



1500m - 3000m | Main Divide | New Zealand
Length: 5 Days | When: 4th - 8th April 2019

Overview

Pricing Options -
\$14,990 NZD when paid as deposit (\$1000) + balance due 90 days before departure

5 Days Helicopter Fly in/ Fly out included

This is an exciting opportunity for you to reacquaint yourself with who you truly are. This self-discovery retreat is an opportunity to immerse you into one of the greatest natural landscapes in the world. Learn self-development strategies to strengthen the mind, body and spirit. This course is designed to allow you to connect to who you are, begin a journey of self-discovery, face fears, be courageous, step into determination, grow under pressure and learn how to communicate in language that serves your highest self.



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.



Ridge walking at sun down

This mountain adventure is a 5-day package that is much more than a basic

mountaineering course. This Adventure based Personal Development 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.

Chris Knight and Gavin Lang will facilitate this entire trip. This unique adventure holiday is defined not only by the vast expertise of the mountains that Gavin brings, but also Chris' 'Personal Empowerment' programme that accompanies this epic adventure - you won't find this type of adventure anywhere else on the planet.

Centennial Hut on the Franz Josef Glacier, Pioneer Hut on the Fox Glacier, or Plateau Hut on the Eastern side of Aoraki Mt Cook will be our mountain base for the trip depending on weather and conditions.



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**
 - **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**
 - **Self Mastery techniques**
 - **Personal Development Skills**
 - **Personal Growth**
 - **And so much more...**



Ice Climbing out of a deep crevasse

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)**
- Pacing**
- Knots, Hitches and Bends**
- Roping up for glacier travel**
- Travelling through crevassed terrain**
- How to recognize and cross a snow bridge**



Grand Plateau Glacier Travel

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. The mountains of New Zealand are an excellent immersive learning environment for this purpose.



Glacier Dome Summit

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 discovered Chris Knight in 2011 when SoulSpace Brisbane was in its infancy. There was an instant connection and synergy around the areas of personal philosophy, ideology, values and awareness of life. Since then they have embraced on many rock climbing and mountaineering adventures together, discussing and developing the immense power that nature has on our health. 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 Gavin & Chris are pooling their expertise and inspired minds to offer one of the world's best developmental retreats. Their life purpose is to serve at a higher level with this unique program.

We look forward to being of service, thank you.

More on Chris Knight:

<http://soulspacebrisbane.com.au/chris-knight-meditation-brisbane-emotional-anatomy-therapy-coaching-mentoring-consulting/>

Costs

\$14,990

Pay a \$1000 deposit now to secure a space with the balance payment 90 days before departure

To complete a booking form, follow the link to BOOK NOW and make a bank transfer. Terms and Conditions are online.



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.

We are 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 'Self Mastery Through Mountaineering' on 'First Light Guiding' Youtube Channel.

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