

# Dynamic Skiing for Women

## Daily Schedule January 9 – 12, 2017

Saddleridge  
Beaver Creek, Colorado

<b>Monday</b> January 9 <sup>th</sup>	9 am - 4 pm 5:30-7:00 pm	Pre-arranged "hands on" sessions Welcome Party Meet Margaret, other participants and ski instructors. Set out the specific agenda for the program and share personal goal setting with group.
<b>Tuesday</b> January 10 <sup>th</sup>	8:30-9:30 am 10.30 -3:00 pm 1-ish 3:45-4:00 pm 4:00-5:00 pm 5:00-6:00 pm	Awareness Through Movement® indoor lesson Ski with instructor Lunch on the mountain Light refreshment at Saddleridge Addressing equipment issues ATM lesson
<b>Wednesday</b> January 11 <sup>th</sup>	8:30-9:30 am 10.30 -3:00 pm 1-ish 3:45-4:00 pm 4:00-5:00 5:00-6:00	Awareness Through Movement® indoor lesson Ski with instructor Lunch on the mountain Light refreshment at Saddleridge Lecture relating Feldenkrais to skiing or guest speaker ATM lesson
<b>Thursday</b> January 12 <sup>th</sup>	8:30-9:30 am 10.30 -3:00 pm 1-ish 3:45-4:00 pm 4:00-5:00 pm 5:00-6:00 7:00 pm	Awareness Through Movement® indoor lesson Ski with instructor Lunch on the mountain Light refreshment at Saddleridge ATM lesson Concluding remarks and summary Dinner at Saddleridge restaurant

"HANDS ON" SESSIONS WITH MARGARET WILL BE SCHEDULED PRIOR TO  
WELCOME PARTY

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.