



1500m – 3000m | Franz Josef Glacier | Westland | New Zealand

Length: 5 Days | When: 21st – 25th April 2018

Overview

FIRST LIGHT GUIDING IN PARTNERSHIP WITH WANDERLUST ADVENTURES PRESENTS:

Pricing Options – one time offer

\$6750 NZD paid in full or

\$7995 NZD when paid as a deposit (\$1000) + balance

5 Days Helicopter Fly in/ Fly out included

Spirit of the Mountains Mountain Adventure and Immersion Into Self
This is an exciting opportunity for you to reacquaint yourself with who you truly are. It's an opportunity to immerse you into one of the greatest natural landscapes in the world, whilst learning to strengthen the mind, body and spirit. This course is designed to allow you to connect to who you are, face fears, be courageous, step into determination, grow under pressure and learn how to communicate in language that serves your highest self.



Ridge walking at sun down

This mountain adventure is a 5-day package that is much more than a basic mountaineering course. This Adventure Retreat is about acquainting yourself with the highest version of you. We remove you from your familiar environment and position you in a stripped back place with a framework that supports an experience of self-mastery.

Stef Sifandos and Gavin Lang will facilitate this entire trip. This unique adventure retreat is defined not only by the vast expertise of the mountains that Gavin brings, but also Stef's 'Mastery Of Self' programme that accompanies this epic adventure – you won't find this type of adventure anywhere else. Centennial Hut on the Franz Josef Glacier will be our mountain base for the trip. If conditions allow we may venture over to Pioneer Hut in the Fox Glacier either for a day trip or the day before we fly out, in order to cover some more spectacular terrain.



Looking over the Franz Josef Glacier Neve

You will have an opportunity to enhance the mind and acquaint yourself with the best version of who you have the potential to be through powerful lessons extracted directly from 'The Mastery Of Self' Program.



Helicopter Landing at Centennial Hut

Whilst challenging yourself physically and being immersed in the majestic nature of the mountains you will begin to discover, learn deeply about, master and explore the following:

- Powerful manifestation techniques
- Mental Resilience Conditioning and techniques
- Fear, courage and confidence
- The power of meditation
- The power of the creative self
- Mindset – growth vs. rigid
- Communication and relationships
- Immersion into Flow state
- And so much more...



Arriving at Centennial Hut

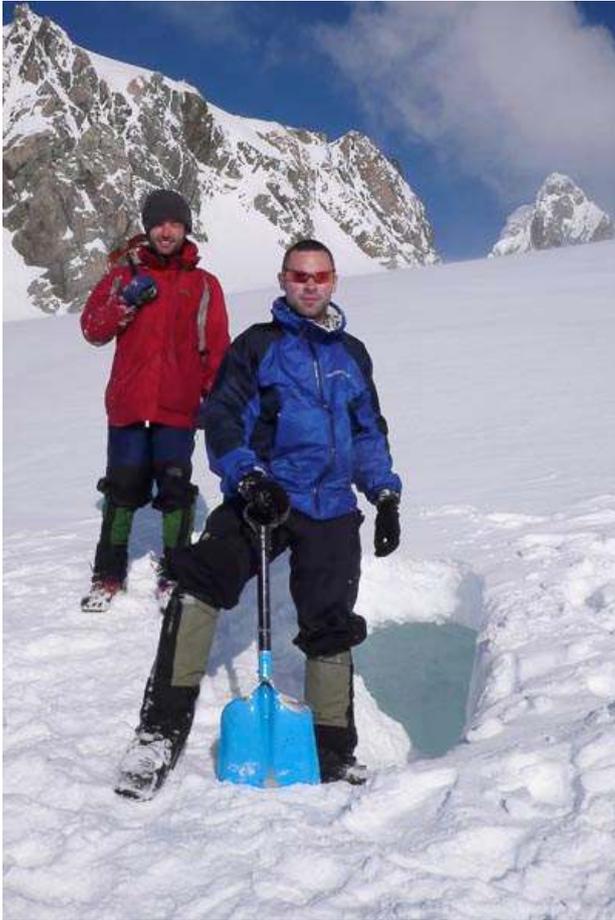
Examples of the Mountaineering Skills topics we will cover include, and are not limited to, the following:

- Walking on snow and ice with or without crampons
- General Movement and Pacing
- Walking with an axe
- Step cutting with an axe
- Climbing with an axe
- Technical ice climbing with two axes
- Self arrest with an ice axe (what to do if you slip or trip)
- Route finding
- Pacing
- Knots, Hitches and Bends
- Roping up for glacier travel
- Travelling through crevassed terrain
- How to recognize and cross a snow bridge
- How to hold your companion in a crevasse fall
- Self rescue – ascending and descending a rope



Crevasse Self Rescue near Centennial hut

- Companion Rescue
- Maximizing hauling efficiency with minimal equipment
- Pulley systems and mechanical advantage
- Improved Emergency Shelters
- Snow Caves and Snow Mounds
- Risk analysis
- Judgment skills
- Critical thinking
- Trip planning
- Time management
- Mountain and hut etiquette
- Anchor building:
 - Snow anchors,
 - Ice anchors,
 - Rock anchors



Snow Caving

Topics will be selected depending on the group, location, conditions, teachable moments and the weather.

Our environment heavily influences our behaviour, and this in turn dictates how we perceive life, what values we adhere to, how we view the world, and what emotions we experience on the spectrum of human feelings. Immersion is a technique that removes us from the everyday, familiar and habitual environments we are accustomed to that often force us to experience the mundane and take that experience as truth.

Learning under immersion enhances and improves our ability to assimilate new information. It assists us in ensuring what we learn about life, ourselves and the world around us remains with us for greater lengths of time. This is because the profound realisations experienced in nature, whilst away from what we are familiar with, allow us to absorb deeply this new information.

Science demonstrates that we learn deeper and faster when we integrate our body into the learning experience. This is known as embodied cognition and whilst we will be learning the complex truth about the self, we are combining this with a new environment, new physical and high-level body awareness practices.

Spaces are strictly limited to 7 participants with 2-3 guides/ leaders depending on final numbers.

Private or corporate courses are available on request.

Background

Gavin & Stef met in 2011 on a mountaineering expedition in NZ led by Gavin. There was an instant connection and synergy around the areas of personal philosophy, ideology, values and awareness of life. This venture was borne out of that friendship and has been in the making since that time – the power of this idea required time to adapt, become, grow and come to fruition. After diverse life experiences, maturity and deepened understanding of the inner workings of the mind and life, both Stef & Gavin are now more than ready to begin to pool their expertise and inspired minds for this adventure. Their life purpose is to serve at a higher level with this unique program.

We look forward to being of service, thank you.

Costs

PROMO

Pay \$6750 NZD in full and receive a free **Lowe Alpine 45-55 litre Mountain Attack Pack**

REGULAR

Pay a \$1000 deposit now to secure a space with a balance payment of \$6995 on 1st February 2018

To complete a booking form, follow the link to **BOOK NOW** and make a bank transfer. PayPal options are also available.



WHAT'S INCLUDED

Includes:

All technical equipment, guiding fees, 'Mastery of Self' course fees, all ground transport fees, accommodation, all trip food and energy snacks (organic, spray free, GMO free, homegrown and home baked where possible), National Park concession fees.

I am happy to cater to your food requirements in order to ensure you are properly fueled for your adventure. There are no extra charges for vegetarian, vegan, gluten free, dairy free or any other special dietary requirements.

Helicopter flights in and out of the mountains

First Aid Kit, Satellite Phone, PLB (Personal Locator Beacon).

Not included:

Personal clothing, mountaineering boots, sleeping bag, climbing pack – **included in the promo**, International Flights, Accommodation before/ after the course.

Still want to know more about this adventure or your facilitators and guides, watch a live presentation called 'Spirit of the Mountains' on 'First Light Guiding' Youtube Channel.

info@firstlightguiding.com

