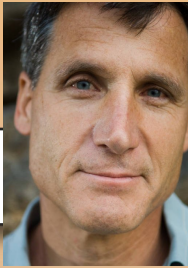


THE WARRIOR'S WAY®

Falling & Commitment Camp
City of Rocks – Idaho

MENTAL FITNESS TRAINING FOR CLIMBERS



with

Arno Ilgner

- Have you hit a performance plateau?
 - Do you experience irrational fears?
 - Have you met all your climbing goals?

THE CLINIC WILL INVOLVE CLIMBING EXERCISES. YOU'LL LEARN TO:

- Become aware of your mind's limiting tendencies
- Use your mind's intelligence to do effective risk-assessment
- Distinguish between no-fall and yes-fall zones
- Make appropriate risk decisions
- Practice falling in small increments
- Give a cushioned belay
- Engage your body to develop flow and momentum
- Deal with climbing stress effectively
- Improve problem-solving skills
- Reduce fear, and more



“The Warrior’s Way Espresso material is the perfect jolt of knowledge that climbers of all abilities can learn from to improve their climbing performance.”

—Elaina Arenz-Smith, Owner New River Mountain Guides

Investment

\$395

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Limit 8

August 6-7 weekend

Register with: Sawtooth Mt Guides
208-774-3324

When and Where

LIMITED OPPORTUNITY:

This is the only time this year to take advantage of this training.