

DYNAMIC LIVING

Including skiing

December 12 - 15, 2017

The Antlers at Vail
Vail, Colorado

Tuesday December 12	5:30-7.00 pm	Welcome Event This is important as a time to set goals for the group based on the information received from each participant. It is also time to meet Margaret and each other.
Wednesday December 13	8:00-10.00 4:00-5:00 5:00-6:00	Awareness Through Movement® lesson optimal movement principles ATM lesson
Thursday December 14	8:00-10.00 4:00-5:00 5:00-6:00	ATM lesson balance and posture ATM lesson
Friday December 15	8:00-10.00 3:00-6:00 pm	ATM lesson more discussion and demonstrations regarding optimal movement, body mechanics Concluding ATM lesson and wrap up

The individual sessions will be organized prior to the start of the program and will take place during the day between 10.30 and 3 pm. Each individual session will be an hour in duration.