

## Friday, Session 1

### **P101 - Pilates Repertoire that Challenges Balance: 7:00-9:00AM**

Balance is an important aspect of physical training at any age or ability. In this workshop, we will challenge our balance with Pilates repertoire on the Wunda Chair and Reformers. Madeline Black will lecture on function of balance in every day life, how it enhances performance and the importance of maintaining a sense of balance. She will run you through repertoire from simple exercises to increased intensity.

CEC: .2ACE, 2PMA, 1 Polestar. Staff: Madeline Black

### **P105 - STOTT PILATES® Prenatal on the Mat: 7:00-9:00AM**

This interactive seminar will draw upon the most current medical information, exercise guidelines and research available on pregnancy and movement. Appropriate STOTT PILATES® Matwork™ exercise adaptations will be explored and programming concepts for teaching small groups and private clients will be discussed. Anatomical and physiological changes, risk factors and movement considerations will be discussed with an eye to providing a safe and effective workout throughout all trimesters and will provide strategies for building new pre-natal programs as well as enhancing those already in progress.

CEC: .2STOTT, .2ACE, 2 PMA, 1Polestar. Staff: STOTT PILATES®

### **P108 - Ten Fletcher Variations on the Reformer: 7:00-9:00AM**

Fletcher Pilates® is known for its emphasis on precision & breath-initiation as well as the creative use of rhythm and transitions. In this workshop we will explore these themes through 10 Fletcher variations of classical Pilates exercises, including Leg & Footwork, Short Spine Stretch, Stomach Massage, Up-Stretch, Down-Stretch, Rowing, Mermaid, Climb-a-Tree, Rowing & the Lateral Split Series. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Kyrria Sabin

### **G110 - Gyrokinesis®: Move Beyond Format: 7:30-9:00AM**

This class assumes a basic understanding of Gyrokinesis. This class uses sequences from all levels of Gyrokinesis to build a free flowing 90min class. Open to all who want to move. Staff: Leda Franklin

### **Y119 - Yamuna Body Rolling: 7:30-9:00AM**

Yamuna Body Rolling is a whole-being approach to feeling and functioning better in your body: a healing tool that also keeps you in shape. This revolutionary technique uses 6 to 10 inch inflatable balls to strengthen, tone, realign the entire body. This experiential Yamuna Body Rolling workshop will take you through all the muscle chains of your body-working from muscle origin to insertion, systematically unwinding old holding patterns, restrictions, and injuries. Open to all. Fee: \$35 or bring your own red ball and pump. Staff: Yamuna Zake

### **F121 - Movement and the Feldenkrais Method: Train the Brain: 8:00-9:00AM**

This course will introduce the Feldenkrais Method® and provide an overview of the scientific evidence supporting the benefits of this form of sensory motor learning. Participants will be able to work with the SMARTROLLER®, the new foam roller that builds on the application of the Feldenkrais Method to enhance movement education. Staff: Stacy Barrows

### **P103 - Power Pilates Intermediate Reformer Review with Variations: 8:00-9:00AM**

This workout is ideal for instructors and strong intermediate level clientele who want to review the exercises, transitions and variations of the intermediate reformer. We will focus on optimal technique, as well as the progressions to the advanced level. Power Pilates is the premiere educator of classical Pilates in the world with 110 training centers in 10 countries supported by over 7,000 Power Pilates trained instructors. Our programs honor the original teachings, principles and exercise order as outlined by Joseph Pilates.

Staff: Allison Gonzalez

### **P104 - Piloxing Class: 8:00-9:00AM**

Join the new fitness craze, a dynamic mix between Pilates and Boxing and guaranteed to whip you into shape.

Staff: Viveca Jensen

### **P106 - Pure Classical Pilates Advanced Mat Workout: 8:00-9:00AM**

In this workshop all of Joseph Pilates' traditional advanced Mat exercises, including some super advanced exercises, will be the focal point. Emphasis will be on increasing efficient flowing movement between exercises, range of motion, energy level, as well as articulating and refining the shape of each exercise.

Staff: Peter Fiasca & Sandy Shimoda

### **P107 - Wunda Chair Workout: 8:00-9:00AM**

This course choreographs Wunda Chair exercises into movement patterns that build functional strength. With flow of motion and breath, we explore the depth of the original Wunda Chair repertoire and add innovative sequencing to the [www.bodymindexpo.com](http://www.bodymindexpo.com) program. This fun and creative Chair program progresses through movement levels and is a great program for a Wunda Chair class or individual session. Staff: Kathy Corey

### **P111 - Resist-A-Ball® Sport Stretch: 8:00-9:00AM**

Sport Stretch will cover appropriate stretches specific to many of today's popular sports including golf, tennis, running, basketball and more. You'll learn how to use the ball to develop controlled mobility and dynamic stability which will help create strong, fluid movement. See how these exercises can fit into many programs and offer participants a whole new twist in stretching. Roll into new flexibility moves and understand what other muscles come into play for a total workout.

### **P117 - TRIADBALL Excel! 2010: 8:00-9:00AM**

The TRIADBALL™ Excel 2010 is a new dynamic workout that will challenge you and your deepest core muscles from every angle. Enhance and intensify every move you make with the revolutionary TRIADBALL™.

The workout incorporates many traditional Pilates mat and equipment exercises and variations.  
Staff: Michael Fritzke & Ton Voogt

## **P118 - Spine Corrector and Mat Work: 8:00-9:00AM**

The Mat Work can be performed on the Spine Corrector. It provides a support for clients to find a more optimal position for the cervical and thoracic spine. It also enhances the beginners understanding and use of the core muscles while performing Mat Work. The difficulty of exercises on Mat and Spine Corrector vary due to arc support. This work out will be performed in an order of difficulty. Staff: Patricia Guyton

## Friday, Session 2

### **P127 - Demystifying the Pelvic Floor Relationship to Spinal Support: 9:30-12:30PM**

The key to the support and optimal movement of the spine is a coherent, synergistic engagement of the whole region from the pelvic floor through the trunk. This workshop will include discussion of the relationship of the breath, core and bone movements from pelvis through the ribs for spine support. Madeline Black will demystify the questions how do you really know the pelvic floor is working with the core? You will look at how a rollback or swan looks and feels differently with and without the pelvic floor. Learn hands-on skills for enhancing movement, and teaching tools that give your clients a true feeling of full core support.  
CEC: .3ACE, 3PMA, 2 Polestar. Staff: Madeline Black

### **B144 - Creating a Viable Studio: 9:30-11:00AM**

Learn how to create a budget, analyze operating expenses, and determine key indices that reflect the health of your business. Staff: Robert Murphy

### **F143 - Movement and the Feldenkrais Method: Train the Brain: 9:30-11:00AM**

This course will introduce the Feldenkrais Method® and provide an overview of the scientific evidence supporting the benefits of this form of sensory motor learning. Participants will be able to work with the SMARTROLLER®, the new foam roller that builds on the application of the Feldenkrais Method to enhance movement education. CEC: 2PMA, 1 Polestar. Staff: Stacy Barrows

### **FM141 - Pelvic Power: 9:30-11:30AM**

The Franklin Method uses imagery, touch, and movement to create effortless alignment and balance, improve flexibility, and enhance overall ease of movement. This workshop will delve into the understanding of pelvic anatomy and biomechanics, resulting in improved posture, a stronger center, and relief of low back pain. CEC: .2ACE, 1 Polestar. Staff: Jan Dunn

### **G131 - A Taste of Gyrotonic: 9:30-11:30AM**

Come experience GYROTONIC. We will explore movements that will exhilarate your mind and challenge your body. Come share your energy and laughter with us as we arch, curl, and spiral our way into good health and joyful bliss. CEC: .2ACE, 1 Polestar. Staff: Debra Rose

### **G132 - Gyrotonic® Specialized Equipment: Truly Three-Dimensional: 9:30-11:30AM**

This class provides an introduction to the Gyrotonic Specialized Equipment. Explore the profound principles of three-dimensional movement and spherical awareness that the Gyrotonic Specialized Equipment frameworks can offer. Expand the movement capability of your body and magnify your Gyrotonic experience. CEC: 1 Polestar. Staff: Christine Wilson

### **P123 - Pure Classical Pilates: The Wunda Chair: 9:30-11:30AM**

Participants will practice a wide range of Wunda Chair exercises that range from basic, intermediate, to advanced levels. We will also consider how principles of placement, range of motion, balance, shape, articulation, flow, and dynamics relate to Wunda Chair workouts. Teaching skills will be reviewed, as well as ways to assist clients improve their technique. In addition, we discuss how practicing exercises on the Wunda Chair can help clients understand and improve exercises on other pieces of equipment. CEC: 1 Polestar. Staff: Peter Fiasca & Sandy Shimoda

### **P124 - Combo Chair: Mobility and Strength for the Beginner: 9:30-11:30AM**

Get an introduction to this fantastic space saving piece of equipment with a repertoire to challenge any client yet still have an overall focus on spine mobility and stability. With a goal always of maintaining quality in execution and applying the principle Malcolm will take you through a series of movements which will challenge the spine movement in all of its potential. CEC: 1 Polestar. Staff: Malcolm Muirhead

### **P125 - Reformer Choreography: 9:30-11:30AM**

Michael takes you on a tour of movement using traditional repertoire on the reformer. He will show you how to build and develop sequences over time and adapting it for special needs. This will take your students either in a one to one environment or small group to a new level of challenge. CEC: 1 Polestar. Staff: Michael King

### **P126 - STOTT PILATES® Secret to a Strong Back/Ultimate Back Care: 9:30-11:30AM**

Appropriate exercise can help to prevent and alleviate common back problems. The key is to introduce modified exercises designed to restore the natural curves of the spine while increasing core stability, mobility and function. In this gentle but strengthening workout, you'll learn how to use basic STOTT PILATES® exercises to strengthen and stabilize core musculature and protect the body from pain. CEC: .2STOTT, .2ACE, 2PMA, 1 Polestar. Staff: STOTT PILATES® Faculty

**P129 - Peak Pilates®: Boot Camp: 9:30-11:30AM**

Combine Body Blade and Resist-a-Ball, MVE Chair and PilatesStick, and the Foam Roller in a class format that is applicable for both groups and personal training. Challenge the Powerhouse in both dynamic movement and in stillness on stable and unstable surfaces utilizing exciting new props that will make you rethink functional training! CEC: 2 Peak, .2ACE, 2PMA, 4 Polestar. Staff: Sonia Rodriguez & Zoey Trap

**P130 - Reformer Flow Challenge: 9:30-11:30AM**

Challenge your balance, strength and flexibility through the whole body movement patterns on the reformer. This class approaches the Reformer work as it integrates into our daily activities from standing to sitting at a desk, to moving through our daily tasks. With 30 years of Pilates teaching experience and extensive knowledge of the Reformer repertoire, Kathy Corey Presents a program that is innovative, exploratory and informative. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Kathy Corey

**P133 - Resist-A-Ball® Hard Core: 9:30-11:30AM**

It's one of the top fitness goals on everyone's list: a hard core. Your clients and gym members look to you for the coaching that will get those abs tightened, strengthened and defined. Can you deliver? Whether they're looking for improved posture, relief from back pain, or simply a better-looking physique, it's up to you to take them through a workout that really works. This course will show you why the ball challenges the abs and back like no other equipment can. You will learn the most effective trunk exercises with an emphasis on biomechanics and the reasons why these exercises work so effectively. Get ready for some new moves that will truly result in a hard core! CEC: 1 Polestar. Staff: Carol Murphy

**P139 - Pilates Mat Circuit Class with Accessories: 9:30-11:30AM**

This dynamic Pilates Mat group matwork class, uses a circuit type structure using small equipment. Veronica will show how new and unique ways on how to use therabands, ring, foam rollers and mini balls bringing resistance, proprioception and stability challenge to the traditional Pilates movements. CEC: 1 Polestar. Staff: Veronica Ponienman

**P140 - Spine Corrector for Body Balance: 9:30-11:30AM**

Based on the Kathy Corey Pilates DVD, Spine Corrector for Body Balance, this course is a wonderful workout for the full body on the spine corrector. These innovative exercises are a fabulous addition to any Pilates program whether you teach group classes, privates, or just for your own workout. CEC: 1 Polestar. Staff: Cecile LeMoine Bankston

**P128 - Pilates Plus Psyche (Learn to understand yourself and your clients: 9:30-12:30PM)**

Joseph Pilates addressed the whole body in each exercise. I have added to whole psyche, conscious and unconscious, to the whole body: hence Pilates Plus Psyche. This workshop can help you to diagnose, deepen and challenge yourself and your client to deeper levels of work. It extends Pilates work to engagement with the unconscious by using Jungian typology, learning our psyche's structure. Mary will teach the principles of Jungian typology with the tool of graphics. Figuring out our own type and our individual client's type can give us a blueprint to determine which teaching approach is best and how to understand why we might be having a problem with a client (and vice versa), with staff or with another teacher. CEC: 3PMA, 2 Polestar. Staff: Mary Bowen

## Friday, Session 3

**G153 - Intention of Cueing: Gyrotonic® Hands on Beyond the Progressions: 1:00-4:00PM**

Discussion of cuing and brief review of various techniques employed. Practice various styles and discuss how each variation changes the intention of the exercise and how the body feels. Learn focused and intentioned cuing – how to cue to achieve specific outcome. For example: How to use the Gyrotonic to find stability and/or mobility and/or energy. How hands on helps to facilitate alignment and various breathing patterns. Hands on – Exploration of how to use hands on techniques to enhance cuing and use hands on in safe, effective and thoughtful manner that stays well within the scope of practice. Discussion of how hands-on can be used to assist clients in feeling. CEC: 2 Polestar. Staff: Leda Franklin & Joy Puleo

**P145 - Have Your Teaching Skills Assessed: 1:00-6:00PM**

What do YOU think of your teaching skills? What feedback do you get from others? Have you had another experienced teacher guide you to better teaching practices? Allan Menezes will pick you from the audience and give you feedback to hone your skills to perfection as an instructor. One of the most informative and constructive feedback workshops you may ever attend. CEC: 4 Polestar. Staff: Allan Menezes

**B166 - Powerful Guerilla Marketing Techniques to Boost Your Bottom Line: 2:00-3:30PM**

Guerilla marketing strategies are the most powerful and least expensive techniques you can use to grow your business. Learn how to create and use simple collateral, newsletters, eblasts, and websites to increase your student base and grow your bottom line. Staff: Beverley Murphy

**P146 - Wunda Chair for Pregnancy & Older Adults: 2:00-4:00PM**

In this workshop Veronica will present a very "hands on" way we can work with special populations on the Wunda Chair and the challenges and modifications that are needs for these groups. Focusing on breathing, mobility and stability work in the stages of pregnancy and also the adaptations that are needed with some of the issues in the ageing process. CEC: 1 Polestar. Staff: Veronica Ponienman

**P147 - Pure Classical Pilates: The Universal Reformer: 2:00-4:00PM**

The Advanced Pilates Reformer workout will help your body achieve the highest levels of precision, strength,

flexibility, and grace and help you achieve your continuing education certificate at the same time! At this point, increasing efficiency of movement both within and between exercises is essential. A primary goal is to remove extraneous movement. Movement by nature is continuous, so to achieve maximum flow we must minimize unrelated motion. It is important to avoid making unnecessary movements when adjusting the foot bar, spring settings, or straps for each exercise. An additional goal during this strenuous yet wonderfully complex workout is to enhance mental focus. The advanced Pilates workout requires steady discipline, and regular practice. Finally, this advanced Pilates workout will enhance your balance, control and coordination, thereby preparing your body and your mind for the rigorous demands of daily life. CEC: 1 Polestar. Staff: Peter Fiasca & Sandy Shimoda

## **P148 - Flow-Evolved Choreography Pilates Workshop: 2:00-4:00PM**

As all elements of our lives continually change we should also change how we challenge what we do. Come explore the possibilities with this workshop of taking the Pilates Principles and variations of the original moves to new choreographic variations. Reach the ultimate goal of improving people's posture by challenging them off the mat in standing variations. CEC: 1 Polestar. Staff: Michael King

## **P149 - Shoulder Girdle and Cadillac: 2:00-4:00PM**

Anatomical Front to Back Relationship: The shoulder girdle is complex and challenging to teach and to improve student performance in Pilates. In this workshop you will rediscover the relationship of the shoulder girdle and arm work on the Cadillac. This workshop will include basic anatomy, cuing and spinal mechanics applied specifically to the Cadillac. This course will give you tools to access and teach all Cadillac work with a view of the body as a comprehensive and integrated whole. (Franklin Method® Level I information will be introduced and referenced where applicable). CEC: .2ACE, 2PMA, 1 Polestar. Staff: Patricia Guyton

## **P150 - Strong, Flexible, Articulate Spine: 2:00-4:00PM**

"Core-initiation" is a buzz phrase in the Pilates world. In general, less attention is given to the precision, control and spinal articulation gained from movements initiated from each layer of posterior trunk and para-spinal musculature. In this workshop we will explore back-initiated movements on the Universal Reformer, the Spine Corrector, the Combination Chair and the Cadillac. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Kyria Sabin

## **P151 - Athletic Training on the Chair: 2:00-4:00PM**

Working with athletes who are already in rigorous physical training presents unique challenges. As Pilates teachers, we must be able to design programs that work with what they are already doing to compliment their existing training. This course presents ways to take Wunda Chair exercises to a new dimension by challenging balance and stability for the athlete or the advanced client. CEC: 1 Polestar. Staff: Cecile LeMoine Bankston

## **P152 - Peak Pilates®: Terrific Tower: 2:00-4:00PM**

In this workshop, learn why the Tower is such an effective tool for helping the body to find better alignment, muscular balance and uniformity. Explore exercises for building leg strength, upper body power, lumbo pelvic mobility, and better secondary powerhouse control -- all with an emphasis on the powerhouse. Discover how the Tower can be used for everything from pre-hab to re-hab, from the de-conditioned to the elite athlete. CEC: 2Peak, .2ACE, 1 Polestar. Staff: Zoey Trap

## **P155 - Peak Pilates®: To Power Circle or Not to Power Circle: 2:00-4:00PM**

The Power Circle is an effective tool that programs movement in the body. This workshop breaks down mat exercises by highlighting connections that are particular to each exercise by using the Power Circle. Discover how to create those connections with and without the Power Circle. This workshop ends with a flowing workout allowing an opportunity for you to apply what was just learned. You will walk away with a new perspective on exercises and practical tools that take your clients to the next level. CEC: 2Peak, .2ACE, 2PMA, 4 Polestar. Staff: Sonia Rodriguez

## **P161 - The All New Pilates Bar from Power Systems: 2:00-4:00PM**

Finally a product you can take anywhere and any time that simulates the traditional Cadillac. You will love the ability to use this product in any setting from small group Pilates mat classes to one on one. Many mat exercises are too difficult for the general population to do efficiently and find themselves utilizing incorrect muscle groups. By adding resistance and assistance you will find you are able to give your client so much more. Learn how open chain movements are much more efficient. Learn how to challenge your core with a foam roller and Pilates Bar like you have never experienced before. CEC: .2ACE, 1 Polestar. Staff: Leslee Bender

## **P165 - The Core Has Legs: Connect the Soles of the Feet with the Eyes: 2:00-4:00PM**

Unique movement sequences on the mat with rotator discs bring experiential appreciation of the contribution that the feet, ankles, pelvic floor and gaze make to balance. These movement sequences can be incorporated into a client studio session, a home, office, or travel exercise program. Use this material to clarify upright posture, develop confidence in standing balance, and hone accuracy in rotation for sports, dance and yoga. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Elizabeth Larkam

## **Y163 - Save Your Face: 2:00-4:00PM**

After designing a ball with the same quality and smoothness of the skin and holding a 6 month study, Yamuna is finally ready to bring you this new work which many of you have been eagerly awaiting. This makes working the face, neck and skull very relaxing and therapeutic and very aesthetically effective. This is YBR's answer to keeping your skin toned and sinuses clear. Consider it fitness for the face-a natural face lift. Fee: \$50 for your new toys and manual (if you have your own face balls please bring them). CEC: 1 Polestar. Staff: Yamuna Zake



## Friday, Session 4

### **FM185 - Franklin Theraband Dancing: 4:30-5:30PM**

The Franklin Method uses Theraband in a variety of ways, one of which is for a total body workout class. It's fun, energetic, and challenging -- come and dance with us! Staff: Jan Dunn

### **P170 - Pilates Standing Exercises: 4:30-5:30PM**

Experience Pilates in a completely different plane! This complete standing Pilates workout, incorporates many of Joseph Pilates' original standing exercises. You will experience the importance of posture and alignment as it relates to standing and the principles and philosophy of the Pilates method. The exercises in this workout can stand-alone, or are easily incorporated into any private session or group class. Stand up to the challenge! Staff: Michael Fritze & Ton Voogt

### **P172 - Remember To Yawn: 4:30-5:30PM**

The goal is natural involuntary breathing. We need to watch the animals and learn from them. Mary will introduce attitudes and exercises for connecting with the animal in ourselves to help to unlock manifold tensions around breathing. Sound will be used as an "unlocker" of the breath. Some discussion will happen around the role of our unconscious in breathing ...letting go. How does one let go? This is a huge subject which needs to and will be addressed in taking up breathing. The Yawn is your best hope. Staff: Mary Bowen

### **P174 - Peak Pilates®: Tower of Power: 4:30-5:30PM**

Refine your skills with a Pilates tower workout session that takes the mat order to new heights! Experience a workout that will demand the utmost in concentration and control while challenging you to work deeply from your center while striving to maintain precision. Connect your breath and experience the flow of this exciting set of tower exercises. Can you survive the Tower of Power? Staff: Sonia Rodriguez

### **P175 - Stretch Out Strap and Mat Workout: 4:30-5:30PM**

Enjoy a workout with the STRETCH OUT® STRAP. Proprioceptive neuromuscular facilitation is a combination of stretching and isometrics. This class will begin standing with shoulder girdle work and move onto the Mat. The SOS will be integrated with basic mat for more awareness of PNF within the exercises. Staff: Patricia Guyton

### **P183 - Piloxing Class: 4:30-5:30PM**

Join the new fitness craze, a dynamic mix between Pilates and Boxing and guaranteed to whip you into shape. Staff: Viveca Jenson

### **P187 - The Lungs Cradle the Heart - Mat with Rotator Discs: 4:30-5:30PM**

Learn unique movement sequences that develop your appreciation for the contribution that breathing makes to organizing the spine, ribs, shoulder girdle, arms and hands. Progress from open to closed chain movements of the arms then to demanding weight bearing in front, side and back plank. Staff: Elizabeth Larkam

### **G176 - The Standing Work of Gyrokinesis: 4:30-6:00PM**

Take part in this exploration of four of the unique standing sequences of Gyrokinesis designed by Juliu. CEC: .1ACE, .75Polestar. Staff: Debra Rose

### **P169 - Functional Reformer for All: 4:30-6:00PM**

This session is for the trainer who is looking for the "safer" approach to Pilates training and learning how to use the reformer in a completely functional way. You will learn never before seen exercises that are non-traditional for today's society. Learn methods of activating the core first through the feet prior to any movement to gain better benefits. Staff: Leslee Bender

### **G175 - Gyrotonic® - Connecting the Dots: 4:30-6:30PM**

How do we use the concepts of Gyrotonic® to help the client see each exercise as part of an integrated whole? Learn to break down exercise sequences to focus on the importance of cueing with intention. This class will focus on using your knowledge of the Gyrotonic exercise system to link the effect of a movement of one segment of the body, to the body as a whole. CEC: 1 Polestar. Staff: Christine Wilson

### **P173 - POWER PILATES CHAIR WORKSHOP: 4:30-6:30PM**

Please go to [www.bodymindexpo.com](http://www.bodymindexpo.com) to see an updated description. CEC: .2ACE, 2PMA, 1 Polestar, 2 Power Pilates. Staff: Allison Gonzalez

### **P177 - STOTT PILATES® Intensifying Essential Matwork™: 4:30-6:30PM**

Learn how to challenge clients with maximum safety and effectiveness by taking STOTT PILATES' Essential Matwork to a higher level of intensity. Discover how to add variety and increase the pace of a workout to improve muscular endurance and core stability, without sacrificing control and quality. Prerequisite: STOTT PILATES Essential Matwork™ Workshop and/or previous experience teaching or studying Pilates Mat exercise. CEC: .2 STOTT, .2ACE, 2PMA, 1 Polestar. Staff: STOTT PILATES® Faculty