

**GET FIT FAST**  
QUICK WORKOUTS FOR BUSY SKIERS

# SKI

THE MAGAZINE OF THE SKI LIFE



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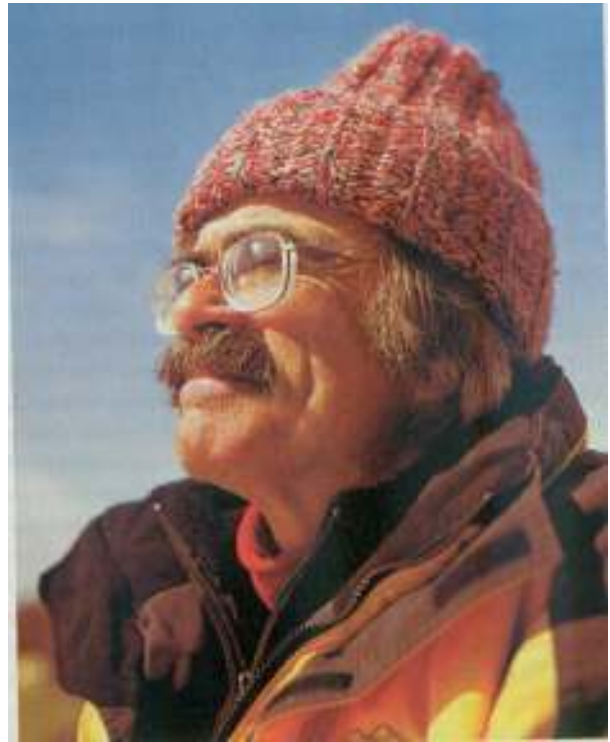


**PLUS THE WORLD'S MOST DECADENT HELISKI TRIP**

## Become One with the Mountain

**AS HE THREW** his skis over his shoulder and set out for the slopes, Joshua Segal used to joke that he was “going to temple.” It was true in more ways than one. Then an instructor at Temple Mountain in New Hampshire, the skiing rabbi considers the mountains as spiritual a place as the synagogue. Today, at New Hampshire’s Ragged Mountain, Segal, 60, shares his philosophy with students in his course on skiing and Jewish mysticism.

Segal discusses Kabbalah-Jewish mysticism-and encourages students to apply its message of energy flow and balance to their skiing style. “We all get thrown back on our heels at times,” he says. “When we get out of balance on the mountain or in life, we need a way to get back in. The essence of skiing, and life, is blending the physical with the spiritual.” Segal, with his caterpillar mustache and weathered face, urges students to focus on their physical connection to the slope, the visual joy of skiing and the beauty of the mountains.



Joshua Segal Years Teaching 28 Location: Ragged Mtn N.H.

“Rabbi Segal would say that, as we live our lives, we leave behind accomplishments and deeds that are etched into history like our tracks in the snow,” says Rick Flanders, a 25-year skier who took the course. This might seem like religious mumbo jumbo to skeptics, but Segal’s message is clear: Aspire to be a better skier and a better person. Flanders says the class changed his skiing style. “I take more time now to enjoy the beauty, sights, smells and feel of skiing.”