



Roxanne Banta, the Director of MINDBODY Education. In this vital role, Roxy coordinates customer continuing education programs, including the very successful MINDBODY University Events. A certified yoga instructor as well as an experienced database programmer and college lecturer, Roxanne loves being a part of MINDBODY because it “allows the wellness industry to focus on providing a way of life that is an integral part of living in today’s world.” In her 4 years with MINDBODY she has managed Customer Service and Data Conversions.



Stacy Barrows, PT, a Registered Physical Therapist, Certified Feldenkrais® Practitioner and PMA certified Pilates Instructor. She developed the SMARTROLLER® based on her years of teaching foam rollers. Barrows is co-owner of Century City Physical Therapy, Inc., and has co-authored a research study on the Feldenkrais Method.



Leslee Bender, over 25 years experience in the fitness industry. Realizing the necessity for new, bio-mechanically safe exercises suitable for the general population, she founded The Pilates Coach, LLC. Working with a team of Professionals, Leslee analyzed all of the traditional Pilates movements and created a safer program for the fitness industry. The Pilates Coach programs are internationally recognized for the highest level of quality.

Leslee has certified over 2,000 trainers internationally and has presented in over 20 countries. She presents for IDEA World Fitness, Body-Mind-Spirit, Sara City Workout, Pilates on Tour, Club Industry and DCAC. Leslee has produced over 20 videos and has been talent for both SPRI and Reebok. Leslee has created the Bender Method of Training, one of the most progressive infomercials on television today.



Sherri Betz, PT, has been a licensed Physical Therapist since 1991, international presenter, Polestar Principal Educator/Examiner, Gyrotonic/Gyrokinesis™ Instructor, nominated for APTA Geriatric Clinical Specialist Award 2004, author of *The Osteoporosis Exercise Book*, 2nd Edition, creator of modified Pilates videos for special populations & is pioneering development in Pilates for Osteoporosis and Geriatrics. Sherri is dedicated to increasing awareness about bone health and serves on the Professional Education Committee of the Foundation for Osteoporosis Research and Education (FORE). Sherri owns TheraPilates Physical Therapy Clinic, in Santa Cruz, CA. She has served as the Vice-President of the Pilates Method Alliance Board of Directors since 2003.



Madeline Black, explores ways to create balance in the body utilizing Pilates, yoga, Gyrotonic®. Her work combines her knowledge of anatomy, biomechanics, and quantum physics concepts with release techniques, breath, three-planar movement techniques and energy work. She is known in the industry and among her clients for her integrity, openness and love of the work. A resident of Sonoma, California, Madeline’s home studio is Studio M. You can find out where she is teaching workshops nationally and internationally on her website: www.madelineblack.us.



Kathy Corey, a Master Teacher who is well versed in the art of Pilates. She began her career with the Pilates Technique in 1979 and is the Director of West Coast Pilates. Her in-depth study and knowledge of the method gave her the opportunity to sculpt her unique teaching style and develop her world renowned programs.



Mary Bowen, Pilates Elder (First generation Pilates teacher) introduced PILATES PLUS PSYCHE to the Pilates community nine years ago, a combination evolving over 34 years of teaching Pilates and 39 years of practicing as a Jungian psychoanalyst. Mary worked each discipline separately for 20 years until “gradually it was impossible as I taught Pilates not to see and address the whole person, both the conscious and the unconscious.”



Connie Borho, over 20 years’ of experience in the health and fitness industry. As a group exercise instructor and personal trainer certified by both ACE and AFAA, Connie implemented and managed group exercise programs for various health and fitness clubs in New York before focusing entirely on mind-body fitness. With two certifications in Yoga, and a 500 hour RYT with Yoga Alliance, Connie has studied with and assisted many popular yoga teachers. She has extensive experience in the area of pre/post natal exercise, and is a respected continuing education provider in the area. As owner of Balance Pilates and Yoga Centers in Florida, and Teacher trainer for Peak Pilates, Connie is passionate about inspiring her students to health and well being through mind-body exercise.



Dr. Eric Cobb, creator and founder of Z-Health® Performance Solutions, LLC, Eric is one of the world’s foremost experts in utilizing the neurology of movement to create extraordinary changes throughout the human body. A chiropractic physician, Dr Cobb has a degree in human biology and has done post-grad studies in a variety of areas, including kinesiology, musculoskeletal trauma, and advanced soft tissue techniques. The unique system he teaches consistently allows Z-Health practitioners to produce instant reductions in pain, rehabilitation of injuries and amazing performance improvements in athletes, as well as individuals from all walks of life.



Kristi Cooper-White, 18 years experience teaching the Pilates method and has been dedicated to the BASI PILATES™ approach since 1997. Kristi has worked closely with Master teacher Rael Isacowitz both in his studio as a teacher, and as a principle faculty member of the BASI PILATES™ organization. Her passion for teaching has allowed her to teach in South Africa, China, Australia, Greece, and on both coasts of the US. Kristi has a full time practice in Santa Barbara where she splits her time working at The Beach Club Athletics and working privately in the homes of her clients. After introducing Pilates to Oprah Winfrey, Kristi was proud to be featured in segment on the Oprah show (Feb 05) highlighting the many benefits of Pilates. Kristi is also featured in the award winning Rael Pilates DVD series available for home use.



Jan Dunn, Co-Director of Denver Dance Medicine, adjunct faculty at the University of Colorado, Dept. of Theatre and Dance, and on staff at Pat Guyton Pilates (Boulder). She is a Level II Franklin Method Educator, has worked in Dance Medicine for 25 years, and in Pilates rehabilitation since 1992. Her background includes President / Executive Director of the International Association for Dance Medicine and Science (IADMS), Coordinator of the Dance Wellness Lab - Loyola Marymount University, university dance faculty positions, and as Associate Dean / Workshop Coordinator at the American Dance Festival. She has taught and presented Dance Medicine / Pilates / Franklin internationally, and authored numerous publications in these fields.



Peter Fiasca, Ph.D., founder of Pure Classical Pilates Inc., is from Southern California and began the Pilates method during 1988 at Wee-Tai Hom's studio in New York City. In 1997 he began training with master instructor Romana Kryzanowska at Drago's Gym. He was certified by Romana in 1998 and continued weekly lessons with her through 2002. Over the years, Peter has sustained his education and training with master teachers Jay Grimes and Kathy Grant, as well as other traditional instructors. Peter created the award winning collection of six Classical Pilates Technique DVDs and wrote the critically acclaimed companion book, *Discovering Pure Classical Pilates*.



Leda Franklin, an Authorized Master Trainer of the Gyrotonic Expansion SYstem, she taught at Juliu's White Cloud Studio for more than seven years before opening her own studio in Manhattan (NYC), in 1992. She ran her highly successful studio in New York City for over 17 years; specializing in teacher trainings in Gyrotonic and Gyrokinesis on all levels, the specialized equipment, as well as Pre & Post Natal, Breast Cancer Survivors and other workshops and rehabilitative programs. Leda sold Gyrotonic New York @ Studio Riverside and moved back to the United Kingdom in 2008. Leda's vast Gyrotonic teaching experience, of over 20 years, is in great demand. She regularly travels the world giving private sessions and a complete spectrum of Gyrotonic and Gyrokinesis trainings, as well as the Jump Stretch Board, Gyrotoner, Leg Extension Unit, Archway, The Ladder, Pre & Post Natal Applications and Gyrotonic Applications for Breast Cancer Survivors.



Michael Fritzke is an internationally recognized Pilates Master Teacher, presenter, educator, consultant and innovator. Since 1996, Michael and Ton have collaborated specializing in the Pilates method. They worked with Romana Kryzanowska for over 10 years in New York City where they were Teacher Trainers for her original international Pilates certification program. Their approach and work today in the Pilates method reflects and embraces all of the various approaches to the Pilates method. Together they co-founded ZENIRGY, LLC., developed and created the revolutionary TRIADBALL™, TRIADBALL™ manual, two DVD lines (commercial and educational) and several independently operated Pilates certification programs internationally.



Allison Gonzalez, is the owner of Purely Pilates and is a certified Pilates instructor through the Pilates Guild and Power Pilates. In her twenty year career as a classical ballerina, she performed with ballet and contemporary companies in France, Italy, New York, New Jersey and New Orleans. In New Orleans, as the director of the New Orleans Ballet Ensemble, she implemented pilates mat classes as part of the training for the company members. Allison discovered the many strength, balance and flexibility benefits pilates has to offer while rehabilitating from a dance injury. Following twelve years of using pilates as a form of cross training to her dancing, Allison chose to teach pilates. She completed the instructor certification program at The Pilates Studio of New York, which required six hundred hours of apprenticeship under the guidance of Romana Kryzanowska, a devotee and pupil of Joseph Pilates, and her daughter Sari Pace. She also completed two week intensive study under Bob Liekens, a master teacher of the pilates method. Allison is certified and is a teacher trainer for Power Pilates of NYC



Patricia Guyton, Pilates Conservatory®, PMA, and PMA CEC provider has been teaching Pilates for 25 years. She is a Franklin Method® Educator, Level I. Pat has authored *Stretch Out Strap Shoulder Girdle and Arm Work*.



Viveca Jensen, personal trainer to the stars, is a professional dancer, Pilates instructor, bodybuilder, and trained boxer, experiences that are evident in her creation of the latest fitness craze *Piloxing™*, a unique mix between Pilates and boxing.



Michael King, has been working with the Pilates technique for over 30 years. He originally worked with the technique as a dancer at the London School of Contemporary Dance. In 1982 he opened his own studio, Body Control in London, in connection with the newly formed Pineapple Dance Studios in Convent Garden. Two years later he was offered a position in Texas managing the Pilates studio at the Houston Ballet Company where he stayed until 1990. During this time sponsored by the Houston Ballet Michael travelled across the USA visiting and training at studios. In New York Michael trained with Carla Trier and with Romana at the original Pilates Studio. Michael also worked in the Voight Centre in LA for five years teaching fitness programs as well as at many other Pilates Studios including Winsor Pilates in Los Angeles. He moved back to Europe in 1995 where following a two year contract in Switzerland he returned to London. Michael's reputation as a renowned presenter both in Fitness and Pilates has been established since 1980. His training programs are now taught in over 30 countries worldwide and has been instrumental in the development of national and international standards in recent years.



Angela Kneale, Occupational Therapist, has achieved full certification from Stott Pilates and has completed Franklin Method teacher training. She provides therapy services, teaches Pilates and wellness, is the author of four books, and specializes in the integration of movement, breathing, postural alignment, and relaxation techniques for optimal health.



Elizabeth Larkam, a PMA Gold Certified instructor with 22 years of professional Pilates experience in clinical, fitness, dance and academic organizations. A Guild Certified Feldenkrais Practitioner, Gyrotonic, Gyrokinesis, Franklin Method and OM Yoga Instructor, Elizabeth is the Fitness Editor for PilatesStyle Magazine. Director of Pilates & Beyond at Western Athletic Clubs, she is an international presenter in Mind Body education, conducting courses through Balanced Body University.



Cecile LeMoine Bankston, over 20 years experience in the Pilates method. She travels internationally teaching the West Coast Pilates certification program, as well as workshops and master classes. Cecile has appeared in Fitness Journal and the West Coast Pilates video series. Additionally her workouts have been featured in Women's Health Magazine and Dance Spirit Magazine.



Trent McEntire, an international Pilates educator with over 12 years of experience teaching and lecturing in universities, Pilates studios, physical therapy clinics, spas and athletic clubs. McEntire Pilates is a method developed out of discoveries that he made while rehabilitating his own severe movement limitations due to Cerebral Palsy. He has spent over 25,000 hours with clients developing a modern approach to Pilates designed to help other people overcome their specific movement limitations. He is proud of the professional instructor training curriculum that he has built, which offers a step-by-step approach to learning how to teach McEntire Pilates. Trent also presents workshops throughout the country for the industry's leading associations and conferences. He currently serves as the President on the Board of Directors for the Pilates Method Alliance®. He is honored to be the first Master Teacher in the U.S. for ActivCore (originating from Norway 1991). He holds a B.F.A. in Dance from Western Michigan University, where he was named the Presidential Scholar in Dance and earned the Irving S. Gilmore Emerging Artist Grant. His clients include elite athletes, dancers and those that have had their life restricted from injuries, movement limitations and postural misalignments.



Allan Menezes, the pioneer of Pilates in Australia and the southern hemisphere with over 26 years experience in the Method. He came across the Pilates after suffering for two years from a rugby accident and it helped fix his back. He then trained under Alan Herdman in the UK and introduced Pilates to Australia in 1986. He was on the inaugural Pilates Teacher Training program run by the Institute for the Pilates Method (now Physical Mind Institute) in Santa Fe in 1992. He developed the country's first Pilates Education programs for fitness instructors in 1996. In the same year he also introduced Gyrotonic to Australia. He is the author of "The Complete Guide to the Pilates Method" (1998, 2nd Ed 2004, Spanish Ed 2009) and 13 DVDs on Pilates. He is the creator of the Menezes Method – a more functional and biomechanical approach to Pilates. This style has new movements and techniques to enhance current versions of the method. He is currently working on a new version of a Reformer as well as his next book, "The Menezes Method" and an on-line training course: Muscle Mechanics for Pilates and Yoga Instructors. Allan's specialty is back problems and training athletes.



Malcolm Muirhead, With a background in training, course development and Train The Trainer programs for 25 years Malcolm brings his skill and attention to detail to Pilates Instructor Training. He has presented Pilates in many countries both as a course facilitator and at conventions. His passion for the technique and his desire for both client and teacher to be the best they can be, motivates and inspire dedication to the technique in others. Malcolm's book Total Pilates has sold around the world with translation in Spanish and is one of the best selling Pilates books in Latin America.



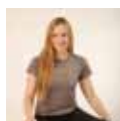
Robert Murphy, Executive Vice President & CMO/CFO. Bob Murphy joined MINDBODY, Inc. in 2005 as our Executive Vice President in charge of marketing and sales. He moved over from Yoga Works, where he was Director of New York Operations. Before Yoga Works he owned and operated Be Yoga for four years with his wife, Beverley Murphy, and Alan Finger. He helped grow the business three fold, helping create one of the largest studios and teacher trainings in the country. Bob holds a Bachelor of Science in Business from Boston University. As head of marketing and sales, Bob continues to refine MINDBODY tools to best serve and grow our MINDBODY clients.



Carol Murphy, a 2008 & 2009 Finalist for IDEA Fitness Instructor of the Year, is the owner and education coordinator for FitLife, a fitness and wellness consulting company. She has contributed to the sensational success of stability ball fitness training as the national programming coordinator for Resist-A-Ball® and is currently the education director for Drums Alive USA and Canada, a master trainer for Body Bar, Drums Alive, Resist-A-Ball and Gliding. Her certifications in personal training, group fitness and pilates include ACSM (American Council on Exercise), NASM (National Academy of Sports Medicine), ACE (American Council on Exercises), AFAA (Aerobics and Fitness Association of America), Physical Mind Institute, and CanFitPro. Carol has led many fitness videos and has been a featured performer in several DVDs, the associate editor of numerous teaching manuals, and an author in several industry publications. Known for her infectious energy, results oriented workouts and passion to make fitness fun. Carol's innovative classes and fitness training programs have been featured in numerous DVDs, magazines and at conventions world-wide.



Beverley Murphy, M.H.S., offers a full range of consulting services through MINDBODY. She has provided consulting to many MINDBODY clients, from large multi-locations businesses to single practitioners. Beverley has been in the wellness business for over eighteen years. With a Master's degree in Health Sciences from Johns Hopkins University, experience in the advertising and marketing worlds and over thirteen years' yoga teaching and management experience, Beverley offers unparalleled expertise in how to survive and thrive in the wellness industry. Beverley co-owned and directed the New York City four-location Be Yoga studio, including the creation and direction of their highly successful regional Teacher Training program. In 2005, she joined MINDBODY, Inc. to create and direct their inaugural season of MINDBODY University, where she currently teaches workshops in marketing, client retention and retail.



Veronica Ponieman, a professional dancer and actress with more than 20 years of experience in the industry. Trained at the Alvin Ailey American dance center in New York, at the Centre de Danse du Marais in Paris, and at the San Martin Contemporary School in Buenos Aires, Argentina She was trained in Pilates by Michael King, Malcolm Muirhead, and has been as a tutor teacher for their programmes in Argentina and Latin America. She has presented in many countries such as Russia, UK, Brasil, Japan, Uruguay, Paraguay, Australia. Veronica is also trained by Master teacher Kathy Corey and teaches her Coreband® program in Latin America. Veronica is director and creator of VP Education Latino America, and also director of Michael King Pilates in Latin America.



Joy Puleo, after earning a masters degree from Columbia University in Applied Physiology Joy worked in a unique aquatic based physical therapy facility developing, training and teaching exercise protocols to a myriad of pre/post rehab clients. With the discovery of Pilates and Gyrotonic, Joy's clients who were once only comfortable in the water were able to stand, walk and run without pain! In 2001 Joy opened her studio, Body Wise, in Chappaqua, N.Y. Joy is most proud of the Body Wise Connection, a not for profit whose objective is to bring Pilates to those who are in need of finding empowerment, hope, strength in the face medical adversity. Joy is A.C.S.M. certified, Ace Faculty, Pilates Certified by the PhysicalMind Institute, Gyrotonic Level I and Ladder certified.



Sonia Rodriguez, Peak Pilates Master Trainer, teaching courses in the United States, Mexico, South America, and Europe. She is an AFAA Certified Personal Trainer, AFAA Certified Group Fitness Instructor, Texas State Registered Massage Therapist, and comprehensively certified Pilates Instructor. She has been involved in the Fitness industry since 1991 and is the owner of Pilates International, a Pilates studio in El Paso, Texas. In 2004, the El Paso Times named her one of the "Top 50 Most Successful Entrepreneurs Under 40 Years of Age" in El Paso. In 1993, Sonia received her Bachelors of Science from Texas Woman's University. She majored in Political Science and earned a minor in dance. She graduated Magna Cum Laude and received many honors. She also earned a Masters in Business Administration at the University of Phoenix, in 2001.



Christine Romani-Ruby PT, ATC, a licensed Physical Therapist and a PMA gold certified Pilates instructor. She is an associate professor in the Exercise Science program at California University of PA and practices clinically at Phi Pilates Studio in Pittsburgh, PA. She is the founder of PHI Pilates and has trained Pilates instructors and rehabilitation professionals internationally for over 10 years.



Kyria Sabin, Kyria is Director of Fletcher Pilates® Inc. and the Ron Fletcher Program of Study, an international, professional Pilates teacher training program. A graduate of Duke University and a licensed massage therapist, Kyria initiated her Pilates studies with Ron Fletcher in 1991 and founded Body Works Studio in Tucson, Arizona in 1993. Recognized as a Master Teacher and Disseminator, Kyria developed the Pilates Program at the University of Arizona where she serves as Adjunct Faculty. She has served on boards for the Pilates Method Alliance, The University of Arizona School of Dance, The Foundation for Expanding.



Debra Rose, dancer and GYROTONIC® Master Trainer, is currently the Executive Director of San Francisco GYROTONIC® and performs with the San Francisco Opera Ballet. As a dancer she trained at the School of American Ballet, and danced with Oakland Ballet and San Francisco Ballet before joining Alonzo King's LINES Ballet, where she performed from 1984 to 2001. In addition to being a principal dancer at LINES Ballet, she served as the company Ballet Mistress, and assisted Mr. King in setting ballets on various companies including The Joffrey Ballet of Chicago, Dance Theater of Harlem, and Alvin Ailey. In conjunction with her dance career, Debra has been working with the GYROTONIC EXPANSION SYSTEM® for more than 20 years. Being one of the first GYROTONIC® Master Trainers, Debra works very closely with Juliu Horvath, the founder and creator of the GYROTONIC® Expansion System, with the development and implementation of the curriculum and syllabus for the advanced course work which is currently being used to train trainers around the world. She serves as primary coordinator and organizer for special GYROTONIC® workshops and events given by Mr. Horvath.



Sandy Shimoda, is endlessly fascinated by the unique way that each body moves, and has spent over 25 years teaching dance and/or Pilates. She trained with Lori Coleman-Brown, was certified by Romana Kryzanowska and continues to study with Jay Grimes. Sandy has been featured as a demonstrator on DVD's for Peter Fiasca's Classical Pilates and for Mari Winsor and GAIAM. She is currently volunteering at Vista Del Mar, teaching Pilates to at risk teenagers and is always looking for ways to make Pilates available to more people. Sandy has a Masters degree in Business Administration and has worked as Dance Captain for Miss Saigon, Disney's Hunchback of Notre Dame and The Lion King.



Rick Stollmeyer, after leaving the Navy in 1993, MINDBODY CEO/CTO and Founder Rick Stollmeyer worked in engineering, sales and project management before discovering his life's calling in the summer of 2000. It was then that Rick connected with a friend designing desktop software for yoga and Pilates studios. Enthused about the power of technology and the transformational impact of the Mind and Body wellness community, Rick started MINDBODY Software in Jan 2001 in his garage. The early team surmounted many challenges and achieved moderate success marketing their desktop licensed software, but soon realized that their product had inherent limitations. Their solutions could only realize their full potential if they were designed for and delivered over the Internet. Rick's goal is to continue to use ground-breaking technology.



STOTT PILATES, The STOTT PILATES® Faculty, or members of our esteemed team of Instructor Trainers, is made up of highly qualified and internationally sought-after energetic presenters who are known for their dedication, professionalism and attention to detail. Our faculty members hold full certification in the STOTT PILATES method and have achieved additional designations from other organizations to complement their training. A diverse group, they come from various backgrounds including post graduate programs in exercise science, athletic therapy and group and personal fitness training to name a few. In addition to teaching and presenting globally, our talented Instructors work closely with the Education Team at the STOTT PILATES Toronto Corporate Training Center in the areas of program development and course curriculum.



Zoey Trap, Zoey Trap has an MS in exercise science with a research focus on alternative therapy and the spine. She is certified in Pilates, Yoga, and ACE and AFAA Group Exercise. She was introduced to Pilates during her years as a contemporary dancer and went on to complete her comprehensive certification with Good Body's PilateSystem. She is the co-owner of the InnerSpace in Avon, Connecticut. Her workshops reflect her commitment to help instructors stay abreast of the latest trends and research in mind-body and to apply these concepts to their own classes with knowledge, creativity and confidence. She has written educational programs for many fitness companies, presented at major conventions worldwide, been published in seven languages, and featured in 4 DVD's, and was a pioneer in bringing Pilates and yoga to the fitness scene in Europe more than fifteen years ago. Zoey believes that true fit comes from the inside out.



Jonathan Urla, MFA, PMA Certified, began his athletic training with gymnastics, diving, and skiing, and trained professionally in classical and modern dance. His strong commitment to intelligent exercise led Mr. Urla to Pilates and to an in-depth study of hatha yoga. He is also a Certified Lifestyle & Weight Management Coach and has developed his own Lifestyle TV pilot that can be seen on his youtube channel (www.youtube.com/jonurla). His book on Yogilates was published in 2002, and his work has been featured in numerous magazines including Newsweek, Shape, Self, Vogue, Glamour, Fitness, and international publications. He has starred in eight video programs and is a veteran international presenter. He utilizes over 25 years experience in teaching private and group sessions in New York city.



Kathryn Van Patten, founder of The Movement Center of Boston and GYROTONIC® Boston and has been practicing and teaching Gyrotonic and Pilates for over 20 years. She has been certified by five major Pilates organizations including The Pilates Method of Body Conditioning (Romana Kryzanowska), Physical Mind: the Method, Stott Pilates, Polestar and Power Pilates. Kathy has worked extensively with Juliu Horvath for 15 years and is one of a handful of Master Trainers Authorized by Juliu Horvath. Kathy travels nationally and internationally to teach workshops, teacher trainings, intensives, and classes. She presents at numerous conferences throughout the year for both Gyrotonic and Pilates.



Ton Voogt, Ton is an internationally recognized Pilates Master Teacher, presenter, educator, consultant and innovator. Since 1996, Michael and Ton have collaborated specializing in the Pilates method. They worked with Romana Kryzanowska for over 10 years in New York City where they were Teacher Trainers for her original international Pilates certification program.

Their approach and work today in the Pilates method reflects and embraces all of the various approaches to the Pilates method. Together they co-founded ZENIRGY, LLC., developed and created the revolutionary TRIADBALL™, TRIADBALL™ manual, two DVD lines (commercial and educational) and several independently operated Pilates certification programs internationally. They have also collaborated with a wide range of Physical Therapists to integrate the Pilates method into patient based therapy programs. Michael and Ton have trained many celebrity clients and their work has been featured on several Television program segments and in numerous magazines and newspapers.

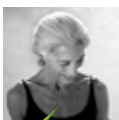


Christine Wilson, RN, Christine Wilson, RN, is a GYROTONIC® and GYROKINESIS® Master Trainer. She teaches at her Studio Infinite Dynamics in San Luis Obispo as well as internationally. For the past 16 years, she has dedicated her studies to alternative medicine and rehabilitative therapies. Christine offers her clients and students a unique blend of knowledge and experience, sharing a whole-body perspective and life affirming therapy.



Mari Winsor, Mari Winsor is one of the most sought after trainers by music icons, celebrities and professional athletes. Winsor began developing her innovative workout nearly 20 years ago and opened her first Pilates studio in 1990 in Los Angeles. A certified trainer and recognized fitness expert, Winsor is genuinely committed to sharing her knowledge and experience with professional colleagues and the public. She is co-author of four published books including

The Pilates Powerhouse; The Pilates Pregnancy: Maintaining Strength, Flexibility and Your Figure; The Pilates Workout Journal: An Exercise Diary and Conditioning Guide; and Winsor Pilates: Low Carb Cookbook.



Yamuna Zake, creator of an original therapeutic fitness and wellness technique called Yamuna® Body Rolling, and of the hands on therapeutic body work system for treating injuries called Yamuna® Body Logic. She has written 2 books and has developed a library of DVD's and product line, and teaches and lectures worldwide. Her work promises body sustainability and self-healing-essentials to any fitness program. Fee: \$50 2 balls and manual.

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Visit our website at www.bodymindexpo.com to view our 2009 online library and take in-depth workshops from Brent Anderson, Madeline Black, Kathy Corey, Eric Franklin, Rael Isacowitz and more!