

# Dynamic Skiing for Life

December 11 - 15, 2016

The Antlers at Vail  
Vail, Colorado

<b>Sunday December 11</b>	5:30-7:00 pm	Welcome Party The Antlers at Vail
<b>Monday December 12</b>	8:30-9:30 9:30-3:00 pm 3:30-4:00 4:00-5:00 5:00-6:00	Awareness Through Movement® lesson Skiing and/or indoor individual sessions Light refreshment at the Antlers Ski equipment discussion ATM lesson
<b>Tuesday December 13</b>	8:30-9:30 9:30-3:00 pm 3:30-4:00 4:00-5:00 5:00-6:00	ATM lesson Skiing and/or indoor individual sessions Light refreshment at the Antlers Talk relating Feldenkrais to skiing, balance and movement symmetry ATM lesson
<b>Wednesday December 14</b>	8:30-9:30 9:30-2:30 pm 3:00-6:00 pm	ATM lesson Skiing Light refreshment, ATM lesson, demonstrations, body mechanics, injury prevention, posture, the role of the eyes in movement
<b>Thursday December 15</b>	8:30-9:30 9:30-3:00 pm 3:30-4:00 4:00-5:00 5:00-6:00 7:00 pm	ATM lesson Skiing and/or indoor individual sessions Light refreshment at the Antlers ATM lesson Concluding remarks and summary Dinner in Vail Village

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.