







ESTHER FOSTER
CLIMBING COACHING, GUIDING AND TUITION

INDOOR WORKSHOPS

KONG, KESWICK — WINTER 26/27

14 NOV — **LEAD FALLING**

Build confidence and technique for lead falls and catches

29 NOV — **STEEP CLIMBING**

A masterclass in making steep routes feel easier!

7 DEC — **FINE TUNE YOUR BELAYING (EVENING)**

Avoid common accidents whether you've been climbing for 1 year or 20+ years

16 JAN — **FINE TUNE YOUR BELAYING**

Avoid common accidents whether you've been climbing for 1 year or 20+ years

PRIVATE 1:1 AND 1:2 COACHING SESSIONS ALSO AVAILABLE!

ESTHERFOSTER.CO.UK
ASK@ESTHERFOSTER.CO.UK









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