

8-14 JANUARY 2022



EASE ON SKIS

"USE YOUR HEAD TO SKI WITH LESS STRESS"

a workshop with Erik Bendix,
Christoph Bacher & Jana Boronova

SCHLADMING, AUSTRIA

EASE ON SKIS

is a completely new and effective ski teaching method. It trains you to find dynamic stability, effortless and grace on your way down ski slopes.

While skiers at all levels of skill can benefit, this particular workshop is designed for skiers who are no longer beginners.

Each day begins with ski classes and lessons and ends with yoga stretches, Alexander Technique lessons and optional sauna.

This EOS January workshop is the only one offered in 2022 and is limited to 12 participants.

SCHLADMING, AUSTRIA

www.schladming-dachstein.at/en

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

Its four linked mountains with 123 kilometres of ski slopes at altitudes of up to 2,015 meters (6,611 feet) delight skiers of all levels.

COST

The 6-day workshop costs €1990 per person and includes accommodation with breakfast at the Biohotel Bergkristall (hotel-bergkristall.com) plus ski pass.

Other meals and equipment rentals are not included.

For early-bird special of €1880 register by 15 September 2021

**PARTICIPANTS NEED HEALTH INSURANCE
VALID IN AUSTRIA**

Erik Bendix, MAmSAT, developed Ease On Skis over the last 20 years as he applied Alexander Technique to his skiing (easeonskis.com).

His new book and film on EOS method are forthcoming.

Christoph Bacher (www.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 (www.janaboronova.com) is a certified snowboard instructor, an Alexander Technique and Yoga teacher.

**REGISTER ONLINE AT WWW.EASEONSKIS.COM
BEFORE 15 SEPTEMBER 2021 FOR THE BEST PRICE**