



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular  
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### **Clinic Summary Notes**

#### **Clinic Topic: Application of Mindfulness To Improve Your Personal Skiing & Riding Skills and Adaptive Lessons** – Christina Bruno

1. Mindfulness has been used in training to help manage stress and mental health, but also can be highly beneficial in your own personal skiing or riding development. Mindfulness is a learned awareness and is closely related to attention. When skiing or riding we can use mindfulness to give your brain feedback that helps you adjust your movements to maintain balance and focus to perform a task.
2. Pay Attention to your Posture- certain postures can create imbalances in your physical structure that hinder your performance. For example, hyperextension in the chest area or continually shrugged shoulders often make it difficult to counter-twist the torso from the legs and bring your weight backwards. Do you put more weight on one foot than the other? Do you hold tension in your shoulders or lower back? Bring awareness to your posture and try to relax and create more of a balanced, aligned stance.
3. Focus on Your Breath- proper breathing is extremely helpful when working to optimize your mental and physical skills. Breathing can erase tension and create a more centered state of being. It brings oxygen to the brain and muscles to calm you. Shallow breathing can put you in physiological stress. Become aware of your own breathing, close your eyes if necessary. Is it high in the chest or does the breath extend down to your belly? Breathe deeply through your nose, filling your abdomen completely. You should feel/see your belly rising. Hold your breath for a few seconds, then exhale out of your mouth using your abdominal muscles to expel all the air. Your breathing should move the stomach outward and inwards as you slowly inhale and exhale. Practice this breathing for 1 minute. Then take this breathing into your personal riding/skiing.
4. Positive Self Talk- Mindfulness also relates to self-talk, that inner voice that guides your thoughts. Using positive self-talk can benefit all areas of your life and is profoundly useful for your training when using a new skill. Notice your own self-talk- do you use cues like "don't" or "can't". Replace those words with "can" "will".
5. Internal Vs. External Imagery- There are two types of imagery-internal, in which the experience is visualized from the inside looking out - and external, in which you're more of a witness watching yourself perform the activity. Internal imagery is thought to be more effective because you're more fully immersed in the experience. Your perspective clearly targets movements on the correct side of the body.

6. Visualization- the practice of imagining what you want to take place or achieve and imagery is a mental practice in which you take in information from all your senses to create an experience that can improve technique, analyze and correct, prepare for competition, and boost confidence.