



7-13 JANUARY 2023

EASE ON SKIS

"USE YOUR HEAD"

a workshop with Erik Bendix,
Christoph Bacher & Jana Boronova

in SCHLADMING, AUSTRIA

EASE ON SKIS

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

This workshop is designed for skiers who are no longer
beginners.

Each day begins with ski lessons and ends with classes and
private lessons in the Alexander Technique, followed by dinner at
a local restaurant and quiet time with an optional sauna.

This EOS January workshop is the only one offered to general
public in 2023 and is limited to 12 participants.

A smaller teacher training workshop will take place from 15-21 January.

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 delight skiers of all levels.

COST

The tuition for 6-day workshop is €1650 per person.
For early-bird special of €1400 register by 25 September 2022

To separately book your discounted EOS room (plus ski pass),
please go to hotel-bergkristall.com

PARTICIPANTS NEED HEALTH INSURANCE VALID IN AUSTRIA

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

Christoph Bacher (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) is a certified snowboard
instructor, an Alexander Technique, Smart Yoga and Shaw Method teacher.

**REGISTER ONLINE AT WWW.EASEONSKIS.COM
BEFORE 25 SEPTEMBER 2022 FOR THE BEST PRICE**