

University of Minnesota Duluth - Recreational Sports Outdoor Program

# Rock Warrior's Espresso Clinic with Arno Ilgner

**WEDNESDAY, FEBRUARY 18, 2009**

**NOON - 4:00 PM OR 6:00 - 10:00 PM**



## **BREAK THROUGH MENTAL BARRIERS & IMPROVE YOUR CLIMBING ABILITY**

### **WHAT TO EXPECT:**

Arno Ilgner himself will teach this hands-on clinic designed to help you be more self aware, assess risks, reduce fear, and deal with stress. Learn to improve your problem solving skills, set your intentions and commit deliberately to overcoming challenge and improve your climbing ability.

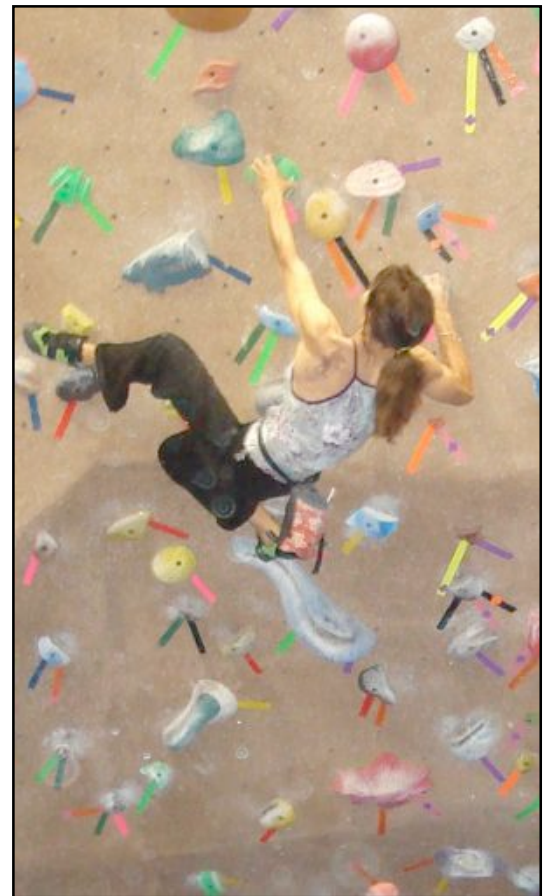
### **WHERE:**

UMD North Shore Climbing Wall

### **TESTAMONIALS:**

*"I've been rock climbing for 7 years, but continue to be faced with mind challenges when climbing no matter what the grade and whether top-roping or leading. The warrior way has shown me when to be a warrior and this doesn't mean just going for it, but how and when to focus the mind to the activity at hand...whether planning and thinking about a move or route or just trying to be fluid and feel the climb in the body when the mind and body connect. Letting go of fear and learning to focus has been instrumental! Thank you!"*

*"This is the best class I've ever been in because it was interactive and taught me a lot. It also helped me work on what I needed to individually. And, it has helped me so much in my climbing mental skills."*



### **COST: \$69 per person**

Each clinic is limited to 8 people. Sign up early to be sure you get a spot.

Deadline to register is Thursday, February 12

### **INFO & REGISTRATION:**

RSOP Day Office:

153 Sports and Health Center  
(218) 726-7128  
rsop@d.umn.edu  
www.umdrsop.org