

Presenter Application – 2010 Conference

Conference Theme: BACK TO BASICS

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, Franklin Method, Yamuna Body Rolling, 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.

2-DAY PRE CONFERENCE - April 14 - 15, 2010

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.

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

Conference Audience – who you are presenting to:

Fitness Pros – teaches in a Club, wants to learn or become certified

Beginners – apprentices or Less than 2 years of teaching experience

Trainers – teaches in a Studio or Club min. 2 – 7 years

Professionals – experienced teacher or owner of a studio for 7+ years

Practitioners – physical therapists, chiropractors, or practitioners

Club Management – health club management

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 – 90 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** 1 – 3 hour 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

**BODY-MIND-SPIRIT Educational Conference & Exposition
April 14 - 18, 2010 —Santa Clara Convention Center**

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

Course Facilities

We have reserved the Santa Clara Convention Center & Hyatt Regency 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

Application Deadlines

Please return this application with all of the required material by July 31, 2009. We will review the applications and let you know if you have been accepted by August 15, 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, 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:

Biographical information

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

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 ____ Feldenkrais ____ Franklin ____ YBR ____

Other: _____

Audience: Beginners ____ Fitness Pros ____ Trainers ____ Professionals ____

Practitioners ____ Club Mgmt ____ 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:

Please check one of the following categories for your presentation:

General Conditioning & Teaching Skills Correctives, Rehabilitation and Injury Prevention

_____ Dance Conditioning

_____ Sports Specific Conditioning

_____ Enhancing Teaching Skills

_____ Business Lecture Series

_____ Other: _____

_____ 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.

Presentation Title: _____

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

____ Stretchy bands or tubing

____ Towels

____ 6" Foam Rollers

____ Physioballs – size requested: _____

____ Resistance rings

____ Barrels – check: _____ baby arcs _____ spine correctors

____ Reformers

____ Towers

____ Pilates Chairs

____ Small Props: *please list below only if you will provide or you have a props sponsor*

____ Gyrotonic Expansion Towers

____ Gyrotonic Specialized Equipment, please specify below

Please list any other fitness equipment needs: _____

Audio-visual equipment needs: _____ Overhead Projector _____ DVD Player
_____ Slide Projector _____ Screen _____ Table _____ Electrical Cord _____ Mic

Please note: we do not provide LCD projectors. .