



zai

Ski Experience Days Diavolezza 7-9 April 2024



zai skiing & FitAid – what to expect

Welcome to this zai event in the mountains. Two friends and movement experts have joined forces for this event. zai's Benedikt and Aidan from FitAid Performance are putting the focus on movement.

We will meet in an alpine environment at 3,000 m and spend two days skiing together. The Berghaus Diavolezza will be our home during this time. We will meet before breakfast to wake up on our feet and then after breakfast on our skis, with the slope right outside the house. Aidan and Benedikt set the framework and provide the impetus. *

With innovative material combinations, creative construction concepts and a natural movement method, we want to positively influence the position on the skis - always with the aim of optimizing the flow of energy. On our ski runs, we seek a symbiosis of efficient movement and external conditions. We encourage each other to exceed and redefine our own limits. Together we awaken natural movement patterns and use them consciously to find our own line on the mountain - playing in the snow, like the jackdaw in the sky.





zai – Programm

Sunday, April 7, 2024

15:30 Meeting point at the Diavolezza valley station for the last ascent

18:30 Welcome at the bar of the Berghaus Diavolezza

19:30 Dinner in the hotel

Monday, April 8, 2024

FitAid Performance program

07:00 Natural, effective and pain-free movement with Aidan in the training room

07:45 Breakfast

Ski program

09:45 Skiing with Benedikt and Aidan on Diavolezza

13:30 Lunch in the mountain restaurant

15:30 Last descent

19:30 Dinner at the hotel





Dienstag, 9. April 2024

FitAid Performance program

07:00 Natural, effective and pain-free movement with Aidan in the training room

07:45 Breakfast

Ski program

09:45 Skiing with Benedikt and Aidan on Diavolezza

13:30 Lunch in the mountain restaurant

15:30 Last descent and return to the hotel, journey home

Pricing:

Prices per person for 2 days: CHF 1,250 in a double room or CHF 1,350 in a single room

Including skiing with the entire zai collection, welcome aperitif, ski ticket for 2 days, hotel accommodation, food and drinks

Excluding travel costs and insurance

Registration - send us an e-mail with your personal details - e-mail address, telephone number and postal address - to info@zai.ch

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fitaid.ch

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