

The Art of Alpine Skiing

with the Alexander Technique

intensive course for all skiers, beginner to expert,
including those with previous knee and back injuries

March 1st - 3rd , 2012

in [Livigno / Italy](#) (at more than 8 participants)

[Grassau / Skigebiet Winklmoos-Steinplatte / Germany](#) (at less than 8 participants)

led by ERIK BENDIX, JOHANN SCHMUCK and KATHARINA SCHMIDT

- Courses offered: Wed, February 29th 6:00 p.m.: Workshop „*Indoor Introduction*“
Thursday, March 1st at 7:00 a.m. 3-day-Workshop begins
- Course location: ski courses will meet in Livigno/ Italy
(or in Grassau and ski in the Winklmoos-Steinplatte ski area near Reit-im-Winkl)
- Cost: 3-day workshop: 300,-€ / plus 100,-€ extra for each beginner
minus 50,-€ for early registration before december 1st, 2011
- Included: daily instruction in skiing & Alexander Technique
- Not included: room & board, lift tickets, and ski rental (app. 300€ combined),
travel costs
- # of participants: 15 maximum
- Instructors: ERIK BENDIX, AmSAT, U.S.A
individual & group instruction in the Art of Alpine Skiing
classes & private lessons in the Alexander Technique
- KATHARINA SCHMIDT, German Ski Federation ski trainer (C license)
ski instruction, Coordination & Design
- JOHANN SCHMUCK, G.L.A.T., Germany
classes & private lessons in the Alexander Technique
ski instruction
- Requirements: some experience taking Alexander Technique lessons
(see added information)
- Registration: [Johann Schmuck, Niederfeldstrasse 6, 83224 Grassau, Deutschland](#)
[Tel. 0049 160 99 13 10 76, \[js@schmuck-alexandertechnik.com\]\(mailto:js@schmuck-alexandertechnik.com\)](#)

www.movingmoment.com/ski
www.schmuck-alexandertechnik.com



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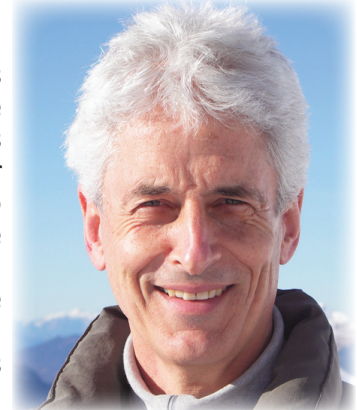
What does the Alexander Technique have to do with skiing?

The Alexander Technique is based on the pioneering work of Frederick Matthias Alexander (1869-1955). It uses general principles of human movement to work with particular skills such as playing music or skiing. It offers its student tools for getting to know their own habits of movement and thought, and for meeting their tasks with more lightness and efficiency of movement. It can be applied to any activity, whether it be playing music, cleaning house, climbing mountains, going to the movies, or ... skiing. (more information can be found at www.stat.org.uk.)

Athletes too can use the Alexander Technique to analyze their sport's demands to achieve greater lightness, strength, endurance and reduce chances of injury. The swimmer Steven Shaw www.artofswimming.com and the running coach Malcolm Balk www.theartofrunning.com have each applied the Alexander Technique to their sport in this way with remarkable success. Approaching sports with the understanding that coordination is a matter of unifying mental and physical responses makes it possible to thoroughly retrain the muscles needed for a particular sport and to achieve much greater ease and mastery.

ERIK BENDIX, who will lead the workshop, integrates Alexander Technique with skiing in the Art of Alpine Skiing. In his own words,

"I started skiing at the age of 10 when I attended school in Switzerland. Skiing scared me stiff at the time. In the many years since, nothing has liberated my skiing more profoundly than applying the Alexander Technique to it. I have been experimenting with that combination for almost 20 years now, and have reached a point where every day on the slopes brings further improvement. Steven Shaw (of The Art of Swimming) convinced me to go public with what I have learned. So in 2007 I led my first Art of Alpine Skiing workshop on the Hasliberg. My whole life is involved with movement. I am a well-known folkdance teacher, I practice Tai Chi, I swim, and I have a private practice as both a teacher of the Alexander Technique and as a practitioner of Body-Mind Centering®. I love movement in language as well, so I also write and translate poetry."

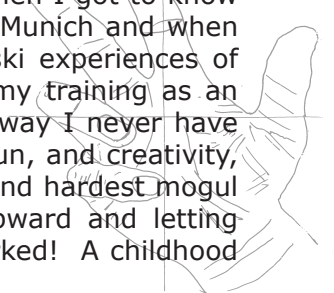


www.movingmoment.com/ski
www.schmuck-alexandertechnik.com

JOHANN SCHMUCK is organizing the workshop as well as working on the ski slope and offering Alexander Technique lessons. He says:



"I grew up in Reit im Winkl, a Bavarian ski resort, and started skiing at the age of 3. During my childhood, my friends and I tried out everything one could possibly do with skis, both on the slope and off. Later I worked as a ski teacher, but never felt entirely free on skis. When I got to know the Alexander Technique through my study of music in Munich and when I later met Erik Bendix, I began to sort through the ski experiences of my childhood and youth and to redirect them. After my training as an Alexander Technique teacher, I experienced skiing in a way I never have before in my life: with lightness, athleticism, courage, fun, and creativity, so that it was a real joy. I was able to ski the longest and hardest mogul fields without difficulty or fear, simply by "thinking upward and letting myself fall toward the valley" (Erik Bendix) – and it worked! A childhood dream has been realized."



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KATHARINA SCHMIDT will offer ski lessons at the workshop. She is a former ski racer and a C-trainer in the German Ski Federation. She says: „I stood on skis for the first time at the age of 3. At age 10, I began racing, first at a regional level, and then in the German Ski Federation and with the F.I.S. I began cutting back on racing at age 17 due to knee injuries, obtained several certifications as a ski coach and began training a children's team of the G.S.F.

My ski technique improved immensely during this time and I developed a more and more playful approach to skiing - but I still injured myself almost every season so much that I often had to spend several months at a time on crutches. I had seven knee operations, every movement hurt, and after 3 years of fruitless attempts at rehabilitation, I gave up on skiing. It was only through my encounter with the Alexander Technique that I began to have a feel for my body again. When I read Erik Bendix's „The Art of Alpine Skiing“, my curiosity returned. I tried to put what I had read into practice on the slopes and discovered to my surprise that although Erik's observations about skiing turned all my notions completely upside down, within the shortest time I was able to move on skis without pain and without fear. I have rarely had as much joy and lightness as in my last winter of 2010/11, skiing down deep snow in Norway, where only the sea was the limit.“



DAILY SCHEDULE:

We begin the workshop Wednesday, February 29th with Erik's „*indoor introduction*“ in Livigno or Grassau, in the meeting center of the main school. The following days start with group classes in Alexander-Technique. From there we go as a group to the ski area, where we begin with a group class on applying the Alexander Technique to skiing. The rest of the ski day then consists of semi-private lessons (usually 3 skiers at a time) for getting individual tips. We start the first in very flat and safe terrain to get used to the new principles. Terrain will then be chosen according to individual skills on the following days. Each participant also gets a daily late afternoon or evening private lesson in the Alexander Technique. We finish the last day Saturday, March 3rd with a final question and feedback session.

WHERE TO FLY TO:

You can plan your trip flying to Munich, Germany and continuing train and bus to Grassau or Livigno. We will let you know which one it is and give you directions by December 1st, 2011 via email.

ROOM & BOARD, SKI RENTAL, AND LIFT TICKETS:

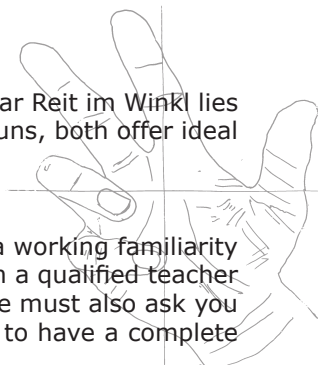
Information for the ski area in Livigno can be found on www.livigno.com. With less than 8 participants lodging can be found in Grassau by going to www.grassau.de (this website has a mixture of English and German - scroll down to find online booking of hotels in English on the lower right). Hotel prices generally include breakfast. Lunch can be purchased at the ski slope. For dinner, there are several restaurants to choose from, and we will book a large table at one of them to make it easy for you to join us to eat as a group. Ski equipment can also be rented in the ski area. We will have a lift ticket waiting for you, but you must pay for it separately (Grassau: 110,- Euros 3-day-ticket - Livigno: 81,- Euros 3-day-ticket).

SKI AREAS

The Ski Area in [Livigno](#) lies in the north-west of Italy. The ski area [Winklmoos-Steinplatte](#) near Reit im Winkl lies in the Bavarian Alps just over the border from the Austrian Tirol. With 35 kilometers of ski runs, both offer ideal terrain for both beginners and advanced skiers.

REQUIREMENTS FOR PARTICIPATION:

Participation in the workshop is not limited by age or ability to ski. The only requirement is a working familiarity with the Alexander Technique. This can be acquired in a few hours of private instruction from a qualified teacher in your home area. We would be happy to help you find such a teacher. For legal reasons, we must also ask you to carry health or travel insurance that would cover you in Europe. Every participant needs to have a complete set of ski equipment, which can be rented at the ski area before the workshop starts.



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APPLICATION FORM

Wednesday evening, February 29th evening 2012 through Saturday, March 3rd 2012

ATTENTION: DECISION ABOUT WORKSHOP LOCATION IS MADE PUBLIC BY December 1st, 2011 VIA EMAIL.

PERSONAL INFORMATION

name: _____

address: _____

postal code: _____

telephone: _____

E-mail: _____

ALEXANDER TECHNIQUE EXPERIENCE

lessons with: _____

app. # of lessons: _____

years of study: _____

Activities, you applied it to: _____

SKIING EXPERIENCE (if any):

Please indicate which actions you are able to perform.

sidestepping

walking on skis

sideslipping

counterrotate

gliding

skating

kick turn

stem turn

freestyle

parallel turn

wedel

carve

deep snow

mogul skiing

race

riding a chairlift

riding a T-bar

ADDITIONAL QUESTIONS:

Have you ever been in a ski accident? _____

Do you have any injuries or disabilities that restrict your movement? _____

What languages do you speak? english german others: _____

COST
For the **three-day workshop** (February 29 th 2012 through Saturday, March 3rd 2012), the fee is 250,- Euros, payable with this application if the application is received by December 1st, 2011. After that date, the fee rises to 300,- Euros. A surcharge of 100.- Euro applies to beginning skiers because of the extra teaching resources needed for them. Receipt of your workshop fee will count as a reservation as long as places are still available. For information on how to pay by bank transfer, contact Johann Schmuck at the e-mail address or telephone number listed below. If you cancel the course until 4 weeks in advance, we will repay 50% of fees, after that date 25%.

PARTICIPATION

To participate in this workshop, you must have **accident insurance** (or travel insurance that includes it) that is valid in Europe. Your signature below promises that you will have such insurance by the time the workshop begins. You must sign for your application to be accepted.

sign your name (and the date) above this line

Please send application to:
Johann Schmuck, Niederfeldstrasse 6, 83224 Grassau, Deutschland
Tel./ +49 160 99 13 10 76 Email:js@schmuck-alexandertechnik.com

