselling author Ben Greenfield is hosting a 3-day immersive event at his private, 10-acre health oasis in Spokane, Washington. He will teach 8-12 pastors/preachers how to optimize energy, focus, sleep, fitness, nutrition, health, and more, so that they are better able to serve God while caring for their congregations, communities, families, and selves.

Attendees will learn the basics of biohacking (using technology to enhance the body and brain)

- Healthy meal and snack preparation tactics
- Optimized morning and evening routines
- Key principles for fitness, strength, and longevity
- How to build a supportive environment of air, light, water, and electricity
- How to use breath work to relax or energize the body
- Heat
- Cold thermogenesis
- And much more

Each day will include Q&As with Ben;

- Movement
- Nutrition and healthy living workshops
- Workouts and recovery sessions
- Biohacking and health technologies
- Deep, relaxing sleep sessions, mouth-watering, nutritious feasts
- Uplifting and meaningful fellowship

The entire workshop and lodging will be free of charge, except travel expenses and a few small food incidentals (see below).

Lodging, travel, and meal details:

- **Lodging** will be at Ben’s home and the guesthouse on the property. Several beds or bedrooms will be available, along with fold-out couches, sleeping bags on floors, and even a luxury treehouse as options for sleeping. It is important for communication and connection that we all be together during this time, so simply think of this as a 3-day slumber party for Christian men! Lodging is free.

- **Flights** will be in and out of Spokane airport, which is approximately 25 minutes from Ben's home. Participants are expected to pay for their own flight fees and any rental car or Uber costs to and from Ben's home.
- **Meals:** Participants are not required, but are encouraged, to contribute \$100 towards food/ and meal costs for the week. In addition, there will be one restaurant dinner outing, at which participants are expected to pay their own ticket.
- **Arrival** day/time at Spokane: October 17, Tuesday, afternoon to early evening.
- **Departure** day/time from Spokane: October 20, Friday, mid-morning to mid-afternoon
- **More schedule details below.**

Interested In Attending Or Have Questions/Comments?

- Leave your questions, comments or your firm commitment to attend [on this form](#). Event will be capped at 12 participants, so make a decision soon if you can attend.

Tentative Schedule:

Tuesday:

-Arrival at the Greenfield home any time after 4:30pm.

-**6PM:** Prayer, welcome, meet n' greet, introductions, sign waivers, preview of week, Q&A.

-**7PM:** Prayer, gratitude, song, salmon dinner with sourdough bread and salad, "keto" dessert, fellowship.

-**8:30PM:** 10-15- minute post-dinner stroll.

-**9PM:** Short lecture by Ben on sleep hygiene, followed by evening breathwork/evening prayer/song.

-**10PM:** Bedtime/free time for reading.

Wednesday:

-**6-7AM:** Free time for Bible/prayer/devotions. Opportunity for one attendee to lead this optional time, for those who want to join a group session. Coffee/tea available.

-**7AM:** Morning mobility/breathwork session in the main living room.

-**7:30-8:30AM:** Fasted morning walk + hot tub + cold plunge.

-**8:30-9:30AM:** Free time/emails/phone calls.

-**9:30-10AM:** Breakfast - demonstration of how to make a smoothie bowl or a Smoothie bar

-**10-11AM:** Lecture/Q&A with Ben on healthy nutrition principles.

-11AM-12PM: Property tour, including details on optimized sleep space, optimized office workstation, EMF/dirty electricity hacking, water filtration principles, air quality, and lighting biology.

-12PM: Pre-lunch workout - body weight burner with Ben.

-1PM: Lunchtime demonstration of how to make a healthy salad, using nutrition principles from the morning lecture. Salad bar.

-2-4PM: Post-lunch relaxation/fellowship/work break. Options to biohack with PEMF, HBOT, etc. Option to lift weights. Options to work/e-mail.

-4-5PM: Free-for-all Q&A with Ben in the main living room.

-5-6PM: Hot/cold rounds & fellowship - infrared sauna, hot tub, cold pool.

-6:00-6:30PM: Demonstration by Ben on how to make a healthy dinner for the family. Roast chicken/carrot fries/salad/dark chocolate/coconut ice cream.

-6:30-7PM: Free time/emails/phone calls (while dinner is cooking).

-7PM: Dinner.

-8:30PM: 10-15- minute post-dinner stroll.

-9PM: Short Q&A with Ben on sleep questions. Evening breathwork/evening prayer/song...

-10PM: Bedtime/free time for reading.

Thursday:

-6-7AM: Free time for Bible/prayer/devotions. Opportunity for one attendee to lead this optional time for those who want to join a group session. Coffee/tea available.

-7AM: Morning mobility/breathwork session in the main living room.

-7:30-8:30AM: Fasted morning walk + hot tub + cold plunge.

-8:30-9:30AM: Free time/emails/phone calls.

-9:30-10AM: Breakfast - Smoothie bar.

-10-11AM: Lecture/Q&A with Ben on stress management principles.

-11AM-1PM: Walking/hiking/frisbee, golf option, and fellowship.

-1PM: Lunchtime - Salad bar with a quick demo of bone broth/spices/herbs.

-2-4PM: Post-lunch relaxation/fellowship/work break. Option to biohack with PEMF, HBOT, to lift weights. Options to work/e-mail.

-4-5PM: Free-for-all Q&A with Ben.

-5-6PM: Hot/cold rounds & fellowship - infrared sauna, hot tub, cold pool. Option to work/family catch-up time.

-6:30PM: Departure for dinner out.

-7PM-10PM: Dinner out ([Mizuna](#)). Final toast/prayer/closing circle at dinner and discussion of how to bring this information back to congregations.

-10PM: Bedtime/free time for reading.

Friday:

-6-7AM: Free time for Bible/prayer/devotions. Opportunity for one attendee to lead this optional time for those who want to join a group session. Coffee/tea available.

-7AM: Morning mobility/breathwork session in the main living room.

-7:30-8:30AM: Fasted morning walk + hot tub + cold plunge.

-8:30-9:30AM: Free time/emails/phone calls.

-9:30-10AM: Breakfast - leftovers.

-10AM: End of the event. Free time to hang out until flights leave.