

SNOW'N'FLOW

DYNAMIC 11.-18.04.2010

..THE MOST LOCAL WAY TO DISCOVER THE ARLBERG!



ITINERARY

Skiing can be seen as a metaphor for the lightness in life – the subjects and the activities are pretty similar: efficiency, balance, limits, flow and letting go..., courage, passion, challenge and truth.

Be our guests in St. Anton, one of the top winter-sports resorts in the world. Amotions founder and owner Andi Müller will invite you to most entertaining and unique activities each day and provide you with fun and delicious dinners in town throughout the week.

Final Price: from EURO 1899,- €

(including accommodation/breakfast; all offers by AMOTIONS, SkiYo, IFEUS; 6-day-ski pass)

Airport transfers and flight booking possible through AMOTIONS!

Meet& Greet and welcome dinner at St. Anton am Arlberg with the guides and coaches for your week in the ******Skihotel Galzig**, right at the bottom station of the Galzig Bahn and its unique design.

snow'N'flow - takes skiing as a metaphor for life. Pippo Greier, founder of IFEUS, will start with mental coaching and exercises for personal development on and off piste. – A new way to experience skiing and your inner self.

Andi Müller, founder and owner of Amotions, your local agency, will invite you to entertaining and unique activities in town throughout the week.

SkiYo – feel the flow!® Guided by Sonnia Höffken, SkiYo-founder and ski coach, you'll discover a powerful and harmonious way of ski training surrounded by the stunning panorama of the Arlberg. Physically and mentally well prepared by Yoga sessions in the hotel, we will take some basic elements of body awareness and the ease of motion into our day on the slopes. SkiYo links ease and technique, feeling and understanding, balance and breathing, focus and overview, power and flow.

Enjoy your last evening at a mountain hut in traditional ambience with local specialties.

Relaxing breakfast. Departure.

◀ DAY 1

◀ DAY 2-4

◀ DAY 5-7

◀ DAY 8-9

GET MORE INFORMATIONS

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