

The Fear Workshop at Windham Mountain, NY

A women-only 3-day class taught by ski-guru **Mermer Blakeslee**, who helps women face their on-mountain fears. A huge part of becoming a better skier is letting go and allowing gravity to work its magic. Many women shy away from doing so and limit themselves from reaching their full potential.

For women skiers of all levels.

Photo is Kathie Jenkins (right) and her coach Nancy (left) at the 2016 workshop.



Tentative Dates: 24 – 28 January 2017. The 3 day workshop is 25-27 January with a day of driving on either side of the class. Drive time one way is about 9 hours with stops.

Sign up by October 15, 2016

A clearer estimate of trip cost will be available after that date, especially if gas prices rise. Each person must sign up and pay for the workshop herself. I will notify you when Windham is ready to accept sign-ups for the workshop. I will take care of all other arrangements. **\$160 deposit due at sign-up. Refund cut-off date is January 9, 2017.**

Trip Captain: **Cathy Margiotta** 757-275-3934, windham17@peninsulaskiclub.com

Fear Workshop Cost (estimate): \$800. Cost includes 6 hours of ski coaching every day. 3-day lift ticket, breakfast, and lunch included. Workshop dinner is optional and costs \$40 per person.

Lodging (estimate): 3 nights at Thompson House, approx \$50 per person per night, double occupancy. Estimate includes tax and gratuity. Total \$150 per person.

Roundtrip gas/tolls (estimate): \$200 per car. Up to 3 people per car.

Trip Cost: \$1060 (estimate). \$160 deposit due at sign-up. Please make check payable to PSC.

Invite-a-friend! Know someone who wants to go, but doesn't want to participate in the workshop? Or can't because your friend is a guy? Bring them along anyway! Trip cost for your friend is \$428. Includes lodging, lift tickets, driving expenses, and continental breakfast.

About Mermer: Mermer Blakeslee started skiing at Windham in 1960 at the age of three and has taught skiing there since 1979. In 1996, Mermer won Skiing Magazine's Instructor of the Year Award. That spring, she became a member of the PSIA National Demonstration Team, an elite team which spearheads the development and direction of ski teaching in America and represents American skiing internationally. She is one of the few women and the only mother to do so. Mermer has run The Fear Workshop at Windham for 25 years and has been called "the ski industry's fear specialist."

windhammountain.com | thompsonhouse.com