

Dynamic Skiing for Women

Daily Schedule January 7 – 10, 2012

Saddleridge
Beaver Creek, Colorado

Saturday January 7th	5:30-7:00 pm	Welcome Party Meet Margaret, other participants and ski instructors. Set out the agenda and the specifics for one-on-one skiing with Margaret and the schedule for "hands on" sessions and personal goal setting.
Sunday January 8 th	8:30-9:30 am	Awareness Through Movement® indoor lesson
	10.30 -3:00 pm	Ski with instructor
	1-ish	Lunch on the mountain
	3:45-4:00 pm	Light refreshment at Saddleridge
	4:00-5:00 pm	Demonstration/discussion on boot fitting, canting and equipment issues
	5:00-6:00 pm	ATM lesson
Monday January 9 th	8:30-9:30 am	Awareness Through Movement® indoor lesson
	10.30 -3:00 pm	Ski with instructor
	1-ish	Lunch on the mountain
	3:45-4:00 pm	Light refreshment at Saddleridge
	4:00-5:00	Lecture relating Feldenkrais to skiing or guest speaker
	5:00-6:00	ATM lesson
Tuesday January 10 th	8:30-9:30 am	Awareness Through Movement® indoor lesson
	10.30 -3:00 pm	Ski with instructor
	1-ish	Lunch on the mountain
	3:45-4:00 pm	Light refreshment at Saddleridge
	4:00-5:00 pm	ATM lesson
	5:00-6:00	Concluding remarks and summary
	7:00 pm	Dinner at Mirabelle's

Even in the very unlikely event of inadequate snow this program will "carry on" and be adapted to a full indoor retreat program that is also a very effective way to learn and imbed the essential fundamentals to improve your skiing.