



Tim van der Vliet

# TT - Tim's Techniques

How To Reach More In Less Time

# Short About Me

I started out with doing a lot of yoga, daily, about 15 years ago. Up to 6 years ago I still wasn't pain free. I hold a lot of "getting older ailments" in my left leg, lower back pain and stuff like that. Then about 7 years ago I started doing deep breathing - breath hold techniques and cold training to my daily routine. 15 years of experience, self exploration and doing as little as possible with as much effect as possible has led to TT, Tim's Techniques. I use at this moment 6 different pillars in the most relaxed and effective way. These are:

- 1 - Light daily exercise - low intensity work out.
- 2 - Breathing techniques - I am now an internationally active breathing and WHM instructor.
- 3 - Cold training - yep ending your shower cold and even ice baths.
- 4 - Nutrition - I have been re-educated by the Japanese, I have been in Japan 15 times.
- 5 - Mindset training - it is a continuous process to get to know yourself and your values better. And gain the ability to control your emotions. My nature is to be very emotional.
- 6 - Meditation - before my current path I was a meditation teacher. I am a lot further now.

# 1 - Light daily exercise - low intensity work out.

Please build a morning ritual with 1) light exercise, 2) breathing exercise and 3) end your shower cold.

This is the arm twist, great to start out.

<https://www.youtube.com/watch?v=Xmm3uJ9HCbk>

And here the 5 Tibetan Rites: <https://youtu.be/LEYIr4TJOm8>

My son Liam says hi!

## 2 - Breathing techniques

Through breathing techniques you can calm down instantly, optimize O<sub>2</sub>/CO<sub>2</sub> levels, make more red blood cells and make dopamine.

There is so much to tell about breathing techniques. Check out this playlist and if you would like to contact me for a sessions for in your company or privately, just send me a whatsapp on +31626736170.

Playlist Breathing Techniques:

[https://www.youtube.com/playlist?list=PL23kwXu2hc\\_T3eq-1Dg4pjuhFkPZ681Oc](https://www.youtube.com/playlist?list=PL23kwXu2hc_T3eq-1Dg4pjuhFkPZ681Oc)

# 3 - Cold training

Light cold training every day.

I end my shower cold for 1-5 minutes depending on how I feel and how much energy I need for that day.

More info about the benefits of cold training:

[https://www.youtube.com/watch?v=QB\\_FlFXaMz0](https://www.youtube.com/watch?v=QB_FlFXaMz0)

This is how you can start out your cold training: <https://youtu.be/uq4MebJ0Nzg>

Good luck!

## 4 - Nutrition

I am very inspired by the Japanese when it comes to nutrition. Also the 5 Blue Zones, very similar info as the Japanese, are a great inspiration.

Here is a video that explains more about my philosophy.

<https://youtu.be/NyAthHvR9sQ>

And if you like to know more about the detox - retox paradox, check this one out please. [https://youtu.be/pAlhy\\_S8hsE](https://youtu.be/pAlhy_S8hsE)

Enjoy your retox! ;)

# 5 - Mindset Training Through the Power of Paradox

Soon I will publish my book called “the Power of Paradox - No-BS Mindset Training”.

I will publish videos about this subject.

In this playlist.

[https://www.youtube.com/watch?v=OpDYZ-SmLmw&list=PL23kwXu2hc\\_QuMyRYihXkRk9uQC1qJzaL](https://www.youtube.com/watch?v=OpDYZ-SmLmw&list=PL23kwXu2hc_QuMyRYihXkRk9uQC1qJzaL)

This technique, mindset training, makes life one big meditative experience.

# 6 - Meditation

The easiest way to meditate is to slow down your breathing. And more, and more, and more..

Here is however a playlist with 15 different meditations.

Meditation is easy.

[https://www.youtube.com/watch?v=yS7KjZo\\_Gp4&list=PL23kwXu2hc\\_RNxEjBBs5NIJqu5m1KZGwb](https://www.youtube.com/watch?v=yS7KjZo_Gp4&list=PL23kwXu2hc_RNxEjBBs5NIJqu5m1KZGwb)

Just keep on breathing slowly. Slow breathing removes stress. Less stress is more happy. The key to happiness in two words is:

Breathe slowly.



# Connect with me

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<https://www.linkedin.com/in/timvandervliet>

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<https://twitter.com/Tim2Day>

Regs! <3, O2 and :)

- Tim