



SKI TO LIVE 2012!

Kristen Ulmer

Featured for her work in
The New York Times,
USA Today, Forbes, Outside,
The Robb Report, NPR, Ski,
Skiing and more.

*An experience with Kristen will
blow open the possibilities of
what it truly means to be an
athletic human being.*



Sun Valley Wellness Institute

\$575 early bird rate.
Expires Jan 1

March 8 – 10, 2012

Ski to Live is for skiers, snowboarders and telemarkers intermediate to pro ability levels, men and women, ages 12 and up, who want to experience who they are as athletes, and as human beings, in a powerful, super fun weekend event.

- Improve your skiing/snowboarding through mindset training
- Enhance your enjoyment of life through greater consciousness
- Deepen the escape or freedom found in snow sports

Ski to Live offers unique on-hill coaching focused on the mindset and wisdom side of our sports, and evening gathering to solidify the experience. No two events are ever the same. What gets explored is unique to you and what you're looking for.

Tentative Schedule - Friday & Saturday, Sunday farewells.

7:15 – 8:00am: Stretching session/yoga at Zenergy

9:15 – 10:30am: Ski in like groups with guides

10:30am – 4:00pm: Ski as a whole group with Kristen

4:30 – 5:45pm: Evening session at Zenergy

Space is limited, call Zenergy at 208.725.0595 x141 or email Yvette at yhubbard@thunderspring.com to reserve your spot today! Visit Kristen's website to learn more:

www.kristenulmer.com



Z E N E R G Y

Health Club and Spa

"Like Us"



"Follow Us"



ABOUT KRISTEN ULMER



Kristen Ulmer is an American pioneer of the Extreme Sports revolution. Starting as a mogul skier on the US Ski Team, she quickly decided to pursue a career jumping off cliffs for cameras and skiing you-fall-you-die ski descents around the world.

Subsequently, for a run of 12 years, Kristen was voted and named the best big mountain (extreme) and often overall woman skier in the world by the media and her industry peers, beating even Olympic Gold medalists.

That's all behind her now. Kristen quit everything in 2003 in a sudden 180 degree turn to start a new and unique trend in sports mindset training, introducing mental and Zen aspects to winter sports in a clinic called Ski To Live. To create these clinics, Kristen partnered with world famous Zen Master Genpo Roshi who in 1999 started developing Big Mind—a modern way to facilitate 30 years of wisdom training and transcendental states of being to a student in mere hours.

In 2008 Roshi encouraged Kristen to facilitate the clinics herself. Today, she continues looking for and developing numerous ways to tie ancient and other wisdom into not only skiing, but into adventure, sports, business and our personal lives.

Ski to Live has gained national and international attention for being the only clinic of its kind in the world, in any sport, and 95% of her clients say that Ski To Live is one of the most significant experiences of their lives.

Ski to Live has gained national and international attention for being the only clinic of its kind in the world, in any sport, and 95% of her clients say that Ski To Live is one of the most significant experiences of their lives.

"Your camp totally changed my wife's skiing. (She's) skiing now with such confidence, not abandon, but awareness and lack of personal judgment." — Tom Jungst

"It was a really amazing, life-changing experience—as well as some truly awesome skiing." — Allen St John



Z E N E R G Y
Health Club and Spa

"Like Us"



"Follow Us"

