

## **Body Mind Spirit 2010 Presenter Application**

We are pleased to invite you to apply to be a presenter at the 8th annual Body-Mind-Spirit, Educational Conference and Exposition featuring Pilates, Gyrotonic®, Feldenkrais, Somatic Movement and more!

Body-Mind-Spirit 2010 will feature practice classes and workshops presented by Master Teachers of Mind-Body Movement. The focus of this conference is to provide the highest quality continuing education to instructors, to create community within this rapidly expanding field, to increase consumer awareness and to provide studio and club owners with programming and marketing information. As a presenter you will have the opportunity to share your information with a talented and diverse group of mind-body instructors, students and club and studio owners.

Please note that for this conference we have the following focuses for the presentations:

### **3-DAY MAIN CONFERENCE - April 16 - 18, 2010**

#### **General Conditioning & Teaching Skills**

**Dance Conditioning**  
**Sports Specific Conditioning**  
**Enhancing Teaching Skills**  
**Business Lecture Series**

#### **Correctives, Rehabilitation and Injury Prevention**

**Upper Quadrant**  
**Lower Quadrant**  
**Spinal Rehabilitation**  
**Special Populations**

#### **Presentation formats:**

- 1) **AM and PM Practice Classes** 60 – 120 minute sessions which will be offered in all disciplines and at a number of different levels. These courses are offered in the early morning and late afternoon timeslots. For example: beginning Gyrokinesis, introduction to Pilates mat, intermediate Reformer classes, advanced yoga asanas. The focus of these sessions is on
  - a. Providing participants with a work out
  - b. Modeling excellent instruction, pacing, sequencing and cueing
  - c. Introducing clients to new experiences
  - d. Showing instructors different ways to teach

Please include a brief outline of your workout with your course application.

- 2) **Workshops** 2 – 3 hour presentations geared toward continuing education for instructors. These workshops will take place in the morning and afternoon workshop timeslots. For example: teaching an advanced Reformer class, sequencing a Gyrotonic session, combining Pilates and Gyrotonic in a personal training session, Yoga modifications for seniors. The focus of these sessions is on:
- a. Teaching instructors new material
  - b. Reinforcing key principles
  - c. Improving instructor skills
  - d. Inspiring instructors by modeling excellent teaching skills
  - e. Encouraging instructor creativity

Please include a detailed outline of your workshop and any written material with your course application.

- 3) **Lectures** 60 – 120 minute sessions focusing on 1) business and management topics such as: programming, business development, incorporating mind-body fitness into club, personal training and studio settings and 2) continuing education topics such as: back safety and yoga, developing programs for special populations, using mind-body fitness for stress reduction and health enhancement. The focus of these sessions is on:
- a. Specific information the business owner, manager or instructor can use to improve their business, programming or teaching
  - b. Improving instructor's basic knowledge of safe exercise techniques, anatomy, kinesiology and biomechanics, applications for injury prevention, correctives and post rehabilitation exercise

Please include a detailed outline of your lecture and any written material with your course application.

- 4) **Pre-conference Events – April 16 & 17:** 1 – 2 day intensives to be offered in conjunction with the conference. These events allow students to combine their educational opportunities and to allow instructors with courses that don't fit in to the regular conference schedule to present their material. These can be offered by certifying organizations or individual instructors. Specific arrangements would be made with Body-Mind-Spirit regarding the location of events, co-marketing opportunities and logistics. The focus of these sessions is on;
- a. Giving students the opportunity to complete basic certifications
  - b. Allowing instructors to go into more depth in a particular topic.

Please include a detailed outline of your presentation and any written material with your course application.

**Course Facilities**

We have reserved the Santa Clara Convention Center & Hyatt Hotel Ballrooms for the Conference. Some of the rooms will be reserved for workouts and workshops that are done on a mat with minimal equipment. There are also rooms for Reformer workouts and workshops, Chair workouts and workshops, Tower/Cadillac workshops, Gyrotonic Expansion System workouts and workshops and workshop rooms with mixed equipment for lecture / demonstration workshops. Please indicate your equipment desires in your application.

**The Exhibition Hall**

The Body-Mind-Spirit Educational Conference will also include an exhibit hall featuring vendors and resources for mind-body fitness. If you or your organization is interested in sponsoring a booth please contact our office at (408) 284-5300 or cell phone at 408-313-1984 or at [jcraft@bodymindexpo.com](mailto:jcraft@bodymindexpo.com)

**Application Deadlines**

**Please return this application with all of the required material by June 15, 2009.** We will review the applications and let you know if you have been accepted by July 31, 2009. If you have any questions or need more information please feel free to contact us via e-mail at <mailto:questions@bodymindexpo.com>.

**Please e-mail the completed application to [questions@bodymindexpo.com](mailto:questions@bodymindexpo.com), fax the application to (408) 284-1501, or mail the application to:**

**Presenter Applications 2010  
Body-Mind-Spirit Conference  
33 Las Colinas Lane  
San Jose, CA 95119**

## **Body Mind Spirit 2010 Presenter Application**

Please complete this application for general presenter information and complete a separate course application for each workout, workshop, lecture or pre-conference event you would like to present.

Date\_\_\_\_\_

Name\_\_\_\_\_

Studio Affiliation\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Phone Numbers – Work\_\_\_\_\_ Home\_\_\_\_\_ Fax\_\_\_\_\_

E-mail Address\_\_\_\_\_

Website Address\_\_\_\_\_

Please list all current certifications and the certifying organization:

Pilates \_\_\_\_\_

Gyrotonic \_\_\_\_\_

Yoga\_\_\_\_\_

Feldenkrais\_\_\_\_\_

ACE\_\_\_\_\_ AFAA\_\_\_\_\_ NCSM\_\_\_\_\_ ACSM\_\_\_\_\_ Other: \_\_\_\_\_

College or University degree\_\_\_\_\_

Are you a continuing education provider? Please list organization(s) you are registered with:

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### Biographical information

Please limit to 35 words for the catalog. You may attach a longer bio for the website

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## **Body Mind Spirit 2010 Course Application**

Please fill out **one** course application for **each** course you will be teaching. Make a copy of this form for each additional presentation.

Presentation Title \_\_\_\_\_

Presenter Name: \_\_\_\_\_

Type of Presentation: Practice \_\_\_\_ Workshop \_\_\_\_ Lecture \_\_\_\_ Pre-Con \_\_\_\_

Category: Pilates \_\_\_\_ Gyrotonic \_\_\_\_ Yoga \_\_\_\_ Feldenkrais \_\_\_\_

Other: \_\_\_\_\_

Length of Presentation: \_\_\_\_\_

Please see presenter fact sheet for categories and times

Please send a description of the course including course outline and lecture notes.

Please write a 35 – 50 word description of your presentation for the catalog. You may also include a longer description which can be posted on the website:

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Please check one of the following categories for your presentation:

### General Conditioning & Teaching Skills

\_\_\_\_\_ Dance Conditioning

\_\_\_\_\_ Sports Specific Conditioning

\_\_\_\_\_ Enhancing Teaching Skills

\_\_\_\_\_ Business Lecture Series

\_\_\_\_\_ Other: \_\_\_\_\_

### Correctives, Rehabilitation and Injury Prevention

\_\_\_\_\_ Upper Quadrant

\_\_\_\_\_ Lower Quadrant

\_\_\_\_\_ Spinal Rehabilitation

\_\_\_\_\_ Special Populations

\_\_\_\_\_ Other: \_\_\_\_\_

**You are welcome to include: DVD's, videotapes, books, etc. that would be helpful to our selection committee. Please remember that each year we are looking for new and innovative programming that hasn't been presented in the past.**

**Body Mind Spirit 2010 Course Application, cont.**

Presenter Name: \_\_\_\_\_

**Professional Background**

Please list previous experience teaching this course or related courses:

Course title	Location	Dates
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**References**

Please include 3 written references from qualified professionals that document the instructor’s teaching experience and qualifications. *If you are a past presenter, you do not need to provide references.*

**Body Mind Spirit 2010 Course Application, cont.**

Please indicate all equipment needs. For workouts we will have one piece of equipment per student. For workshops emphasizing one piece of equipment we will have one piece of equipment for 3 students for Pilates and 4 students for Gyrotonic®.

Presentation Title: \_\_\_\_\_

Presenter Name: \_\_\_\_\_

\_\_\_\_ Padded mats

\_\_\_\_ Canvas straps

\_\_\_\_ Stretchy bands or tubing

\_\_\_\_ Towels

\_\_\_\_ 6" Foam Rollers

\_\_\_\_ Physioballs

\_\_\_\_ Resistance rings

\_\_\_\_ Pilates half arcs

\_\_\_\_ Reformers/ Allegros

\_\_\_\_ Towers

\_\_\_\_ Pilates Chairs

\_\_\_\_ Gyrotonic Expansion Towers

\_\_\_\_ Gyrotonic Specialized Equipment, please specify:

Please list any other fitness equipment needs: \_\_\_\_\_

\_\_\_\_\_

Please list any audio-visual equipment needs: \_\_\_\_\_

\_\_\_\_\_

*Please note: we do not provide powerpoint display units.*