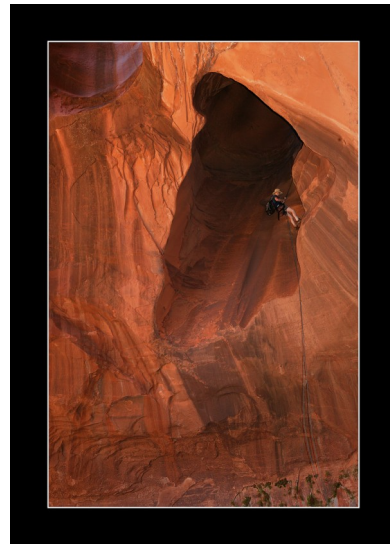


Therapeutic Adventures...

Physical Demands Higher at Aspiro

May 29, 2008

Students at Aspiro will experience anywhere from two to three times more hiking miles than they would in a traditional wilderness program... not to mention the miles logged on a bike, cross country skis, or in a boat. Students also feel the same jolt to their system as they would in any other outdoor program because they are removed from everything familiar and comfortable. This increased physical activity makes Aspiro a much more rigorous program in that sense. Students at Aspiro, however, have different motivators for working so hard. One quickly notices how rapidly attitudes change early in the program. Understanding the rest of the explanation is what makes Aspiro so incredibly effective in the lives of our students.



Although students at Aspiro experience a much more physically demanding program, our “buy-in period” is reduced significantly. This is because of our incredible model and the specific, deliberate way our staff interact with students. This interaction begins from the moment we pick up the student at the airport. The two hour drive to base camp is incredibly valuable in the process. Students also participate in life-changing activities that are simply not possible in the traditional model. At Aspiro, we do not “hike in circles,” or from water-drop to water-drop. Every hike is one step closer to a remarkable experience—activities we call “Overwhelming Mastery Experiences.” Aspiro has permits to run our program in many varied areas around the state of Utah. Our students will experience some of the most pristine, astonishing locations the state has to offer. One



week, a student might be trained to rappel off the 160' Corona Arch, in Southern Utah; the next week they might climb King's Peak, the highest point in Utah, and so forth. Students will accomplish things that most adults will never even dream of. We