

Dynamic Skiing for Life

December 4 - 8, 2011

The Mountain Haus
Vail, Colorado

Sunday December 4	5:30-7:00 pm	Welcome Party, Vail Mountain Lodge and Spa, Vail Athletic Club Hotel Meet Margaret, other participants and ski instructors. Organize into ski groups.
Monday December 5	7:30-8:00 am 8:00-9:30 9:30-3:00 pm 3:30-4:00 4:00-5:00 5:00-6:00	Video and light breakfast Awareness Through Movement® lesson Ski lesson with instructor Light refreshment at the Mountain Haus ATM lesson Demonstration/discussion on boot fitting, canting and alignment and other equipment issues.
Tuesday December 6	7:30-8:00 am 8:00-9:30 9:30-3:00 pm 3:30-4:00 4:00-5:00 5:00-6:00	Video and light breakfast ATM lesson Ski with instructor Light refreshment at the Mountain Haus Lecture relating Feldenkrais to skiing ATM lesson
Wednesday December 7	7:30-8:00 am 8:00-9:30 9:30-2:30 pm 3:00-6:00 pm	Video and light breakfast ATM lesson Skiing Light refreshment, ATM lesson, video, demonstrations, body mechanics, injury prevention
Thursday December 8	7:30-8:00 am 8:00-9:30 9:30-3:00 pm 3:30-4:00 4:00-5:00 5:00-6:00 7:00 pm	Video and light breakfast ATM lesson Ski with instructor Light refreshment at the Mountain Haus ATM lesson Concluding remarks and summary Dinner at Terra Bistro

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