

Rock Warrior's Mind with Arno Ilgner

TUESDAY, FEBRUARY 17, 2009
7:00 PM



WHAT TO EXPECT:

World-renowned climbing guru Arno Ilgner comes to UMD to speak about training your mind to reduce your fears and deal with stress. Arno will share climbing stories to teach you mental techniques to improve your climbing ability and enhance all aspects of your life.

WHERE:

Montague 70

TESTAMONIALS:

"This course was effective in building awareness of self and mind during anxiety producing activities. It is not only transferable to climbing but to many other areas as well."

"I've just begun climbing, and I already feel as though I've come leaps and bounds just by shifting my mental game with the tools you have given me."

"Not only did my climbing improve, but I will use the techniques taught by Arno to improve the quality of all life's endeavors."

COST: FREE for all

No pre-registration is required.

Optional: Donation for the Climbers for the Kids Fund



Photo by Dave Costello

INFO & REGISTRATION:

RSOP Day Office:

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