

New Ski Yoga Course

for March 2017

The perfect combination to promote strength, suppleness, focus and mental calm. Ideal ingredients to enhance your progress on the slopes.



Check out
SkiGoddess.co.uk

for prices or
contact Katie
for more info

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Daily Schedule

7.30 Morning Yoga
8.30 Breakfast
9.45 On the slopes
3.30 Finish
Hot tub / Sauna
4.30 Yoga
6.00 Ski Video analysis
7.15 Dinner

