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# Skiing With The Whole Body: Your Ticket To The Expert Slopes



## Synopsis

Discover the key to expert skiing by learning how to use your whole body when you ski! In *Skiing with the Whole Body* you'll learn how to let your ankles work together with your knees to achieve easy knee flexion; find the balance point for easy turning; speed up your learning by a factor of ten; and teach yourself to ski like you've always dreamed you could. This book uses Feldenkrais Awareness Through Movement exercises to make learning downhill skiing fast, simple, and fun.

## Book Information

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## Customer Reviews

"Anyone who uses it, even ever so casually, will reap an internal change for a better life. He or she will indeed learn to understand the latent abilities in us that demand to be used."-Moshe Feldenkrais

Jack Heggie, a skier for three decades, earned a degree in physics, and worked as a computer design engineer, programmer and field engineer. He has been a practitioner of the Feldenkrais Method for ten years. The author of *Running with the Whole Body*, he maintains a practice in Boulder, Colorado.

The book uses the Feldenkrais approach to self-awareness to shape the improvement of one's skiing ability. I have been skiing for years, so many that the movements are kind of natural anyway. I have just recently been taking a Feldenkrais workshop, and some of the exercises of "awareness of what is going on in your feet, in your body" evoked the similar awareness that I utilize while skiing. I mentioned that to the instructor, and she mentioned this book. I have been working my way

through the chapters to see what this approach will add to my skiing experience. So far, the early chapters are for stuck-beginners, or terminal intermediates, and I consider myself an advanced skier. However, I opted to spend an hour on a very easy intermediate trail and experiment with some of the exercises, just to more fully experience "what is going on." I think I gained a little insight into some 1-sided turn preference that I have been struggling with. And I know that I really enjoyed the experience of just experiencing skiing, to be moving, controlling my skis, and thus controlling my flow down the slope. About the book: (1) its exercises are VERY slow moving (and I have not given them the time the author proscribes), and seemingly simple. But if you acquire awareness of those simple movements, it will lead to improvements in your skiing experience. And (2) (as far as I have gotten so far) it seems that the specific skills might be somewhat dated. The book is 1993, so equipment has changed, and techniques have changed. But the underlying message is "awareness", and taking the time to develop that. And that is worthwhile. If you are a stuck beginner or intermediate, this approach might help you move ahead. And if you are a competent skier, this book will add to your awareness of your actions, and increase your enjoyment of the sport.

This book needs more attention. Yes, somewhat dated and, yes, the chapters are a bit formulaic. However, the very basic kinetic exercises that Heggie offers will advance your skiing. Even if you've been on sticks for years, it's worth reading this book and thinking about the points he makes while you ski -- save it for one of those days you have time to work on your skills. Due to changes in technology, it's no longer difficult to become a competent intermediate skier. And that's a fantastic thing; hopefully we all spend less time languishing in the beginner's web than used to be the case. But the forces and movements required to make a ski work are still the same: angulation, torsion, edging pressure. Drive the cuff. Unlink the upper body from the hips...all these things are the same, even if made easier by the new skis. Unless you're blessed with a preternatural proprioceptive ability, chances are good that you're unaware of \*something\* about what your body is doing while you ski. Heggie will help you to relearn movement in very simple steps -- even if you don't do his off-snow drills, try his on-snow recommendations. If you're a long time intermediate recreational skier, I promise if you try his methods you'll improve. This might be the cheapest investment you've ever made in your skiing.

If you love to ski and want to improve faster than traditional methods will allow, this book is for you. Rather than showing you a standard and having you try to produce the movements that meet the external standard, Mr. Heggie teaches you how to teach yourself the small simple component

movements which when combined produce the desired end result skill. The lessons are easy to follow and produce immediate results. Mr. Heggie makes the book very interesting and easy to read by including real life examples of skiers that he has trained in every chapter. I would highly recommend this book for any skier to take his enjoyment of skiing to the next level.

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