

## **Getting to Know the Epiphany Pad, the Secret to Great Ski Training in Aspen/Snowmass Colorado**

Learning how to ski is easier with the John Clendenin Ski Method, a simple concise Method focused on safety and speed management in all ski terrain but especially in the bumps. John Clendenin, a two-time world freestyle champion, teaches the fundamentals of skiing while maintaining a sharp focus on safety and speed control.

The John Clendenin Method is for people of a wide-range of ages and skiing skills. Young or old, amateur or pro, all learn new techniques with John Clendenin and his team of ski teaching pros. Each ski lesson presents the simple concepts to students along with the understanding and skills necessary for learning to ski on a new advanced level. Concepts of safety and speed management when skiing always stay at the forefront of Clendenin Ski Lessons.

The Epiphany Pad™ is just one of the many concepts you will encounter in the-Clendenin Ski Method. One of the most important aspects of his Method and the basic understanding of ski fundamentals is learning how the feet affect positioning, balance and speed. The Epiphany Pad™ is the part of the sole behind your little toes. Hold a chair for balance and stand on one foot. Now, lean slightly to the outside of your foot. The area where you feel the most amount of pressure, on the little-toe side of your foot, is the Epiphany Pad™.

Feeling the Epiphany Pad, and learning its basic functions, enables you to finesse your ski edges while making smooth controlled turns. With the Clendenin Ski Method lessons, you'll start exploring the feelings in your Epiphany Pad (EP) on gentle groomed ski slopes. Soon you discover how the EP creates balance on your uphill ski. Balanced on your Epiphany Pad you can easily release your downhill ski which leads you naturally into a parallel turn.

Learn how to ski with the John Clendenin Method and take skiing to new heights.

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)