

## **Learn John Clendenin's Squeegee Move in Aspen, Colorado while taking ski lessons**

Winter is just around the corner. What better way to spend the cold months but in the mountains, skiing with your friends and family? If you're planning a family getaway for the holiday season, you might want to consider going to Aspen, Colorado and learn John Clendenin's famous Squeegee Move™.

Skiing is an activity for people of all ages. You, your family and friends will enjoy learning the Clendenin Ski Method and have fun skiing in Aspen. John Clendenin's Ski Method focuses on safety and speed management, two important factors you should consider when skiing. Whether you're a beginner or a seasoned pro, John Clendenin's ski method will help you improve your skiing skills

John Clendenin's ski method concentrates on the basic fundamentals of skiing first. Once you've mastered these fundamentals, you can start learning simple moves like the Squeegee Move™.

The Squeegee Move™ allows you to re-center yourself and assures a safe parallel turn entry on the slope. To do this, hold your poles in a comfortable position in front and to your side then face down a gentle slope. Position your feet six inches apart and lift your poles out to your side. As you start going down the slope, tip one ski on its little-toe edge and scrape it gently toward the other ski. When the scraping of your ski has gentle, consistent pressure, like a squeegee on a car windshield, you will gently turn in the direction of the scraping ski. As you finish your turn will also find yourself centered over, and balanced on, the scraping ski. This simple move is like sticking one oar beside your canoe when floating down a gentle river. The canoe will gently turn toward the side with the oar in the water.

The Squeegee Move™ is just one of the many things you will learn in John Clendenin's ski program. Learn the fundamentals of skiing, be in control and have fun in all kinds of terrains with the Clendenin Ski Method.

The Clendenin Ski Method is a simple concise Method focused on safety and

speed management in all terrain, even bumps. Two-time World Ski Champion John Clendenin says, “Baby boomer clients first read the book *Four Words for Great Skiing* and watch the DVD *Finding the Love Spot* (both offered on his web site below). The majority of students like starting their lesson indoors secured in the safety harness. Warm and comfortable in the Aspen Club and Spa, they grasp the basic fundamentals of great skiing on the infinite slope – the ski simulator. New skills immediately transform their skiing in one of Clendenin’s enchanting camps or in a private lesson guided by John or one of his certified CSM coaches. With ownership, the Clendenin Ski Method invites clients of all ages ‘to dance with gravity’ and renew their thrill of skiing the entire mountain. Learn more at [www.skidoctors.com](http://www.skidoctors.com)