

EASE ON SKIS

BEGINNERS' WORKSHOP



JANUARY 6 - 13, 2024
BIO HOTEL BERGRISTALL
SCHLADMING-ROOHMOS, AUSTRIA

*Workshop for beginning skiers only
with Erik Bendix & Jana Boronova*

EASE ON SKIS

BEGINNERS' WORKSHOP

A workshop for beginning skiers only.

Maximum of 8 participants for a lot of individual attention

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

COST

The tuition for the workshop is €1000 per person

Early-bird special of €900 if you register by 15 September 2023

Recruit a new participant and get 25% off

Discounted EOS room (plus ski pass) - book at 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.

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 15 SEPTEMBER 2023 FOR THE BEST PRICE**