

Body-Mind-Spirit 2010
Continuing Education Credits

Day	Begin	End	Class Title	Type	Instructor	ACE	PMA	Polestar	Power	STOTT
Friday	7:00 AM	9:00 AM	Ten Fletcher Variations on the Reformer	Workshop	Kyria Sabin	0.2 credits	2 credits	1 credit	0	0
Friday	7:00 AM	9:00 AM	Balance Workshop: Pilates Repertoire that Challenges Balance	Workshop	Madeline Black	0.2 credits	2 credits	1 credit	0	0
Friday	7:00 AM	9:00 AM	STOTT PILATES® Prenatal on the Mat	Workshop	Stott Pilates	0.2 credits	2 credits	1 credit	0	0.2 credits
Friday	9:30 AM	12:30 AM	Demystifying the Pelvic Floor Relationship to Spinal Support	Workshop	Madeline Black	0.3 credits	3 credits	2 credits	0	0
Friday	9:30 AM	11:30 AM	Resist-A-Ball Hard Core	Workshop	Carol Murphy	0	0	1 credit	0	0
Friday	9:30 AM	11:30 AM	Spine Corrector for Body Balance	Workshop	Cecile LeMoine Bankston	0	0	1 credit	0	0
Friday	9:30 AM	11:30 AM	Gyrotonic® Specialized Equipment - Truly Three-Dimensional	Workshop	Christine Wilson	0	0	1 credit	0	0
Friday	9:30 AM	11:30 AM	A Taste of Gyrotonic	Workshop	Debra Rose	0.2 credits	0	1 credit	0	0
Friday	9:30 AM	11:30 AM	Pelvic Power	Workshop	Jan Dunn	0.2 credits	0	1 credit	0	0
Friday	9:30 AM	11:30 AM	Reformer Flow Challenge	Workshop	Kathy Corey	0.2 credits	2 credits	1 credit	0	0
Friday	9:30 AM	11:30 AM	Combo Chair – Mobility and Strength for the Beginner	Workshop	Malcolm Muirhead			0 1 credit	0	0
Friday	9:30 AM	11:30 AM	Reformer Choreography	Workshop	Michael King	0	0	1 credit	0	0
Friday	9:30 AM	11:30 AM	Pure Classical Pilates: The Wunda Chair	Workshop	Peter Fiasca & Sandy Shimoda	0	0	1 credit	0	0
Friday	9:30 AM	11:30 AM	Peak Pilates®: Boot Camp	Workshop	Sonia Rodriguez, Zoey Trap	0.2 credits	0	1 credit	0	0
Friday	9:30 AM	11:30 AM	Movement and the Feldenkrais Method: Train the Brain	Workshop	Stacy Barrows	0	2 credits	1 credit	0	0
Friday	9:30 AM	11:30 AM	STOTT PILATES® Secret to a Strong Back/Ultimate Back Care	Workshop	Stott Pilates	0.2 credits	2 credits	1 credit	0	0.2 credits
Friday	9:30 AM	11:30 AM	Pilates Mat Circuit Class with Accessories	Workshop	Veronica Ponienman	0	0	1 credit	0	0
Friday	9:30 AM	12:30 PM	Pilates Plus Psyche (Learn to understand yourself and your clients better)	Workshop	Mary Bowen	0	3 credits	2 credits	0	0
Friday	1:00 PM	4:00 PM	Intention of Cueing: Gyrotonic Hands on Beyond the Progressions	Workshop	Leda Franklin, Joy Puleo	0	0	2 credits	0	0
Friday	1:00 PM	6:00 PM	Have Your Teaching Skills Assessed	Workshop	Allan Menezes	0	0	4 credits	0	0
Friday	2:00 PM	4:00 PM	Athletic Training on the Chair	Workshop	Cecile LeMoine Bankston	0	0	1 credit	0	0
Friday	2:00 PM	4:00 PM	The Core Has Legs: Connect the Soles of the Feet with the Pelvic Floor and the Eyes	Workshop	Elizabeth Larkam	0.2 credits	2 credits	1 credit	0	0
Friday	2:00 PM	4:00 PM	Strong, Flexible, Articulate Spine	Workshop	Kyria Sabin	0.2 credits	2 credits	1 credit	0	0
Friday	2:00 PM	4:00 PM	The All New Pilates Bar From Power Systems	Workshop	Leslee Bender	0.2 credits	0	1 credit	0	0

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Friday	2:00 PM	4:00 PM	Flow- Evolved Choreography Pilates Workshop	Workshop	Michael King	0	0	1 credit	0	0
Friday	2:00 PM	4:00 PM	Shoulder Girdle and Cadillac	Workshop	Patricia Guyton	0.2 credits	2 credits	1 credit	0	0
Friday	2:00 PM	4:00 PM	Pure Classical Pilates: The Universal Reformer	Workshop	Peter Fiasca & Sandy Shimoda	0	0	1 credit	0	0
Friday	2:00 PM	4:00 PM	Peak Pilates®: To Power Circle or Not to Power Circle	Workshop	Sonia Rodriguez	0.2 credits	0	1 credit	0	0
Friday	2:00 PM	4:00 PM	Wunda Chair for Pregnancy & Older Adults	Workshop	Veronica Ponieman	0	0	1 credit	0	0
Friday	2:00 PM	4:00 PM	Save Your Face	Workshop	Yamuna Zake	0	0	1 credit	0	0
Friday	2:00 PM	4:00 PM	Peak Pilates®: Terrific Tower	Workshop	Zoey Trap	0.2 credits	0	1 credit	0	0
Friday	4:30 PM	6:00 PM	The Standing Work of Gyrokinesis	Workshop	Debra Rose	0.1 credit	0	0.75 credit	0	0
Friday	4:30 PM	6:30 PM	Gyrotonic® - Connecting the Dots	Workshop	Christine Wilson	0	0	1 credit	0	0
Friday	4:30 PM	6:30 PM	POWER PILATES CHAIR WORKSHOP	Workshop	POWER PILATES	0.2 credits	2 credits	1 credit	2 credits	0
Friday	4:30 PM	6:30 PM	STOTT PILATES® Intensifying Essential Matwork™ STOTT PILATES® Intensifying Essential Matwork™	Workshop	Stott Pilates	0.2 credits	2 credits	1 credit	0	0.2 credits
Saturday	7:00 AM	9:00 AM	How to Teach Gyrotonic Pulley Tower Classes: Inspiring Programming for all Levels and Abilities!	Workshop	Kathy Van Patten	0	0	1 credit	0	0
Saturday	7:00 AM	9:00 AM	STOTT PILATES® Armchair Pilates Plus OR For a Mature Population	Workshop	Stott Pilates	0.1 credit	2 credits	1 credit	0	0.2 credits
Saturday	9:30 AM	11:30 AM	Why Breathing is More Important than the Exercise	Workshop	Allan Menezes	0	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Desk Pilates—Living Pilates Every Day	Workshop	Angela Kneale	0	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Resist-A-Ball Rhythmic Strength and Stretch	Workshop	Carol Murphy	0	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Reformer for Men	Workshop	Cecile LeMoine Bankston	0	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Gyrotonic® - Discover the Power of Breath	Workshop	Christine Wilson	0	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Peak Pilates®: PilatesStick: Pilates without Limitations	Workshop	Connie Borho	0.2 credits	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	A Taste of Gyrokinesis	Workshop	Debra Rose	0.2 credits	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	The Breath as Source in Pilates	Workshop	Jonathon Urla	0	2 credits	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Functional Training for the Spine-Spine Correctors Asymmetrical Patterning	Workshop	Kathy Corey	0.2 credits	2 credits	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Matwork Intermediate – Technique is the Key	Workshop	Malcolm Muirhead	0	0	1 credit	0	0

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Saturday	9:30 AM	11:30 AM	Lifelong Pilates & The Body Part I	Workshop	Mary Bowen	0	2 credits	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Peak Pilates®: Touch Speaks Louder Than Words	Workshop	Sonia Rodriguez	0.2 credits	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	ActivCore FEX®: From Assessment to Muscle Activation	Workshop	Trent McEntire	0.2 credits	2 credits	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Stretch Reformer Workshop	Workshop	Veronica Ponienman	0	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	YBR: Save Your Hips	Workshop	Yamuna Zake	0	0	1 credit	0	0
Saturday	9:30 AM	11:30 AM	Peak Pilates®: MVe® Fitness Chair Balance and Control	Workshop	Zoey Trap	0.2 credits	0	1 credit	0	0
Saturday	1:00 PM	4:00 PM	The Iliotibial Band and its Relationship in the Lumbo-Pelvic-Hip Complex	Workshop	Christine Romani Ruby	0.2 credits	3 credits	2 credits	0	0
Saturday	1:00 PM	4:00 PM	BASI Pilates™ Take it to the Mat!	Workshop	Kristi Cooper White	0.3 credits	0	2 credits	0	0
Saturday	1:00 PM	4:00 PM	Why the Gyrotonic System Works Part I	Workshop	Leda Franklin, Joy Puleo	0	0	2 credits	0	0
Saturday	1:00 PM	4:00 PM	Lifelong Pilates & The Body Part II	Workshop	Mary Bowen	0	0	2 credits	0	0
Saturday	2:00 PM	4:00 PM	Peak Pilates®: MVe® Arcs & Angles	Workshop	Connie Borho	0.2 credits	0	1 credit	0	0
Saturday	2:00 PM	4:00 PM	The Core Has Arms: Connect the Thoracic Spine, Ribs, Shoulders, Arms and Hands	Workshop	Elizabeth Larkam	0.2 credits	2 credits	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Relax Your Neck, Liberate Your Shoulders	Workshop	Jan Dunn	0.2 credits	0	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Finding Your Core: The CORE Band Challenge	Workshop	Kathy Corey	0.2 credits	2 credits	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Introduction to Gyrotonic Specialized Equipment: Addressing Individual Needs	Workshop	Kathy Van Patten	0	0	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Bender Ball Selected Stabilization	Workshop	Leslee Bender	0.2 credits	0	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Winsor Accelerator Pilates Workshop	Workshop	Mari Winsor	0.2 credits	0	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Wunda Chair: But I am Advanced	Workshop	Michael King	0	0	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Pure Classical Pilates: The Integrated System	Workshop	Peter Fiasca & Sandy Shimoda	0	0	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Osteoporosis Update	Workshop	Sherri Betz	0.2 credits	2 credits	1 credit	0	0
Saturday	2:00 PM	4:00 PM	Peak Pilates®: MVe Reformer Jump!	Workshop	Zoey Trap	0.2 credits	0	1 credit	0	0
Saturday	4:30 PM	6:30 PM	GYROTONIC LEVEL II : Spice Up Your Client's Workout!	Workshop	Kathy Van Patten	0	0	1 credit	0	0
Saturday	4:30 PM	6:30 PM	Shoulder Girdle and Reformer	Workshop	Patricia Guyton	0.2 credits	2 credits	1 credit	0	0
Sunday	7:00 AM	10:00 AM	The Pain in the Brain	Workshop	Dr. Eric Cobb	0.2 credits	3 credits	2 credits	0	0
Sunday	7:00 AM	10:00 AM	Why the Gyrotonic System Works Part II: The Musculoskeleton System	Workshop	Leda Franklin, Joy Puleo	0	0	2 credits	0	0
Sunday	8:00 AM	10:00 AM	Pro-Roller Pilates Essentials Practice	Workshop	Angela Kneale	0	0	1 credit	0	0

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Sunday	8:00 AM	10:00 AM	Peak Pilates®: Pilates Reformer Progressions	Workshop	Connie Borho	0.2 credits	0	1 credit	0	0
Sunday	8:00 AM	10:00 AM	Pelvic Power	Workshop	Jan Dunn	0.2 credits	0	1 credit	0	0
Sunday	8:00 AM	10:00 AM	The Art of Asymmetrical Exercise on the Cadillac	Workshop	Kathy Corey	0.2 credits	2 credits	1 credit	0	0
Sunday	8:00 AM	10:00 AM	The Bender Ball Healthy Back	Workshop	Leslee Bender	0.2 credits	0	1 credit	0	0
Sunday	8:00 AM	10:00 AM	Jump! Reformer Workshop	Workshop	Michael Fritzsche and Ton Voogt	0.2 credits	0	1 credit	0	0
Sunday	8:00 AM	10:00 AM	Spirals Workshop	Workshop	Michael King	0	0	1 credit	0	0
Sunday	8:00 AM	10:00 AM	Pure Classical Pilates: The Barrels	Workshop	Peter Fiasca & Sandy Shimoda	0	0	1 credit	0	0
Sunday	8:00 AM	10:00 AM	Osteoporosis 101	Workshop	Sherri Betz	0.2 credits	2 credits	1 credit	0	0
Sunday	8:00 AM	10:00 AM	ActivCore FEX®: From Assessment to Muscle Activation	Workshop	Trent McEntire	0.2 credits	2 credits	1 credit	0	0
Sunday	8:00 AM	10:00 AM	Peak Pilates®: MVe® Chair Pedal Progressions	Workshop	Zoey Trap	0.2 credits	0	1 credit	0	0
Sunday	10:30 AM	12:30 PM	Power Pilates Barrel Workshop	Workshop	Allison Gonzalez	0	0	1 credit	2 credits	0
Sunday	10:30 AM	12:30 PM	Gyrotonic Level 2 Pulley Tower	Workshop	Debra Rose	0.2 credits	0	1 credit	0	0
Sunday	10:30 AM	12:30 PM	Relax Your Neck, Liberate Your Shoulders	Workshop	Jan Dunn	0.2 credits	0	1 credit	0	0
Sunday	10:30 AM	12:30 PM	Yogilates® Master Class	Workshop	Jonathon Urla	0	2 credits	1 credit	0	0
Sunday	10:30 AM	12:30 PM	Matwork Fundamentals – The Michael King Pilates Methodology	Workshop	Malcolm Muirhead	0	0	1 credit	0	0
Sunday	10:30 AM	12:30 PM	What's Going On With Your Pelvic Alignment	Workshop	Mary Bowen	0	2 credits	1 credit	0	0
Sunday	10:30 AM	12:30 PM	STOTT PILATES® Pilates Weight Loss Boost	Workshop	Stott Pilates	0.2 credits	2 credits	1 credit	0	0.2 credits
Sunday	10:30 AM	12:30 PM	Peak Pilates®: Pilates for the Overweight Client	Workshop	Zoey Trap	0.2 credits	0	1 credit	0	0
Sunday	10:30 AM	1:30 PM	It's All About The CORE	Workshop	Allan Menezes	0	0	2 credits	0	0
Sunday	10:30 AM	1:30 PM	The Big X – Understanding Your Kinetic Chain	Workshop	Dr. Eric Cobb	0.3 credits	3 credits	2 credits	0	0
Sunday	10:30 AM	1:30 PM	BASI PILATES™ Challenging Basics: Increasing Session Intensity without Sacrificing Session Integrity	Workshop	Kristi Cooper-White	0.3 credits	0	1 credit	0	0
Sunday	10:30 AM	1:30 PM	The Lonely Ladder Barrel	Workshop	Kyria Sabin	0.3 credits	3 credits	2 credits	0	0

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