



The ski school with a difference and its coaches ski with top gear by



THE TEAM

Top medical performance combined with 40 years of snow sport experience - this is **ECCO**



CONTACT

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MOVEMENT

STARTING AGAIN

ECCO skiCoaching means motivation, moving again, fun and increasing your quality of life for people who were forced to stop skiing for various reasons.

ECCO is based on the knowledge of a team of experienced medical and ski-coaching professionals.

ECCO also stands for 'there you go' and therefore offers a nice metaphor to your comeback.

„THE FRESH SWISS MOUNTAIN AIR AND BEING ACTIVE IS WHAT BRINGS MY BODY, SOUL AND HEART INTO HARMONY.“

Maria Walliser – World Champion Downhill / Super G



TRUST

CONFIDENCE AND FEELING GOOD

ECCO also means:

- › To adjust your gear and terrain according to your abilities
- › To avoid extreme rotation and too much pressure on your joints
- › Build up your strength as well as learning how to protect your joints while skiing with an individual tailored training plan.

Only your doctor or therapist will provide medical adjustments or support. We can't take the responsibility of your activities off you, however we can help you to become more self-conscious on how to enjoy them again.

„COMPETENCE THAT BRINGS CONFIDENCE“

Dr. Georg Ahlbäumer – Klinik Gut



AIM

BACK ON TRACK

ECCO has been specially designed for people who want to get back to the slopes again – for you

- › after a long break
- › after an injury, an operation with a joint replacement i.e. knee or hip replacement
- › if you are feeling hesitant on the slopes

Don't miss out and take the step to start skiing again. Let us take you back into the world of nature's snow crystals. You'll increase your body awareness and your ability to move. Regain the pleasure of exercising and enjoy your improved quality of life.

We would like to join you on the top prepared slopes in the beautiful Engadin, or in the region of your choice.

Please let us know your goals and we'll help you to realise these. We are looking forward to welcome you very soon.

„FOR YOU TO HAVE FUN WHILE BEING ACTIVE AND CONNECTING WITH NATURE AGAIN IS WHAT DRIVES US.“

Lupo – Coach

