



SKI TO LIVE 2012!

Kristen Ulmer
is an evolutionary
mindset sports coach

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.

This experience with Kristen will take you on a journey you'll never forget.

Two-day workshop: \$400

Lodging Partner Sun Valley Resort
Stay & Ski Free, \$139 pp
(based on double occupancy)
208.622.4111

March 8 – 9, 2012

Are you interested in being the best person and best snow sport athlete you can be? Is there something holding you back?

We have the perfect ski and snowboard camp for you!

Join us and world renowned professional skier and mindset sports coach Kristen Ulmer to:

- Explore your unconscious mind and get unstuck from old patterns that don't serve you anymore
- Experience true freedom in these sports as never felt before
- Find a better relationship with fear than the one you're currently having

Ski to Live is for skiers, snowboarders and telemarkers intermediate to pro ability levels, men and women, ages 12 and up.

Thursday evening: 5:00 – 7:30pm intro to the camp

Friday: 7:00 – 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



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.

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

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

*"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*

"Like Us"



"Follow Us"



Sun Valley Wellness Institute



Z E N E R G Y
Health Club and Spa



Sun Valley