



USE YOUR HEAD

# EASE on SKIS

24 FEBRUARY – 1 MARCH 2024

**WORKSHOP WITH ERIK BENDIX,  
CHRISTOPH BACHER & JANA BORONOVA**

Additional workshops:  
Carving (1 – 3 Mar.) and Teacher Training (3 – 9 Mar.)  
For more information go to "Workshops 2024" at  
[www.easeonskis.com](http://www.easeonskis.com)



# Ease on Skis

Ease on Skis Method trains you to find dynamic stability, ease and grace on your way down ski slopes.

This workshop is designed for skiers who are no longer beginners and is limited to 12 participants.

Each day begins with ski lessons and ends with classes and private lessons in the Alexander Technique.

## SCHLADMING, AUSTRIA

[www.schladming-dachstein.at/en](http://www.schladming-dachstein.at/en)

Located in central Austria, Schladming has direct rail connections to Salzburg and Vienna.

## COST

**Use Your Head** Workshop (24 Feb.- 1 Mar.) tuition is € 1650  
Register by 10 November 2023 and pay € 1400

**Carving** Workshop (1-3 Mar.) is € 450  
Register by 10 November 2023 and pay € 375

**Teacher training** (3-9 Mar.) - no tuition fee

Recruit a new participant and get 25% off

Discounted EOS room (plus ski pass)- book at [hotel-bergkristall.com](http://hotel-bergkristall.com)

**Participants need health insurance valid in Austria**

**Erik Bendix**, MAmSAT, ([easeonskis.com](http://easeonskis.com)) developed Ease On Skis over the last 25 years as he applied Alexander Technique to his skiing. His new book and film on the EOS method are forthcoming.

**Christoph Bacher** ([christoph-bacher.com](http://christoph-bacher.com)) is a certified Austrian ski instructor, an Alexander Technique teacher, and a natural fitness instructor based in Berlin, Germany. Christoph grew up in Schladming.

**Jana Boronova** ([janaboronova.com](http://janaboronova.com)) is a certified snowboard instructor, an Alexander Technique, Smart Yoga, and Shaw Method teacher.

**REGISTER ONLINE AT [WWW.EASEONSKIS.COM](http://WWW.EASEONSKIS.COM)  
BEFORE 10 NOVEMBER 2023 FOR THE BEST PRICE**