

WEDNESDAY, APRIL 15, 2009 – PRE-CONFERENCE

Code: PC418
Begin: 8:00 AM
End: 5:00 PM
Type: PreCon
Category: Franklin Method
Instructor: Eric Franklin
Class Title: Happy Spine for Life: New Imagery Techniques for Flexibility, Strength and Balance

Description:

The spine is a masterpiece of design containing over one hundred joints and associated muscles and ligaments. How, then, is it possible that so many people suffer from debilitating pain associated with the spine? Complex design requires conscious maintenance. Why do we have a spine in the first place? Why is it shaped the way it is? This workshop will explain spinal evolution, design and function using imagery and simple movement. A new embodied understanding of the spine will allow for all daily movement and exercise to benefit spinal health.

We will learn:

- Exercises to strengthen the intervertebral discs, joints and muscles.
- How the ligaments and discs interact to strengthen the spine.
- The rotational and coupled motion dynamics of the spine.
- Understand which cues in Pilates, Yoga and dance support optimal spinal function.
- Why the spinal discs are force transducers.
- How the spinal joints maneuver to create ease of motion and stability.
- How to train the Iliopsoas muscle group to relieve lower back pain.
- How to stand, walk and sit to benefit the spine.
- What imagery is most useful when exercising the spine.
- How we can transform our body image to create a healthier spine.

Code: PC423
Begin: 9:00 AM
End: 5:00 PM
Type: Workshop
Category: Gyrotonic
Instructor: Angela Crowley
Class Title: GYROTONIC® An Active Approach To Integrative Healthcare

Description:

The health and performance of our bodies is dependent on the integration and harmony of our many subsystems: muscular, skeletal, neural, biochemical, energetic, emotional, and rhythmical. The Gyrotonic methodology inherently influences integrative health and harmony. This course will provide experience and information through Gyrotonic and Gyrokinesis.

Code: WP403
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Odile Zelenak
Class Title: Pilates Mat Class

Description:

Let go of thinking about movement and come and move your body! Odile Zelenak will lead an invigorating and integrative mat class designed for you to enjoy moving your Body Whole. Enjoy being led through an invigorating mat class with the emphasis dropping in, moving fully and feeling good!

Code: WP425
Begin: 9:30 AM
End: 4:30 PM
Type: Workshop
Category: Pilates
Instructor: Madeline Black
Class Title: Free Up The Spine, Pelvis and Hip Joints

Description:

Whether you train serious athletes, have a traditional practice or work with the de-conditioned person, freeing up the lower spine, pelvis and hip joints gives the client more freedom of movement that enhances their performance or relieves physical discomforts. In this full day workshop, you will experience the movement possibilities and restrictions of the lumbar spine and pelvis while performing dynamic movement on the Mat, Reformer and Wunda Chair; Learn simple evaluation skills, and release and balance techniques; Identify commonly found dysfunctional muscular patterns; Look at specific movement sequences as a corrective tool for the imbalances of this area and specific cueing and teaching tools; Practical application of balancing and adding strength moves using the repertoire on the Mat, Reformer and Wunda Chair.

Code: WP426
Begin: 9:30 AM
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Mercy Sidbury
Class Title: Core To The Floor

Description:

How does the strength and intrinsic organization provided by the “trunk” core receive influence from the legs and feet and vice versa? In this three-hour experiential workshop, lecture, release techniques, sensory exploration and exercise will be used to expand the concept of “core” to include the legs and feet.

This workshop focuses on experiencing the plumb line, as it travels through the legs and feet, guiding us to the most efficient trajectory for both downward weight flow and the upsurge of ground reaction force, both essential components of effortless standing posture and effective use. What are the anatomical structures that most efficiently direct us to this pathway and how do we access their assistance? How do the muscles of the “true pelvis” assist in keeping the pelvic weight buoyed so that the “leg core” muscles can receive and transmit force? Principles of fascial connectivity, concentric/eccentric shaping, and use of conscious intention to manifest goals will be utilized for shedding light on these inquiries. Dynamic imagery will be used to help create a practical, usable class for introducing these concepts to your students.

Code: WP427
Begin: 9:30 AM
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Carrie McCulloch
Class Title: Unnerving the Nervous System: Spotlight on the Brachial Plexus

Description:

The Nervous system makes folks nervous- but shouldn't. In this session, we'll demystify the anatomy and physiology behind our spinal cord, nerve roots and nerves creating a foundation from which we can understand the system's function and importance.

Code: WP428
Begin: 9:30 AM
End: 4:30 PM
Type: Lecture
Category: Pilates
Instructor: Kelly Kane
Class Title: The Foot Workout/Pilates for Feet

Description:

The foot is our base of support as we move through our day and through our lives. As many Pilates practitioners know, most of our older clients and many of our younger clients have feet issues. In this three hour workshop we will look at the musculoskeletal anatomy of the foot and explore foot mechanics in gait and the Pilates repertory. We will manually identify the bones of the foot while learning some basic mobilizations that can be integrated into any Pilates session and will keep our clients coming back. We will also explore a battery of foot stretches and strengthening exercises using balls, Therabands, the foot corrector, and the classical Pilates repertory. Come learn how to cultivate happy healthy feet that will carry you through the rest of your life.

In this course we will:

- Identify all of the bones, intrinsic and extrinsic muscles of the feet.
- Look at healthy and not so healthy mechanics of the subtalar and talocrural joints.
- Look at how to help our clients truly heal from inversion ankle sprains and explore how peroneal strengthening can be done with the greatest affect.
- Explore navicular hypermobility and how to “lift” dropped cuboids.
- Create innovative exercise and stretching protocols for the foot.

Outline:

- Bones of the foot
- Distal Tibia and Fibula
- Talus
- Calcaneous
- Navicular
- Cuboid
- Cuneiforms
- Metatarsals
- Sesamoids
- Phalanges
- Muscles of the foot and ankle
- Flexor Hallucis longus and brevis
- Flexor digitorum longus and brevis
- Abductor digiti minimi
- Plantar and dorsal interossei
- Lumbricals
- Extensor hallucis longus
- Extensor digitorum longus
- Extensor digitorum brevis
- Peroneals(brevis, longus and tertius)
- Tibialis posterior and anterior
- Gastrocnemius and Soleus
- Define Mechanics
- Talocrural joint
- Subtalar joint
- Transverse arch
- Longitudinal arch
- Supination
- Pronation
- Of the foot in gait
- Injuries of the Foot and Pathomechanics
- Inversion sprains
- Dropped cuboid
- Hypermobility navicular
- Foot Mobilizations/Stretches Utilizing Ball and Yoga Block
- Exercises protocol with Therabands and Foot Corrector

Code: WP448
Begin: 2:00 PM
End: 4:30 PM
Type: Workshop
Category: Pilates
Instructor: Marika Molnar
Class Title: Hypermobility and Motor Control of the Spine

Description:

This half day workshop is an unique opportunity to work with Marika Molnar in a lab session. The lab session wil include lecture and practical application on the hypermobility and control especially in the spine as hypermobility tests and measures. Learn and experience specific motor control exercises.

Code: WP449
Begin: 2:00 PM
End: 4:30 PM
Type: Workshop
Category: Pilates
Instructor: Marie Jose Blom- Lawrence
Class Title: On Solid Ground: Using the Jumpboard (or footplate) in a Close Kinetic Chain Approach to Deepening the Level of Your

Description:

Retraining and reinforcing proper movement patterns of the whole body via the “foundation” of the body thru full foot contact work.

Code: WP469
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Mercy Sidbury
Class Title: Pilates Mat Class

Description:

Mercy's mat class seamlessly blends image-based experiential anatomy and Pre-Pilates exercises to take us deep into core connections. From this base, we build strength and coordination by combining Pilates mat repertoire with developmental movement patterns. Mercy's teaching style utilizes lightness and humor to keep the learning fun.

THURSDAY, APRIL 16, 2009 – PRE-CONFERENCE

Code: PC508
Begin: 8:00 AM
End: 5:00 PM
Type: PreCon
Category: Pilates
Instructor: Brent Anderson
Class Title: Polestar Approach to Rotational Sports

Description:

This 8 hour workshop will focus on Polestar's Principles of Movement as they pertain to assessment, design, implementation and modifications when working with rotational sport athletes.

Many sports involve rotation and repetitive movements that can result in overuse injuries. A few examples include golf, tennis and hockey. Athletes of these sports can commonly develop imbalances and injuries - the effects can range from impaired performance to a sidelined athlete.

Polestar Education's Rotational Sports course teaches Pilates practitioners to incorporate Pilates exercises into the training/rehabilitation sessions of these athletes to develop greater stability, core control and range of motion while decreasing fatigue, injuries and biomechanical issues.

Code: PC518
Begin: 8:00 AM
End: 5:00 PM
Type: Workshop
Category: Franklin Method
Instructor: Eric Franklin
Class Title: The Pelvic Powerhouse: Integrating the Joints, Muscles and Organs of the Inner Core

Description:

This workshop focuses on the application of imagery exercises to increase the balance, alignment and flexibility of the joints, ligaments, muscles and organs of the pelvis. All these systems need to interact dynamically to create power and balance in the core.

This, in turn, will increase the safety of the lower back, knees and feet. Sacral balance is key to the alignment of the spine and legs. We will experience how the sacrum actually moves as a key to understanding proper cueing for Pilates, dance, Yoga and any other movement discipline.

Throughout the workshop imagery and language is used that explains the complex subject matter at all levels of experience. Through the evolutionary logic this workshop will provide a fresh understanding of anatomy and biomechanics of the pelvis. The participants will leave the workshop with a sense of aligned strength through the pelvic floor, the feet firmly balanced and the spine long and buoyant.

- Experience effortless alignment and balance for the whole body through experiential understanding of the pelvic bones, joints and muscles.
- Discover and apply the dynamic alignment of the sacrum
- Understand the importance of the pelvic ligaments in creating the pelvic tensegrity system
- Experience how the pelvic floor musculature relates to the abdominal, lower back and hip flexor musculature.
- Experience the importance of the organs in pelvic floor training
- Learn ball and imagery exercises to train and balance the pelvic joints and muscles.

Code: PC523
Begin: 9:00 AM
End: 5:00 PM
Type: Workshop
Category: Gyrotonic
Instructor: Angela Crowley
Class Title: GYROTONIC® An Active Approach To Integrative Healthcare

Description:

The health and performance of our bodies is dependent on the integration and harmony of our many subsystems: muscular, skeletal, neural, biochemical, energetic, emotional, and rhythmical. The Gyrotonic methodology inherently influences integrative health and harmony. This course will provide experience and information through Gyrotonic and Gyrokinesis.

Code: TP503
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Mercy Sidbury
Class Title: Pilates Mat Class

Description:

Mercy's mat class seamlessly blends image-based experiential anatomy and Pre-Pilates exercises to take us deep into core connections. From this base, we build strength and coordination by combining Pilates mat repertoire with developmental movement patterns. Mercy's teaching style utilizes lightness and humor to keep the learning fun.

Code: TP525
Begin: 9:30 AM
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Mercy Sidbury
Class Title: Opening Up To Good Posture

Description:

Wouldn't it be nice to be able to experience buoyant, relaxed posture as a product of letting go? Often we give ourselves postural suggestions which require holding or efforting to achieve. In a series of guided exercises, we will first release tonic postural muscles and then learn to recruit from deep intrinsic support to allow the body to float into its most efficient, dynamic alignment. This path to balanced support offers more internal spaciousness giving room to the organs and allowing for easier breath passage through the trunk. Focus will be concentrated on muscles of the trunk as they relate to support of the limbs (arms, legs, head). This three hour course will include lecture, anatomical referencing and movement experience as the basis for these explorations.

Code: TP526
Begin: 9:30 AM
End: 4:30 PM
Type: Workshop
Category: Pilates
Instructor: Marika Molnar
Class Title: Balance Sensors and Their Influence on Postural Control

Description:

Marika Molnar will present a full day workshop focusing on the role of the cutaneous, proprioceptive, visual, and Vestibular systems on our sensory organization and the changes experienced with aging. Specific exercises for balance problems will be addressed in lecture.

Code: TP527
Begin: 9:30 AM
End: 4:30 PM
Type: Workshop
Category: Pilates
Instructor: Marie Jose Blom-Lawrence
Class Title: The Essential Role of the Shoulder Girdle And Thorax in Taking the Weight off the Shoulders

Description:

The focus of this workshop is to demystify the biomechanics of the shoulder girdle and its dependency of the stability on the Thorax. A stable and controlled Thorax unifies the connections of the lower Core with the shoulder girdle into the body as a whole.

The Objective

To introduce the knowledge of sound biomechanics and new cueing vocabulary into the Pilates repertoire with renewed comprehension and skill of shoulder girdle movement.

Code: TP528
Begin: 9:30 AM
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Madeline Black
Class Title: Looking From the ground Up

Description:

In this workshop, discover how the feet are key to leg, pelvis and the spine function. Madeline will explore the weight bearing and non-weight bearing influence of the feet on the body. She will cover anatomy, assessment, release and corrective work for better alignment from the feet up

Course Objectives

- Learn the anatomy of the foot, ankle and its affect on the whole body
- Looking at weight bearing and non weight bearing of feet and the impact on the work of the whole leg, pelvis and spine
- Learn techniques to release, strengthen the feet using simple tools and Pilates repertoire on the reformer and trapeze table

Outline

9:30-10:30 Lecture and demonstration of alignment and structural compensation of the feet and its affect up through the body

10:30-11:30 Release techniques through movement using simple tools and reformer work, weight bearing and non weight bearing

11:30-12:30 Specific work on reformer, chair and trapeze table

Code: TP547
Begin: 2:00 PM
End: 4:30 PM
Type: Workshop
Category: Pilates
Instructor: Carrie McCulloch
Class Title: Unnerving the Nervous System

Description:

The Nervous system makes folks nervous- but shouldn't. In this session, we'll demystify the anatomy and physiology behind our spinal cord, nerve roots and nerves creating a foundation from which we can understand the system's function and importance.

Code: TP550
Begin: 1:30 PM
End: 4:30 PM
Type: Lecture
Category: Pilates
Instructor: Kelly Kane
Class Title: Respiratory Freedom=Healthy Necks and Backs

Description:

Breath is the first self-motivated movement that initiates life in this world and also terminates it. As Pilates and movement professionals, we should strive to enhance the capacity of our clients to breathe with ease and dexterity. This ease is essential for physical, mental and spiritual health.

In this 5 hour workshop we will take a close look at the action of the respiratory mechanism exploring the anatomy and enervation of the diaphragm as well as the intercostals and the accessory muscles of breath. You will be presented with real tools to facilitate your clients' capacity to breathe in different ways to ease and alleviate neck pain, support and facilitate pelvic floor and transverses abdominus engagement and calm the nervous system and adrenals. Our goal will be to cultivate new ways of thinking so that we can expand our proficiency as teachers.

In this workshop we will:

- Look at the anatomy of the intercostals, the diaphragm, the abdominals, the pelvo-lumbar girdle and the musculature of the cervical spine.
- Define the pathway of the phrenic nerve and see how restriction in the neck can affect respiration.
- Explore how and why respiration affects an individual's low back health.
- Look at the diaphragms involvement in "Inner Unit" engagement.
- Explore the real physiological effects of respiratory freedom on the adrenals, the kidneys and the solar plexus.

Code: TP559
Begin: 1:00 PM
End: 5:00 PM
Type: Workshop
Category: Pilates
Instructor: John Gary
Class Title: STOTT PILATES® Pilates on the Green, Matwork for Golf: Level 1 & 2 Pre-con

Description:

Combination of level 1 and level 2 includes warm up at the tee.

A movement as complex as a golf swing requires focus, strength, flexibility, balance, and power from the ground up. In this interactive level-2 workshop, participants will learn how to use these specially designed intense Matwork exercises to help their clients sharpen all of those areas. We'll also focus on isolating key physical components including increasing focus and body awareness and isolating crucial core muscles that will aid in increasing club head speed and get more distance on the drive.

Learning Objectives:

1. Apply the STOTT PILATES® Five Basic Principles to modified exercises on the mat.
2. Learn specific exercises designed for golf conditioning.
3. Understand how these exercises challenge strength, stability and coordination.
4. Learn cues and corrections for safety and effectiveness.
5. Progress the workout through leve-1 and level-1 difficulty and intensity.

CECs: ACE CECs TBC, 0.4 STOTT PILATES CECs

Code: TP569
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Odile Zelenak
Class Title: Pilates Mat Class

Description:

Let go of thinking about movement and come and move your body! Odile Zelenak will lead an invigorating and integrative mat class designed for you to enjoy moving your Body Whole. Enjoy being led though an invigorating mat class with the emphasis dropping in,

moving fully and feeling good!

FRIDAY, APRIL 17, 2009 – MAIN CONFERENCE

Code: B143
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Chandler Moore
Class Title: Business Development for Pregnancy Fitness & Postpartum Rehabilitation

Description:

Learn the business basics for developing a program for Pregnancy Fitness / Postpartum clients. How do you build your clientele base as well as start classes? Learn marketing and advertising skills to help you reach this amazing special population of women.

Code: B166
Begin: 2:00 PM
End: 4:00 PM
Type: Lecture
Category: Business
Instructor: Matthew McCullough
Class Title: The Core Principles of a Successful Pilates Studio

Description:

This workshop focuses on the nuts and bolts of a successful Pilates business. It's geared for new studio owners and seasoned directors, alike, addressing basic principles of a solid Pilates business as well as more advanced techniques for financial growth and flexibility. Hot-topics on the roster include: Instructors: Do I have enough? How can I keep them on board? Classes: Do I have the right amount and type? Equipment: Do I have enough? Do I have the right type? Studio Layout: How is it affecting my profit margin? Clients: How can I increase their retention? Website: How can I make mine more effective? Marketing: What works and why? Find out the answer to these questions with this lecture workshop and come away with fresh ideas to not only stabilize your studio but take it to the next level.

Code: B187
Begin: 4:30 PM
End: 5:30 PM
Type: Lecture
Category: Pilates
Instructor: Monique Hollowell
Class Title: Empowering Your Clients

Description:

Joseph Pilates, created the 10, 20, 30, rule for training and empowering clients. In order to achieve the 10, 20, 30 results, you must empower the clients to accomplish the outcome. Self-empowerment is the state of feeling control over one's body, mind and spirit, allowing you to think, behave, take action and make decisions in autonomous ways. You will learn several techniques of empowerment for client accountability, motivation and retention, which will improve your bottom line and allow your business to grow!

Code: F118
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Feldenkrais
Instructor: Suzie Lundgren
Class Title: Your Pelvis in Motion

Description:

Hone the full connectivity and amplitude of pelvic motion safely in this "classic" Feldenkrais lesson. We will refine the co-ordination of the entire spine by examining the relationship of head and pelvic movements. Learn how awareness and a clearer understanding of these relationships promotes ease and safety in your Pilates, Gyrotonic or Dance workout.

Code: F140
Begin: 9:30 AM
End: 12:00
Type: Workshop
Category: Feldenkrais
Instructor: Suzie Lundgren
Class Title: Unlocking the Jaw, Neck and Upper Back

Description:

Students of Pilates, Gyrotonic® and Dance often struggle with finding freedom in their neck while learning to access and develop core strength. We will focus on how to recognize limiting interrelated habits of the jaw, neck and upper back by further examining our own habits in this area. Learn how "unlocking" these relationships allow easier access to core activation, more comfort and a deeper understanding of human movement in general. Meanwhile, your own neck will get a makeover in the process!

Code: FM102
Begin: 7:30 AM
End: 9:00 AM
Type: Workout
Category: Franklin Method
Instructor: Eric Franklin
Class Title: Imagery and Bands Exercises for Dynamic Strength and Flexibility

Description:

In this class we will learn the unique Franklin-Method approach to conditioning with imagery and bands creating an immediate sense of increased strength and flexibility. The band exercises presented in this class will improve dynamic and static strength, trunk strength, extension flexibility, dynamic flexibility as well as motor and perceptual timing. Imagery is used with every exercise to increase the efficiency by which the nervous system directs the movement helping to achieve maximum strength and flexibility gains during the conditioning routines.

Code: FM131
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Franklin Method
Instructor: Eric Franklin
Class Title: Strong and Healthy Knees through Imagery

Description:

The knee is the largest and most challenged joint we have. It is situated between the two longest bones in the body, which creates large forces within the knee as we walk, run or jump. Healthy, aligned knees deal efficiently with this situation. However, incorrect alignment and lack of proper training can cause the knees to become painful as ligaments, joints and muscles are strained.

This workshop focuses on imagery and movement exercises to create optimal health for your knees. In the course of the class we will learn to visualize efficient knee function based on its design. We can then integrate this experience of correct function into our daily activities and exercise programs, so that our knees remain healthy, strong and flexible for a lifetime.

- Gain insight in to the design and function of the knees.
- Learn imagery to improve the health of your knees.
- Experience how the function of the knees relates to your hips and feet.
- Discover imagery that will make walking and running more efficient and pleasurable.

Code: FM154
Begin: 2:00 PM
End: 6:00 PM
Type: Workshop
Category: Franklin Method
Instructor: Eric Franklin
Class Title: Franklin Method Update

Description:

Open to all graduates of the Franklin Method Teacher Training Level I, II and III.

Content:

New imagery techniques for the

-spine/intervertebral discs,

-knees/cruciate ligaments,

-Spirals and counter-spirals of the feet

-cranio-sacral/dural relationship

-synchronising the jaw, skull and pelvic bone rhythms

-balancing the pelvic floor through its antagonistic musculature

-effective cueing for Pilates and Yoga

Code: G117
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Gyrotonic
Instructor: Juergen Bamberger
Class Title: Gyrokinesis® The New Format 1 of Level 1

Description:

Juliu Horvath has redesigned the class formats of Gyrokinesis® Level 1 to make the practice more accessible for the general public, especially for members of health clubs. This Format 1 class includes new choreography. It is more dynamic than its predecessor.

Code: G123
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Gyrotonic
Instructor: Juergen Bamberger
Class Title: Gyrotonic® The Decompression of Your Joints

Description:

We read and hear that Gyrotonic® emphasizes extensions and flexibility. These remarks are often made by people without any experience with the Gyrotonic® system. They frequently come coupled with the fear that an imbalance can be created. This workshop will show you how inaccurate these thoughts are. What happens when you open your joints through decompression? The concept of 'narrowing' will be taken beyond the area of the pelvis. Stability and strength of the open joint area will be the result.

Code: G124
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Gyrotonic
Instructor: Lisa Marie Goodwin
Class Title: Gyrotonic® Floating Exercises

Description:

This would be a "hint" of the workshop that Lisa Marie presents in a two day format. Here you will see some of the exercises that seem to be "floating" somewhere in-between the Gyrotonic Level 1 Foundation and Gyrotonic Level 2 and Gyrokinesis current syllabuses. This class is for certified Gyrotonic Level 1 instructors. Be prepared to experience some of these exercises within your own body.

Code: G145
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Gyrotonic
Instructor: Justine Bernard, PT, DPT
Class Title: Gyrotonic® Exercise and Fall Prevention

Description:

In this course you will learn who is at risk for falls, how to screen for falls and ways to incorporate the Gyrotonic method to increase balance and help prevent falls. If you work with clients with osteoporosis, neurologic conditions, advanced age or other populations at risk for falls, this workshop will provide useful information.

Code: G167
Begin: 4:30 PM
End: 6:30 PM
Type: Workshop
Category: Gyrotonic
Instructor: Debra Rose
Class Title: The Gyrotonic® Foot

Description:

Juliu's ideas about the foot were as revolutionary for me as they were for the myriad of podiatrists I worked with during my dance career. These ideas healed an injury the medical profession said was incurable without surgery. Once I got back to dancing on pointe with a newspaper review of my skill 'running on pointe', I started the next phase of my relationship with these podiatrists; that of them sending me their patients. I will discuss these ideas, as well as show some exercises.

Code: G168
Begin: 4:30 PM
End: 6:00 PM
Type: Workshop
Category: Gyrotonic
Instructor: Angela Crowley
Class Title: Arching for Sports

Description:

A Gyrotonic and Gyrokinesis, workout for athletes that need to arch.

Many exercise systems train the body primarily in flexion. Gyrotonic Methodology provides techniques and an understanding of how the spine can arch without compressing. This workout provides an experience of this approach and the underlying elements.

Code: O141
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Other
Instructor: Yamuna Zake
Class Title: Yamuna Body Rolling

Description:

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. Note: \$30 material fee or bring your own yellow or red ball.

Code: O142
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Other
Instructor: Dr. Rob Johnson
Class Title: Transformational Gait

Description:

Most people are unaware that most muscular imbalances are not only easily detectable, but completely correctable through proper gait. Learning how to walk correctly will engage most of the trouble areas in the body, leading to better results in and outside your studio.

Code: O157
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Other
Instructor: Dr. Eric Cobb
Class Title: Spinal Mobility – A Whole Body Approach!

Description:

This course is an introductory level examination of the functional anatomy and neurophysiology of spinal mobility. The neural control and contribution of peripheral anatomical structures to spinal function will be addressed. Mobility assessments of the spine and peripheral structures will be demonstrated and practiced, as well as specific mobility drills for each spinal area. A heavy emphasis will be placed on the necessity of pain-free spinal mobility practices.

Learning Objectives

Upon completion of the two (2) hour intensive session attendees will be able to:

1. Clearly explain the basic multi-directional spinal mobility requirements of each spinal area.
2. Understand the contribution of peripheral skeletal structures to spinal mobility.
3. Explain the impact of peripheral immobility on spinal mobility.
4. Learn and demonstrate basic proficiency in select Z-Health dynamic joint mobility exercises.
5. Appreciate the necessity for pain-free spinal mobility training.

Code: O163
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Other
Instructor: Yamuna Zake
Class Title: Internal Organ Fitness

Description:

There are more ways to get you into shape. This year begin by focusing on your internal organ function. In this 2 hour workshop you will learn how to directly stimulate all the organs in your body and get your body back into shape starting from the inside out. This workshop is for everyone except if you are pregnant or have had abdominal surgery within last 3 months -Please also refrain from eating before the class (a light snack is alright). This class will also have a material fee.

Code: P103
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Zoey Trap
Class Title: Peak Pilates® Mat Fundamentals With Flow

Description:

Led by experienced Pilates professional Sonia Rodriguez, this Peak Pilates® workshop will help you learn how to advance your teaching skills by reprogramming movement orders and deepening connections for your students. Gain insight on how to layer fundamentals into a mat class with consistency, flow, and dynamics, without losing the “workout” and movement experience. 2 Peak CEC’s.

Code: P104
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Allison Gonzalez
Class Title: Power Pilates: Reformer on the Mat Class

Description:

A workout that not only challenges the body, but will also exercise your mind! In this class we "translate" the advanced Reformer work onto the Mat. Use your imagination while performing the exercises, because the Straps, Springs or Foot bar are gone! This class will be a double demand on your Power House. Create a new challenge for your more advanced clientele and classes! This workshop will review the Reformer order, exercise details and their application to the Mat. No springs, no straps, just you and gravity. The breakdown of the various elements of the exercises helps achieve greater clarity and will add to depth to your cueing. Pre-requisite: Intermediate Reformer experience.

Code: P107
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Sonia Rodriguez
Class Title: Peak Pilates® Circuit Flow

Description:

Basic reformer and mat exercises in one compact workout, don't miss it. This workout gives a new meaning and emphasizes to the traditional circuit workout. We start horizontal to the floor and gradually work up through sitting, kneeling and standing. But not before jump and sweat, lying down! 1 Peak CEC.

Code: P109
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Leslee Bender
Class Title: Prop Power

Description:

This course has all the necessary components to create a safe and effective floor work class. Utilizing Gliding, Bender Ball, weighted mini ball and tubing for a mat class that is packed with power embracing the eight principles of Pilates. This non-traditional outside the box class is PERFECT for the trainer who is looking for something that they can actually take home and USE with clients that have injuries to weekend warriors. You will see how exercises are specific in nature to target weaker muscle groups especially on an unstable surface such as the Bender Ball the "ORIGINAL" Pilates mini ball.

Code: P110
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: PJ O'Clair
Class Title: STOTT PILATES® Sculpt & Tone – Flex-Band® Level 1

Description:

This workshop teaches participants how to add variety and challenge to existing matwork routines by incorporating the Flex-Band® exerciser. These exercises use the dynamic resistance of the Flex-Band exerciser to isolate and tone the peripheral muscle groups, while assisting core stabilization. Cues and corrections for safety and effectiveness are also covered.

Learning objectives:

1. Apply principles of the STOTT PILATES method to the Flex-Band exerciser moves.
2. Understand movement essence and exercise goals.
3. Understand how to use the Flex-Band exerciser to both support and challenge during the Essential level matwork exercises.
4. Learn to use the Flex-Band exercisers to sculpt, strengthen and tone the body's core and periphery
5. Learn cues and corrections for safety and effectiveness.

CECs: 0.2 ACE CECs, 0.2 STOTT PILATES CECs

Code: P111
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Cecile Le Moine Bankston
Class Title: Morning Magic Circle Workout

Description:

In this course I will teach a workout with the magic circle that is designed for the morning. It will begin slowly, to get the body warmed up and moving, then progress on to some exercises specifically selected to energize the body for the rest of the day. Participants will not only get a good workout, but will also walk away with a wonderful class to incorporate into their studio's lineup.

Code: P113
Begin: 7:30 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Tom McCook
Class Title: Pilates & Yoga Progressions

Description:

This class seamlessly blends Pilates, resistance stretching and Yoga postures to create a challenging, well-rounded approach to working the mind/body in all directions and in relation to gravity. There will be an emphasis on alignment, focus and proper activation throughout the class. This progression gives each student the opportunity to make connections, and to execute each movement with efficiency and awareness. The mechanics of the breath and pelvic floor relationship will be highlighted.

Code: P115
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Kyria Sabin
Class Title: Fletcher Towelwork® on the Spine Corrector

Description:

Experience the benefits of organizing and stabilizing the shoulder girdle, through the Fletcher Towelwork®, while increasing spinal flexibility and safe range of motion on the Spine Corrector. Look forward to learning signature Fletcher Pilates movements combining these 2 techniques. This class exemplifies the principle of oppositional energy.

Code: P125
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Jennifer Stacey
Class Title: Enhancing the Function of the Abdominal, Pelvic Floor and Lumbar Region

Description:

Discover the secrets to understanding and assessing abdominal and pelvic floor function. Problems and factors that influence the abdominal region will be identified: mechanics, structure, neurological factors, meridian and organ health, hormone balance, nutrition, lifestyle, sleep, emotions, the environment and prescription drugs. You will learn to assess a client and create a movement and Pilates program to enhance your client's use of center.

Code: P126
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Kathy Corey
Class Title: Movement Flow – Sequencing a Reformer, Cadillac and Wunda Chair Program

Description:

An all inclusive class for the Reformer, Cadillac and Wunda Chair, this program transfers movement patterns and sequences from each piece of equipment to create a complete circuit and flow to the session. The exercises are performed on the various pieces of equipment and then taught as a sequence of movement. The break-down and modifications of each sequence is presented in order to teach every level of fitness.

Code: P127
Begin: 9:30 AM
End: 5:30 PM
Type: Workshop
Category: Pilates
Instructor: Marie Jose' Blom-Lawrence
Class Title: Sling Systems Approach to Core Intelligence

Description:

The Objectives: Depth and Challenge

- Introducing the true depth of the Pilates fundamental principles and mat exercises thru a unique sling support.
- The repertoire fundamentals are performed on the trapeze table (Cadillac) and offer a safe challenging and intelligent approach to precision and movement control.
- The sling systems repertoire embraces the "Pilates for everybody" philosophy with a tactile and somatic experience to: learning how to exercise.
- Providing a challenge and depth in the work to any level of proficiency.

Code: P128
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: M Valentin
Class Title: Pilates for the Personal Trainer

Description:

Personal trainers can enhance their programming for clients by employing the fundamental pilates principles and modifying the focus in their training in some of the basic exercises. Let's review those principles and apply them to 12 exercises most commonly used by personal trainers in the gym.

Code: P129
Begin: 9:30 AM
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Mari Winsor
Class Title: Reformer Translates to Mat

Description:

We will review a classical intermediate to advanced reformer workout with dynamic flow. Proper transitions in your reformer keeps you moving, improves your grace and increases your heart rate. Correct positioning is everything for maximum results. We will end class with a reformer mat workout and questions.

Code: P130
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Rael Isacowitz
Class Title: Utilizing the Wunda Chair and Reformer for the Ultimate Pilates Session

Description:

There are situations where the Reformer would be the apparatus of choice and others where the Wunda Chair would be better suited. It is important to know when to choose what. Yet, these two very different pieces of Pilates apparatus actually compliment each other well, and using them both synergistically creates an opportunity for the ultimate session.

Code: P133
Begin: 9:30 AM
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Madeline black
Class Title: The Psoas as a Core Muscle

Description:

The psoas plays a role in core activation and alignment of the spine, pelvis and legs. Madeline will teach how to find the psoas, release and recruit it, and see how it affects the spinal alignment. Balancing the psoas can improve breathing, release spinal tension including the neck and hip joints and allow for better core engagement. Madeline will also demonstrate how other muscles and bones are moved synergistically with the psoas.

Code: P135
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Cecile LeMoine Bankston
Class Title: Pilates Circuit Training for Mat and Small Props

Description:

Pilates circuit training for mat and small props (magic circle, fitness balls, foam rollers, core bands). Utilizing the idea of circuit training, this class will teach instructors a 10 -15 minute segment with each small prop, participants visit each station and do these segments, adding up to a full body workout. This class is a must for those instructors working in a health club setting who want to introduce Pilates into their work. It is also a fun and different way for Pilates instructors to give new life to their existing mat classes.

Code: P137
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Christine Romani Ruby
Class Title: Spine Corrector Group Class

Description:

The spine corrector (low Barrel) a compact and inexpensive apparatus for small group personal training. In this 2-hour workshop you will learn how to put together a balanced and flowing 50 minute workout to share with your clients. These innovative exercises are useful in private sessions and rehabilitation as well.

Participants will....

1. Demonstrate 10 safe and effective exercises to include in a group spine corrector class.
2. Modify and progress these exercises as needed to include all participants.
3. Include smooth transitions between exercises.
4. Explore potential rehabilitation effects of these exercises and this apparatus.

Code: P147
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Suzanne Martin
Class Title: Common Problems & Care of the Foot

Description:

This 2-hour workshop focuses on the biomechanics and care of the foot. Learn the implications of the varying anatomic types of the feet, and how individual differences help or hinder movement. Case studies will be presented to help you understand common problems. Mat, reformer and trapeze table work will be presented along with tips and care suggestions.

Code: P148
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Rael Isacowitz
Class Title: 10 ADVANCED PILATES MOVEMENTS: A Discussion of Do's and Don'ts

Description:

Teaching the advanced repertoire is exciting for any teacher and doing the repertoire is an important part of a client's practice...as long as he/she is well prepared. Yet, it is indisputable that the advanced repertoire can be harmful, dangerous and counterproductive. This session will focus on important pointers for 10 select advanced movements to help teach safely, effectively and achieve optimum results. This workshop is recommended for experienced teachers.

Code: P150
Begin: 1:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Jennifer Stacey
Class Title: Intermediate Chair Workshop: A Step Up

Description:

Experience the challenge of the Pilates Wunda chair. You will learn intermediate and several advanced movements, with an emphasis on the Pilates principles, breath, mount and dismounts, sequencing and proper mechanics. Advanced, healthy Pilates teachers can participate. All other practitioners are welcome to watch.

Code: P151
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Cecile LeMoine Bankston
Class Title: Pilates and the Gym: A Comparative Class

Description:

(Specifically designed for personal trainers and instructors coming from the fitness industry) How does a roll up compare to a sit up? What Pilates exercise is comparable to a hamstring curl? For fitness professionals trying to cross over into the Pilates scene, and also for those Pilates instructors trying to attract the gym crowd, it can all be very confusing. In this workshop, students will do side by side comparisons of Pilates exercises to common exercises done in a gym setting. Participants will learn which exercises in the Pilates repertoire will achieve the same results as some of the exercises they have been using on a daily basis in the gym. With this knowledge, instructors will then be able to not only attract, but also satisfy the gym crowd.

Code: P152
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Madeline Black
Class Title: Focus on 2 Wunda Chair Exercises: Side Stretch and Swan

Description:

Did you know that by moving the position of the hip could change the muscle activation and spinal movement while doing Side Stretch on the chair? Side Stretch and Swan on the chair can be performed with a variety of adjustments and positioning for specific results. Madeline will teach an in depth approach on the how, why and when to use specific positioning of these commonly used exercises on the Wunda Chair. She will address spinal issues, pelvic misalignment, shoulder girdle and rib immobility with Side Stretch and Swan. Learn how to work with the fascial lines and bone movement to effectively change restrictions while providing the support.

Code: P153
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Leslee Bender
Class Title: ISTEP: For the Pilates and Fitness Trainer

Description:

ARE YOU READY for the next break through piece of equipment to first be launched for both worlds of training? The ISTEP is revolutionary and functional. You will see how the exercises are focused on stabilization before mobilization and with working on this specially designed surface you will recruit more local and global core muscle fibers. The exercises simulate both Pilates and fitness equipment to be utilized in many forms of classes. This is a session that will ultimately leave you with a new view of functional training for all students from elite athletes to beginners due to the ability to change the level of difficulty in the product.

Code: P155
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: John Gary
Class Title: STOTT PILATES® Power Paced Fitness Circle®

Description:

This exciting, fast-paced workout uses the Fitness Circle in innovative ways to add variety and challenge to your group classes or your personal training programs. Learn fun yet demanding programming designed to complement matwork and motivate clients. Cues and corrections for safety and effectiveness are also covered.

Learning objectives:

1. Apply principles of the STOTT PILATES method to Fitness Circle resistance ring exercises.
2. Understand movement essence and exercise goals.
3. Learn programming to increase endurance and maintain pace using Fitness Circle resistance ring exercises
4. Learn cues and corrections for safety and effectiveness.

CECs: 0.2 ACE CECs, 0.2 STOTT PILATES CECs

Code: P158
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Elizabeth Larkam
Class Title: Mat with Functional Footprints from Balanced Body

Description:

Refine the functional movement relationship between lower extremity, pelvis and spine by creating mat classes with the Functional Footprints. Alignment of the foot-ankle-knee-hip-pelvis and spine is addressed in supine bridging, sitting, quadruped and a variety of standing positions. These mat sequences are relevant for dancers, runners, and yoga practitioners as well as post-rehabilitation clients with hip, knee, ankle or foot dysfunctions. The Functional Footprints were developed by kinesiologist Jean-Claude West and NYC Ballet physical therapist Katy Keller to align the axes of the foot and hip joint.

Code: P159
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Kathy Corey
Class Title: Spine Correctors: Finding Your Core

Description:

This course uses the Spine Corrector to help you find your core, align your body and maximize every exercise to produce maximum results. Incorporating the principles of Pilates and focusing on core movements, the course offers a complete program of exercises for Spine Corrector classes or individual sessions. Learn new exercises and transitions that create muscle balance and core fitness.

Code: P164
Begin: 2:00 PM
End: 3:00 PM
Type: Workout
Category: Pilates
Instructor: M Valentin
Class Title: Posture for a Modern Day World

Description:

"Stand up straight!" How often have we heard that or said that ourselves? The guidelines for posture certainly demand more than just throwing your shoulders back at attention, particularly in light of our everyday routine of computer work, commute and habits. Posture for a Modern Day World

Code: P165
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Kyria Sabin
Class Title: Assessment 101

Description:

Teaching Pilates has been defined as a process of postural and movement assessment and reassessment. To conduct an effective postural and movement assessment, it is necessary not only to develop the skill of "seeing the body" - refined through years of teaching experience - but also an objective assessment/reassessment protocol for consistently noting postural and movement imbalances. In this workshop, we will explore a variety of useful tools and techniques for this assessment/reassessment process as well as discuss possible ways to chart this process, with an emphasis on staying within our scope of practice as Pilates Teachers.

Code: P169
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Elizabeth Larkam
Class Title: Create Intriguing Mat Classes without Equipment

Description:

Learn how to construct Pilates mat classes without equipment that intrigue your clients while developing and challenging their core control. Verbal and tactile cues for the Pilates principles of Concentration, Breathing, Centering, Precision, Flow, and Control are provided for each exercise. Two class formats are presented in this workshop, one for the conditioning client and one for the post-rehabilitation client

Code: P173
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Zoey Trap
Class Title: Peak Pilates®: MVe™ Flex and Flow Workout

Description:

This is the chair workout you have been waiting for! Seven short, body part focused segments repeat more than once to allow you to learn the sequence first then work on the details as you repeat it. Refine your alignment, precision and deepen more into your core each time you repeat the sequence. Each sequence includes transitions joined with flow and breath, precision and strength so you really feel the work and get the results you are looking for. 1 Peak CEC.

Code: P174
Begin: 4:30 PM
End: 6:00 PM
Type: Workout
Category: Pilates
Instructor: Chandler Moore
Class Title: Chair for Pre and Post-natal Pilates

Description:

Most of us are versed in pre and post-natal Pilates on the stability ball, so.... Why not take your knowledge and apply it to the chair? Explore new dimensions adding resistance to help support the body during pregnancy. Chair work can also be a nice alternative to postpartum rehabilitation, providing challenging exercises to build back the strength of the pelvic floor and abdominals.

Code: P179
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Mari Winsor
Class Title: Intermediate to Advanced Mat

Description:

I will teach a classical Pilates mat as taught to me by Romana Kryzanowska..

Code: P180
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Michael Fritzsche and Ton Voogt

Class Title: The Core Power Within

Description:

Experience the balance within flow...movement within stillness...This dynamic duo will unleash the core power within you with an innovative workout that blends the Pilates mat, standing TRIADBALL and MERIDIAN exercises into one unique moving experience.

Code: P181

Begin: 4:30 PM

End: 5:30 PM

Type: Workout

Category: Pilates

Instructor: Sonia Rodriguez

Class Title: Peak Pilates® Periphery Power: Strengthening Head to Toe with the Foot Corrector and Sand Bag Set

Description:

Learn exercises on the Foot Corrector and Sandbag Set that help develop and maintain strength and alignment of the hands, arms, feet and legs. The Foot Corrector, true to its name, helps strengthen and stretch the muscles of the foot and lower leg, as well as shore up the alignment of the ankle, knee. 1 Peak CEC.

SATURDAY, APRIL 18, 2009 – MAIN CONFERENCE

Code: B243
Begin: 9:30 AM
End: 10:30
Type: Workout
Category: Business
Instructor: M Valentin
Class Title: Your Pot of Gold: Ages 45-63

Description:

What market has the most money and the greatest need for personal training? The greatest potential for the pilates business lies in training that part of the population that can afford our services: those born between the years 1946-1964 or the "Baby Boomers." Learn how to market and appeal to their availability for Pilates Training.

Code: B244
Begin: 9:30 AM
End: 11:30
Type: Lecture
Category: Business
Instructor: Jaya Schillinger
Class Title: Racing to the Finish Line: Avoiding Burnout Before Your Mind-Body Business Reaches Maturity

Description:

You have a vision of your business when it's mature and running smoothly. Yet in the 1-5 years, the finish line can start to seem distant. Once you've made it past the warm up tasks and challenges of start-up, a new set of hurdles appear:

- * New owners/managers may not feel confident in leadership yet.
- * Post start-up turnovers sometimes occur when business is slow.
- * Practitioners/owners find the business depends on their income.
- * New owners/managers find themselves over working & under earning, which is the fast track to job dissatisfaction and burnout.

Your dreams and goals are achievable, but you must build stamina. Like a marathon runner, you need training. You must know your personal limitations, and how to work with them.

Code: B265
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Business
Instructor: Jaya Schillinger
Class Title: The Empowered Manager: Developing Your Leadership Skills

Description:

To have a successful yoga, pilates or personal training business, you must learn to take responsibility for daily operations without taking on all of the work yourself. How smoothly this goes depends on more than the talent and skills of your workers - it depends on how skilled and talented you become at being a team leader.

Code: B289
Begin: 11:00
End: 12:00
Type: Workout
Category: Business
Instructor: M Valentin
Class Title: Senior Circuit: Functional Acts of Daily Living

Description:

The mature adult is the fastest growing fitness sector. This populace seeks to continue an ever active lifestyle in their retirement years inspite of limiting factors. Learn how to teach to this special demographic that presents a rewarding experience for you, the seniors and the

entire community.

Code: F240
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Feldenkrais
Instructor: Elizabeth Larkam
Class Title: Feldenkrais Awareness Through Movement Lesson

Description:

Dr. Moshe Feldenkrais created nearly 1,000 different Awareness Through Movement Lessons that address every aspect of human movement. The Rib Clock lesson gently and safely improves mobility of the ribs which results in ease of breathing and a unique, refreshing approach to abdominal strengthening.

Code: F262
Begin: 1:00 PM
End: 4:00 PM
Type: Workshop
Category: Feldenkrais
Instructor: Suzie Lundgren
Class Title: Finding Your Feet

Description:

What about feet? These poor forgotten 'soles' are one of the best portals into how we move, stand, work and play. Full of nerve endings, our feet are designed with a remarkable architecture for stability and mobility, how we use or misuse them can have broad ranging implications throughout the kinetic chain. Your feet will thank you as you:

- * Learn simple exercises for improving foot comfort and function
- * Decrease stiffness in your neck and low back
- * Increase your choices for how you "stand" in the world
- * Breathe easier and Improve your balance (...inside and out!)

Code: F284
Begin: 4:30 PM
End: 6:00 PM
Type: Workout
Category: Feldenkrais
Instructor: Suzie Lundgren
Class Title: A New Approach to Lengthening the Hamstrings

Description:

If you missed this popular workshop last year, here is a chance to discover longer hamstrings without stretching! By fulfilling the entire flexion pattern and exploring the incredible variety of hamstring participation in femoral joint flexibility, you'll come away with a new appreciation of the power of your nervous system to re-calibrate resting muscle length. A must for anyone interested in Lower back comfort and mobility.

Code: FM202
Begin: 7:30 AM
End: 9:00 AM
Type: Workout
Category: Franklin Method
Instructor: Eric Franklin
Class Title: Imagery and Bands Exercises for Dynamic Strength and Flexibility

Description:

In this class we will learn the unique Franklin-Method approach to conditioning with imagery and bands creating an immediate sense of increased strength and flexibility. The band exercises presented in this class will improve dynamic and static strength, trunk strength, extension flexibility, dynamic flexibility as well as motor and perceptual timing. Imagery is used with every exercise to increase the efficiency by which the nervous system directs the movement helping to achieve maximum strength and flexibility gains during the conditioning routines.

Code: FM246
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Franklin Method
Instructor: Eric Franklin
Class Title: Relax your Neck – Liberate your Shoulders

Description:

Experience the power of imagery, touch and movement exercises to lengthen and balance shoulder and neck musculature. Learn how to melt away tension and associated mental anxiety. Release holding patterns in the upper body by activating the pelvic floor foundation and becoming aware of organic causes of tightness and muscular rigidity. Learn the experiential anatomy of the shoulder girdle and benefit from an increased awareness into the function and interaction of joints and muscles. Exercise with small rolling balls to experience smooth joint action, increased circulation and balanced posture. This serves as a wholesome foundation for a liberated shoulder girdle and a relaxed, mobile neck.

A unique evolutionary invention, our shoulder girdle allows us to maintain our arms above our heads for a fairly long period of time without tiring. The counterbalancing effect of the shoulder blade is especially helpful in arm elevation. Anyone attempting to reach for the coffee container on the top shelf needs to be able to lift their arms effortlessly without disturbing their centers or increasing tension in the shoulders, back and torso. If it weren't for our tree-picking progenitors, we probably wouldn't have shoulders constructed to do so.

Join us at this workshop and:

- Learn imagery that melts away shoulder and neck tension.
- Understand the evolutionary background of shoulder girdle anatomy.
- Experience the balance and poise of centered head on a liberated spine

Code: FM268
Begin: 4:30 PM
End: 6:00 PM
Type: Workshop
Category: Franklin Method
Instructor: Eric Franklin
Class Title: Ballfest: Ball and Imagery Exercises for the whole Body

Description:

This class will present a Smorgasbord of ball and imagery exercises for the whole body. We will learn the three basic ways of using balls, the do's and do-nots of ball exercises and correct ball selection. We will leave the workshop knowing how to integrate imagery effectively into our practice and simply feel fabulous after rolling away all tension and soreness.

We will learn exercises for:

- Releasing Shoulder and Neck Tension
- Liberating the Upper Back
- Creating Ease and Flexibility in the Lower Back
- Balancing the Muscles around the Knees
- Strengthening the Feet
- Improving Alignment and Balance
- Improving Blood Circulation
- Deepening and Relaxing the Breath

Code: FM276
Begin: 4:30 PM
End: 6:00 PM
Type: Workout
Category: Franklin Method
Instructor: Eric Franklin
Class Title: Ballfest: Ball and Imagery Exercises for the Whole Body

Description:

This class will present a Smorgasbord of ball and imagery exercises for the whole body. We will learn the three basic ways of using balls, the do's and do-nots of ball exercises and correct ball selection. We will leave the workshop knowing how to integrate imagery effectively into our practice and simply feel fabulous after rolling away all tension and soreness.

We will learn exercises for:

- Releasing Shoulder and Neck Tension
- Liberating the Upper Back
- Creating Ease and Flexibility in the Lower Back
- Balancing the Muscles around the Knees
- Strengthening the Feet
- Improving Alignment and Balance
- Improving Blood Circulation
- Deepening and Relaxing the Breath

Code: G202
Begin: 7:30 AM
End: 9:00 AM
Type: Workout
Category: Gyrotonic
Instructor: Angela Crowley
Class Title: Running in Sports

Description:

A Gyrotonic and Gyrokinesis workout for runners.

Healthy running involves all of ourselves from our toes to the tops of our heads. Gyrotonic Methodology teaches movement patterns that use the whole body. While training the body to be efficient and minimize stress on the joints this workout is also a great training warm up.

Code: G217
Begin: 7:30 AM
End: 9:00 AM
Type: Workout
Category: Gyrotonic
Instructor: Lisa Marie Goodwin-Rice
Class Title: Gyrokinesis Level I Class

Description:

GYROKINESIS® 90 minute format class was developed in 2008 and is open to all who enjoy moving their body. This class begins with self-massage and simple breathing patterns to awaken the body. The next focus is on the spine and pelvis in a seated position, then moving into floor stretches and strengthening movements finishing with a standing series. Horvath's methodology invigorates and re-educates the body to move with fluidity, relaxation and power.

Code: G223
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Gyrotonic
Instructor: Lisa Marie Goodwin
Class Title: How to Teach a Group Gyrotonic® Pulley Tower Class

Description:

We will actively go through the process together in preparing the body, working in rhythm and fluidity while giving the body a complete and organic work "in". This class is for certified Gyrotonic Level 1 instructors.

Code: G245
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Gyrotonic
Instructor: Debra Rose
Class Title: Pulley Tower Level II Workout B

Description:

There are two main sequences in the Pulley Tower level 2 work. This class will focus on workout B, which includes Hamstrings with lower straps, handles facing the Tower with upper straps and Iguana. This workshop is for Level I Gyrotonic instructors.

Code: G261
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Gyrotonic
Instructor: Kathy Van Patten
Class Title: Introducing Gyrokinesis® to your Pilates Students

Description:

Challenge your Pilates students with an evolved movement exercise system that complements and strengthens their current body connections. Take students to a higher level of fitness by balancing their overall fitness level through the functional movement patterns from Gyrokinesis that interconnect perfectly with Pilates.

Code: G267
Begin: 4:30 PM
End: 6:30 PM
Type: Workshop
Category: Gyrotonic
Instructor: Debra Rose
Class Title: Introduction to Gyrotonic®

Description:

This class will introduce you to the Gyrotonic equipment, movements and concepts. Come feel for yourself what this system is about. While we move I will explain the main concepts of fifth line, seed center and stabilization through contrast.

Code: G268
Begin: 4:30 PM
End: 6:00 PM
Type: Workout
Category: Gyrotonic
Instructor: Angela Crowley
Class Title: Power For Sports

Description:

A Gyrotonic and Gyrokinesis, workout for power in sports. Power is not simply strength. Power includes the ability to organize all of one's energy and body with choice and accuracy. This workout will give an experience of building power through Gyrotonic Methodology.

Code: G283
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Gyrotonic
Instructor: Kathy Van Patten
Class Title: Open Gyrokinesis Class - Everyone Welcome!

Description:

Challenge yourself with a new approach to movement! Gyrokinesis movements expand and enhance your movement experience, improving any other movement activities.

Code: O239
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Other
Instructor: Darcy Elman
Class Title: Introduction to the Alexander Technique

Description:

This two hour class is designed for teachers and trainers interested in learning more about reducing muscular skeletal tension within the context of functional movement and dynamic posture. The Alexander Technique is a unique approach to re-patterning the "stimulus response mechanism" in our central nervous system so that the body has more internal space, creating greater range of motion throughout.

Code: O241
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Other
Instructor: Yamuna Zake
Class Title: Face Ball Workshop

Description:

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.

Code: O242
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Other
Instructor: Dr. Rob Johnson
Class Title: Creating Results- Understanding Body Typing

Description:

This program will help you to understand the bigger picture behind training. You will learn how body types , posture and muscular balance will dictate your results. By following the program you will help prevent injury, balance posture, strengthen synergistic muscles and produce visual and functional changes in record time.

Code: O263
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Other
Instructor: Yamuna Zake
Class Title: Lining Up the Feet Ankles Knees and Pelvis Using Foot Savers and Black Balls

Description:

Lining up the feet ankles knees and pelvis using foot savers and black balls.

\$50 material fee or bring your foot savers and calf balls.

Code: O264
Begin: 4:30 PM
End: 6:30 PM
Type: Workshop
Category: Other
Instructor: Dr. Rob Johnson
Class Title: Shoulder Disorders and Stabilization

Description:

The shoulders are one of the most limiting factors to the average fitness enthusiasts. Use the principles of post-rehab to correct posture and alleviate tension from the head, neck and shoulders. Learn exercises and motions that stabilize and strengthen the shoulder girdle.

Code: P207
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Zoey Trap
Class Title: Peak Pilates®: MVe™ Reformer Energize Workout

Description:

Use the energy from your body, mind, and soul as you transfer it to the Reformer to become one. This workout will move you in and out of extraordinary shapes with a focus on deep core strength and fluid movement. Experience how fabulous it feels to move from the inside out, with a sense of ease. You will love how your body will lengthen as it tones up in a new way that can only be achieved through Pilates.

Code: P208
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Elizabeth Larkam
Class Title: Reformer Flow with the Balanced Body Pilates ARC

Description:

Together the Pilates ARC and reformer create an environment that gently supports mobility of the spine in forward flexion, lateral flexion, extension, rotation and combined planes of movement. Learn a movement flow sequence to access each of the myofascial meridians described in Thomas Myers book, Anatomy Trains.

Code: P209
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Leslee Bender
Class Title: Bender Ball Pilates

Description:

First The Pilates Coach mini ball featured at the very first BMS, now it is the Bender Ball "voted best fitness commercial" and, backed by the "Journal of Applied Research". Come see the original program that launched a bio-mechanically safer approach to mat training. With many copies of this program in the industry this one has analyzed each and every exercise and why you are performing it. Looking at each student and today's society knowing that it is crucial to give modifications that are challenging yet safe to appeal all levels of students so they feel successful knowing that they are actually feeling the right muscle groups and are safe from injuring their backs. A sessions packed with new exercises not to miss!

Code: P211
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Madeline Black
Class Title: Moving in All Dimensions Mat Class

Description:

A mat class for sheer enjoyment of moving. Madeline will teach a movement class to release the holding patterns and free up your spine, hips and shoulders.

Code: P213
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Christine Romani Ruby
Class Title: Rolling Up Pilates

Description:

This 60 minute practice class will demonstrate a smooth and flowing mat class using the 16 inch foam roller. See new and creative choreography as well as modifications to help less advanced students to join in. This session guarantees a great workout as well as new ideas to take home to your students.

Code: P215
Begin: 8:00 AM
End: 9:00 AM
Type: Workout
Category: Pilates
Instructor: Kathy Corey
Class Title: Spine Corrector Balancing Patterns – A Total Body Workout

Description:

Core strength exercises are presented on the Spine Corrector to create balanced movement patterns. The Spine Corrector provides the perfect tool for ultimate rotation of the spine through its varied ranges of motion. This workout develops an understanding of dynamic alignment and movement and the effects that the Spine Corrector provides to balance the spine.

Code: P226
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Donna Oliver, Marc Brown
Class Title: Pilates and the Client with Multiple Sclerosis

Description:

The class will include an introduction to neuro-anatomy, explanation of the etiology, symptoms and treatment of the disease. The class will also include an introduction to current research into the area of exercise as an intervention, contraindications and concerns when prescribing exercise.

Due to the variable nature of the condition, a case study will be presented including a guide to the Pilates specific exercise prescription/programming afforded to this client.

This will be followed with general discussion to allow participants to discuss other manifestations/problems/solutions experienced with the client with Multiple Sclerosis with an opportunity to problem solve within a group setting.

Code: P227
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Madeline Black
Class Title: Exploring the Spinals on the Cadillac

Description:

The Cadillac is the Pilates apparatus that provides the teacher and client with the ability to focus on dynamic movement of the spine. Madeline Black will teach a workshop that will define spinal movement, review and introduce Cadillac repertoire that focuses in the spine and discuss contraindications. Specific cueing and teaching tools will be highlighted.

Course Objectives

To provide a deeper understanding and knowledge of the exercises performed on the Cadillac that focus on spinal articulation. The teachers will learn the significance of how, why and when it is appropriate to choose Cadillac exercises that focus on the articulation of the spine. Specific cueing and teaching tools will be highlighted.

Outline

1. Overview of the anatomy of the spine and how it moves
2. Demonstration of spinal exercises on the Cadillac: Rollbacks, Short Spines, Long Spine, Long Sit-up, Parakeet, Airplane, Full Mermaid, Swan and more
3. Cueing specifically for each exercise
4. Discussion of contraindications pertaining to Spinal issues as health issues and orthopedic problems

Code: P228
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Leslee Bender
Class Title: Char Bender Ball: Functional Chair for the Personal Trainer

Description:

Char- Bender Ball for both the Pilates and fitness professional. You will learn how to utilize the Char and Bender Ball for total balance training and coordination that is functionally safer and more effective than many small pieces of equipment. You will learn diverse exercises that cross both worlds of personal training and Pilates. Understand the meaning of training for your body type of postural issues. You can become such an effective trainer when you look at each individual and see what they need to work in order to change more positively. This class ultimately will show you how to address core stabilization before mobilization in every exercise to create a bio-mechanically balanced program for all levels of students.

Code: P229
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Laurie Stricker
Class Title: Peak Pilates® Split-Pedal Chair and Handle Workshop for Athletes

Description:

Engage and challenge your athletic clients with a dynamic cross-training Chair workout. By definition, sports require repetitive movements that over time create muscle imbalances that can lead to injury. Using the Peak Pilates Split-Pedal Chair with Handles, learn how to maximize cross-training results, while restoring muscle balance, flexibility, core strength, and alignment. The workshop begins with an athletic conditioning workout, inviting participants to experiment with spring tension, split pedal position, and handles in all planes of movement. Cross-training routines that target skiers, runners, cyclists, tri-athletes, and golfers will be presented. Common athletic injuries will be addressed, and strategies to help your clients stay healthy while maximizing athletic fitness will be presented. 2 Peak CECs.

Code: P230
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Christine Romani Ruby
Class Title: Reformer Choreography

Description:

This 2-hour workshop focuses on new choreography for your reformer group classes or privates. If things are getting a bit stale, this will be sure to freshen it up! See new twists on old exercises as well as brand new creations that will liven up your classes adding challenge and interest.

Participants will.....

1. Learn at least 15 new exercises to perform on the reformer.
2. Understand modifications and applications for these 15 exercises.
3. Explore the use of music to add interest.
4. Explore the use of tempo to add interest.

Code: P231
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: John Garey
Class Title: STOTT PILATES® Group Matwork Classes: Teaching Skills & Programming Choices

Description:

Teaching group classes can be challenging. How do you ensure all your clients get a good workout safely in a group situation? This workshop will focus on the programming, cueing, and correction skills you need to safely progress your clients through a series of matwork classes. Learn to keep the class moving while giving individual corrections, make exercise choices that make sense in a group scenario, and give modifications and transitions that work.

Learning objectives:

1. Review differences between teaching privates and teaching group classes.
2. Learn cueing skills, correction methods and motivational skills that work best in group situations.
3. Review class plans that allow your group class to progress methodically and safely.

Code: P232
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Kyria Sabin
Class Title: Ped-i-pul Workshop

Description:

Discover the benefits and applications of this seldom used, but highly effective, Pilates apparatus. The Ped-i-pul's simple design challenges the body in vertical posture and addresses both spinal alignment and upper quadrant symmetry and balance. With an emphasis on the teachings of Pilates Master Ron Fletcher, this workshop will explore the many movements that can be performed and taught on the Ped-i-pul - from basic through more advanced - to provide a complete vertical movement experience. Each participant will be given opportunities to experience the Ped-i-pul program.

Code: P233
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Jennifer Stacey, MS
Class Title: The Wings: The Power of the Scapular Muscles & the Serape Effect in Pilates and Movement

Description:

The "scapular" goal in Pilates is scapular depression, abduction and upward rotation. The power of the body is also dependent up the interaction of the "serape" musculature that wraps around the body. Scapular mechanics in Pilates will be reviewed. The participants will perform Pilates and pre-Pilates movements that encourage "wing" recruitment.

Code: P235
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Matthew McCullough
Class Title: Active Isolated Movement: Flexibility Infused Training

Description:

Active Isolated Movement: Flexibility Infused Training is a dynamic method developed by Pilates educator Matthew McCullough that helps clients increase their flexibility safely and effectively. Using elements of the Active Isolated Stretching technique, AIM-FIT systematically moves through major muscle groups, strengthening agonists while stretching antagonists. During the class, foam rollers and yoga straps are utilized to aid myofascial release and flexibility, while flex bands are used to activate joint stabilizers. In addition, with Pilates exercises integrated throughout, the class strengthens the core while unraveling the tightly-wound muscles of the hips, legs, lower back and shoulders. AIM-FIT is engaging and replete with quick transitions between stretches to maintain interest and focus. Ultimately, this method helps clients feel both stabilized and elongated.

Code: P237
Begin: 9:30 AM
End: 11:30
Type: Workshop
Category: Pilates
Instructor: Rael Isacowitz
Class Title: The Essential Step Barrel

Description:

The Step Barrel (Spine Corrector) is small, mobile, and has contours that offer support for the body and facilitate very specific exercises. This session will demonstrate some of these exercises and highlight the uniqueness of this piece of apparatus. During this workshop we will explore some of the choreographic possibilities: both from the classic repertoire and from new innovations. In addition contemporary developments in the equipment will be discussed.

Code: P247
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Donna Oliver, Marc Brown
Class Title: Pilates and the Client with Cardiovascular Disease

Description:

This lecture will present information regarding pathologies involving the cardiovascular systems and will include discussions regarding common pathologies and how we, as Pilates instructors, can help provide an optimal and intelligent approach to programming for these populations. The aim of the workshop is to provide participants with:

- * A greater understanding of the mechanisms of common cardiovascular conditions.
- * How these pathologies influence a clients ability to exercise.
- * Medications/treatments and how they affect a client's ability to exercise.
- * Discussion of current research on resistance exercise for these populations.
- * Contraindications/precautions and exercise programming within the Pilates Method, including relative and absolute contraindications to exercise.

Code: P248
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Suzanne Martin
Class Title: Skilled Intervention in De-Rotating Scoliosis

Description:

Correcting rotation in scoliosis is a controversial issue. Learn hands-on techniques and cuing in order to gently guide the body into a new movement pattern

Code: P249
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Rael Isacowitz
Class Title: THE COMPLETE CADILLAC: Structuring a Full Session on the Cadillac

Description:

It is no secret that the Cadillac offers a multitude of opportunities for working the body in every possible plane of motion, range of motion and type of motion. Yet, what is sometimes ignored on the Cadillac, as opposed to the Reformer is the comprehensiveness of the program. This session will focus on compiling a complete and comprehensive program based on the BASI Block System™, the foundation of the Body Arts and Science International™ approach to every lesson plan. The workshop will be geared towards teaching a healthy individual of an intermediate level. Clearly, as with all the Pilates work the same session can be modified and made infinitely more basic and at the same time infinitely more challenging – within the same framework.

Code: P250
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Cathleen Murakami
Class Title: Core Chair Challenge

Description:

The Wunda Chair is one of the more under used pieces of equipment in the Pilates studio, but can provide versatility for situations with the pregnant or plus-sized client. For the novice client, it can challenge dynamic stability and for the elite athlete, provide an environment that offers training in a multidimensional climate providing a challenge in balance, timing, stability and strength.

Code: P251
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Shari Berkowitz
Class Title: Power Pilates: PILATES It's a workout! How flow is Vital To The Pilates Session

Description:

Flow is much more than moving quickly through a list of exercises. Let's figure out what flow is and how to create it within each move, repetition and exercise. Flow has a lot to do with how you think of the workout and how you use your voice. It will change your teaching for the better.

Code: P252
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Kathy Corey
Class Title: West Coast Pilates Wunda Chair Progressions for 2009

Description:

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 program. This fun and creative Chair program progresses through movement levels and is a great program for a Wunda Chair class or individual session.

Code: P254
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Elizabeth Larkam
Class Title: Mat with Franklin Balls and Mini Rolls

Description:

Eric Franklin created the Franklin Ball and Mini Roll for his unique system of movement education. Learn five different movement sequences that can be taught as part of a mat class, a client studio program or a home exercise program.

1. articulation of the foot and ankle improves standing balance
2. pelvic floor training improves hip mobility
3. clarify anterior pelvic tilt, posterior pelvic tilt and neutral pelvis
4. differentiated cervical and thoracic rotation improves neck comfort
5. scapula mobility improves use of the arms

Code: P255
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Cecile LeMoine Bankston
Class Title: How To Add Pilates Based Work Into Your Health Club or Personal Training Facility

Description:

In this course, I will teach some Pilates principles, and basic mat exercises. I will then continue with some exercises on the ball, the foam roller and the theraband, (which are all things that personal trainers use on a daily basis) to demonstrate how one can incorporate Pilates based work and Pilates principles into their existing workout plans within a health club or personal training facility.

Code: P257
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Lynne Robinson
Class Title: Ante and Postnatal Pilates – Postural changes

Description:

In this workshop, Lynne will review the main musculoskeletal changes for the ante- and postnatal periods, focusing, in particular, on postural changes and their impact on muscle balance and movement patterns. Summarizing the main goals for an ante/post natal Pilates program, we will also study appropriate exercises to help improve posture and movement. Part lecture, part practical.

Code: P258
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Michael Fritzke and Ton Voogt
Class Title: Building Blocks

Description:

Pilates is more than a series of exercises to be executed by copying the outward form. It is a modality founded in principles and philosophy. An understanding of the principles and philosophy is the common thread in all approaches. Many clients start Pilates due to an injury on the advice of their healthcare professional. As most of us are not trained healthcare professionals...we are Pilates instructors, this can create a problem. The best way to work with clients who have challenges is by starting at the beginning with the fundamental movement patterns and build from there

Code: P259
Begin: 2:00 PM
End: 4:00 PM
Type: Workshop
Category: Pilates
Instructor: Zoey Trap
Class Title: Peak Pilates® Do you see what I see?

Description:

What is it that all great trainers have in common? It is that innate ability to anticipate where the body is going and bring it back where it belongs. It's all in the eye! In this workshop we will study a number of common compensatory patterns and evaluate them from origin to solution on the Mat and Spine Corrector. By monitoring the client's strength and ability to correct these patterns you'll have a better sense of when to progress your students. Become one of the Great Trainers by training your eyes. Take with you a new awareness of movement and most importantly ways to correct it. 2 Peak CEC's.

Code: P266
Begin: 2:00 PM
End: 3:30 PM
Type: Lecture
Category: Pilates
Instructor: Brent Anderson
Class Title: Enhancing the Mind & Spirit Integration

Description:

This 90 minute lecture will focus on the mental & spiritual components of Joseph Pilates work.

Code: P269
Begin: 4:30 PM
End: 6:00 PM
Type: Workout
Category: Pilates
Instructor: Kyria Sabin
Class Title: Advanced Fletcher Pilates™ Mat Workout

Description:

This workout covers the complete advanced Pilates Mat repertoire taught with precision, breath and control. An equal emphasis will be placed on flowing transitions, also known as Fletcher "goes-in-tas.". Open to intermediate and advanced Pilates practitioners.

Code: P270
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Allison Gonzalez
Class Title: Power Pilates: Reformer on the Mat Class

Description:

A workout that not only challenges the body, but will also exercise your mind! In this class we "translate" the advanced Reformer work onto the Mat. Use your imagination while performing the exercises, because the Straps, Springs or Foot bar are gone! This class will be a double demand on your Power House. Create a new challenge for your more advanced clientele and classes! This workshop will review the Reformer order, exercise details and their application to the Mat. No springs, no straps, just you and gravity. The breakdown of the various elements of the exercises helps achieve greater clarity and will add to depth to your cueing.

Pre-requisite: Instructors and clients with Intermediate Reformer experience.

Code: P271
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Cathleen Murakami
Class Title: YO!LATES: The Ultimate Challenge

Description:

This unique Yoga and Pilates blend will leave you physically tested, mentally focused, and energetically uplifted. Through distinctive choreography and vinyasa (linkage of posed/exercise) this workout will leave no part of you spared from being stretched, aligned, and strengthened. Come prepared to be inspired, challenged, and have fun!

Code: P273
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Laurie Stricker
Class Title: Peak Pilates® Split Pedal Chair Workout for Athletes

Description:

By definition, sports require repetitive movements that over time create muscle imbalances that can lead to injury. Using the Peak Pilates Split-Pedal Chair with Handles, learn how to maximize cross-training results, while restoring muscle balance, flexibility, core strength, and alignment. This athletic conditioning workout, invites participants to experiment with spring tension, split pedal position, and handles in all planes of movement. 1 Peak CEC.

Code: P274
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Elizabeth Larkam
Class Title: Tensegrity on the Reformer & Chair

Description:

In daily activities the body employs a spectrum of structural models from pure tensegrity to pure compression. Learn a movement flow sequence alternating between the Pilates Reformer and Chair that clarifies the differences between tensegrity and compression.

Code: P275
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Zoey Trap
Class Title: Peak Pilates®: Mat with Props

Description:

Do you have faithful mat clients that show up for every class? Once in a while give them a little spice. Learn to use props, Power Circles and Dynabands within the classical repertoire and whalla! Maintain flow while you bring these props in and out of your workout. You will leave this workshop with a well designed class and the confidence to utilize these props at your desire. 1 Peak CEC.

Code: P280
Begin: 4:30 PM
End: 5:30 PM
Type: Workout
Category: Pilates
Instructor: Michael Fritzke and Ton Voogt
Class Title: TRIADBALL Excel! 2009

Description:

Michael and Ton are at it again! They created the ultimate workout using innovative sequencing and the dynamic elasticity of the TRIADBALL to target your core muscles in many different angles.

Code: P281
Begin: 4:30 PM
End: 6:30 PM
Type: Workshop
Category: Pilates
Instructor: Tom McCook
Class Title: Pelvic Power and Pilates

Description:

This workshop will provide a fresh understanding of correct anatomy and the biomechanics of the pelvis and the pelvic floor. We will experience how the pelvic joints and pelvic floor coordinate to create efficient and safe movement in daily life. Improved usage means better posture and relief for the lower back. We will practice how to integrate it with Pilates Mat exercises for a richer movement experience.

SUNDAY, APRIL 19, 2009 – MAIN CONFERENCE

Code: FM302
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Franklin Method
Instructor: Eric Franklin
Class Title: The Art and Science of Cueing for Pilates

Description:

This workshops may just completely expand your mind on how to cue Pilates.

Three variable elements are involved in teaching: The client, the specific exercise you are coaching and the educator. To create an optimal outcome the Pilates educator must cue the exercises in a way that matches the skill and motivational level of the client with the benefits of the chosen exercise. This workshop will give you a systematic overview of the available cues in teaching and show that the types of cues available to the Pilates educator are more varied than commonly assumed.

Learn:

- Cognitive cueing: What is it and how to make it work for you.
- Visual cueing: How to overcome its challenges and limitations
- Kinesthetic cueing: What is it and how to do it well.
- Anatomical versus metaphorical cueing: How they can enhance each other.
- Global, specific, inner and outer cues: Spatial cues in all their variations.
- Implementing motivational cues and much more

Don't get stuck in a cueing rut! Enrich your tool box for cueing and make your teaching life (even) more interesting.

Code: G301
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Gyrotonic
Instructor: Angela Crowley
Class Title: Gyrotonic for the Upper Quadrant

Description:

Through a workout on the GYROTONIC® specialized equipment this course explores the movement pathways of the upper quadrant and their relationships with the spine.

Code: G317
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Gyrotonic
Instructor: Debra Rose
Class Title: Introduction to Gyrokinesis®

Description:

Juliu Horvath, creator of the Gyrotonic system has developed a class off the equipment utilizing stools and mats. Come take this wonderful class with me while I explain why the concepts of circularity, rhythm and breath are so important.

Code: G323
Begin: 10:30
End: 12:30
Type: Workshop
Category: Gyrotonic
Instructor: Angela Crowley
Class Title: Gyrotonic for the Lower Quadrant

Description:

Through a workout on the GYROTONIC® specialized equipment this course explores the movement pathways of the lower quadrant and their relationships with the spine.

Code: O313
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Other
Instructor: Dr. Eric Cobb
Class Title: Practical Neuroscience – The Mind-Muscle Connection

Description:

This course is an introductory level examination of the functional neurology of human performance at the reflexive level. The neural control and impact of primitive reflexes on performance will be emphasized. Motor learning processes will be examined in the context of strength, flexibility and mobility development. Specific mobility drills will be demonstrated and taught, as well as movement mechanics drills to enhance flexibility and strength training performance.

Learning Objectives:

Upon completion of the two (2) hour intensive session attendees will be able to:

1. Clearly explain the basic reflexive impacts on performance.
2. Understand the contribution of survival reflexes to decision-making processes.
3. Explain the impact of peripheral immobility on strength, flexibility and mobility performance.
4. Appreciate the motor learning requirements for the development of different components of athletic performance.
5. Learn and demonstrate basic proficiency in select Z-Health dynamic joint mobility exercises and biomechanical drills.

Code: O335
Begin: 10:30
End: 12:30
Type: Workshop
Category: Other
Instructor: Jean-Paul Martz
Class Title: Enliven Your Center Of Power: Abdominal Fitness From The Inside Out

Description:

Following a Body-Mind Centering® approach this course focuses on teaching the skills necessary to give the abdomen and its contents a rejuvenating lift. After examining the muscular lines of force crisscrossing the torso and their interactions with the thoracic diaphragm, we will learn to mobilize the ribs and articulate the abdominal musculature in coordination with respiration. The resulting internal massage of the abdomen effects an incomparable invigoration of the viscera, at once restorative and invigorating. We will explore various practical applications of the abdominal lift in a variety of movement sequences and discuss crossover possibilities into other abdominal conditioning protocols.

Code: O340
Begin: 10:30
End: 12:30
Type: Workshop
Category: Other
Instructor: Darcy Elman
Class Title: The Atlantic Occipital Joint in Motion

Description:

This 2 hour workshop will give participants a chance to explore the release of the head on top of the spine while in motion. Releasing the AO joint begins the upward flow of energy along the spine thereby allowing the whole body to move with greater ease. Each participant will have time to feel this in their body as well as in hands on work with a partner. The second half of the class we will practice releasing the AO Joint doing simple yoga poses. This class is valuable for postural assessment as well as diagnostics in the physiology of the body.

Code: P303
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Pilates
Instructor: Cathleen Murakami
Class Title: The Inner Unit: Maximize Your Connection While Deepening Your Understanding

Description:

So you know what the "core" is. Transversus abdominis, diaphragm, multifidus and the pelvic floor are the components. But do you really understand how they are connected, how they function as a team and why it is absolutely necessary to maximize and deepen your relationship to The Inner Unit in order to go further in your Pilates repertoire? This workshop will teach you how to find these four major players individually and synergistically.

Code: P304
Begin: 8:00 AM
End: 11:00
Type: Lecture
Category: Pilates
Instructor: Donna Oliver, Marc Brown
Class Title: Pilates and the Client with Respiratory Disease

Description:

This lecture will present information regarding pathologies involving the pulmonary systems and will include discussions regarding common pathologies and how we, as Pilates instructors, can help provide an optimal and intelligent approach to programming for these populations. The aim of the workshop is to provide participants with:

- * A greater understanding of the mechanisms of common respiratory conditions.
- * How these pathologies influence a clients ability to exercise.
- * Medications/treatments and how they affect a client's ability to exercise.
- * Discussion of current research on resistance exercise for these populations.
- * Contraindications/precautions and exercise programming within the Pilates Method, including relative and absolute contraindications to exercise.

Code: P305
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Pilates
Instructor: Christine Romani Ruby
Class Title: Pushing in New Directions

Description:

This 2-hour workshop will introduce a new innovation with the Pilates push through bar. Learn new choreography for group classes and rehabilitation and open doors to more innovation. Don't miss the chance to be the first to see these new exercises and make them your own.

Participants will...

1. Demonstrate 15 new exercises using this inovative Pilates push through bar.
2. Describe the "serape: effect.
3. Create several combinations to use in group classes and private sessions to add challenge and creativity.
4. Understand safety for use of the apparatus.

Code: P306
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Pilates
Instructor: Kathy Corey
Class Title: Adaptive Pilates for the Chair – From Basic to Advanced

Description:

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 program. This fun and creative Chair program progresses through movement levels and is a great program for a Wunda Chair class or individual session.

Code: P307
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Pilates
Instructor: Sonia Rodriguez
Class Title: Peak Pilates® Advanced Reformer Flow

Description:

If you have never seen or experienced the advanced classical reformer, this is a session not to miss. The exercises will be broken down and you will have a chance to experience them within the flow of a class. You need a strong background in order to participate in the workout. 2 Peak CECs.

Code: P309
Begin: 9:00 AM
End: 10:00
Type: Workout
Category: Pilates
Instructor: M Valentin
Class Title: POP: Pilates Outdoor Play

Description:

One of the most comments about pilates is that there is no aerobic component. Take this high energy interval workout that intertwines a variety of walking and standing exercises with basic pilates exercises that can be done out in a parking lot, at a park or in a large auditorium. It is a great caloric burner and fun to be outdoors! Supportive walking shoes recommended.

Code: P310
Begin: 9:00 AM
End: 10:00
Type: Workout
Category: Pilates
Instructor: Leslee Bender
Class Title: Men on Mats

Description:

Why do men not participate in Pilates mat classes? After interviewing over 100 male exercisers their response was... Pilates is much too difficult and dance oriented. Men do not like feeling like a failure in exercise programming but many of the traditional exercises utilize too much hip flexors and men already suffer from tight hip flexors, hamstrings and low backs. Therefore, exercises need drastic modifications in order to help men improve their core strength and flexibility and above all feel successful. You will learn by understanding the male physique is different than a females and how they move.

Code: P311
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Pilates
Instructor: Cecile LeMoine Bankston
Class Title: Pre and Post Natal Mat and Magic Circle

Description:

In this course, participants will learn a mat and magic circle workout that is appropriate for prenatal clients. They will then learn how to adjust that class for a client returning after having a baby. Medical guidelines will be covered as well as common problems during pregnancy such as low back pain, sacroiliac pain, and diastases Recti.

Code: P312
Begin: 7:30 AM
End: 8:30 AM
Type: Workout
Category: Pilates
Instructor: Zoey Trap
Class Title: Peak Pilates® Dynamic Duo: Pilates and Yoga

Description:

Alternate action! Feel the flow as you move between alternating sequences of Pilates exercises and vinyasa yoga sequences set to music. Experience the best of both worlds as you develop your core, balance your body, and stretch your mind and body. 1 Peak CEC

Code: P314
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Pilates
Instructor: Lynne Robinson
Class Title: Ante and Postnatal Pilates – The Pelvic Girdle

Description:

Ligamentous laxity in the ante- and postnatal periods often leads to pelvic girdle problems. In this workshop, Lynne will examine the importance of pelvic stability in helping to prevent and manage common pelvic conditions. We will study some new ways to improve pelvic stability in pregnant, postnatal and 'normal' clients. Part lecture, part practical.

Code: P315
Begin: 8:00 AM
End: 10:00
Type: Workshop
Category: Pilates
Instructor: PJ O'Clair
Class Title: STOTT PILATES® Personal Training Matwork: Teaching Skills & Programming Choices or One-on-One Matwork

Description:

You need specific tools and information to better equip yourself for training your Pilates clients one-on-one. Learn how to cue and correct to help your clients achieve optimal form. Discover how to observe your clients to see if they are stable, correctly aligned, moving fluidly and efficiently, using the right amount of resistance, using correct equipment adjustments. See how you can modify the exercises using resistance, equipment set up, starting position, range of motion, preparations, and varying dynamics to make the exercise appropriate for your client. This workshop will break down certain key matwork exercises, looking at cueing, correcting and modifications to give you the tools you need to help your personal training clients.

Learning Objectives:

1. Apply the STOTT PILATES® Five Basic Principles to select matwork exercises
2. Focus on cueing and correcting skills specific to personal training.
3. Understand how to incorporate small equipment
4. Understand how to modify for effectiveness for specific individuals.

CECs: ACE CECs, up to 0.4 STOTT PILATES CECs

Code: P320
Begin: 8:30 AM
End: 10:00
Type: Lecture
Category: Pilates
Instructor: Brent Anderson
Class Title: Pilates for Parkinson's Disease

Description:

This 90 minute lecture will discuss current case study research pertaining to people suffering from Parkinson's and the benefits they receive while participating in Mind-Body work.

Code: P321
Begin: 8:00 AM
End: 11:00
Type: Workshop
Category: Pilates
Instructor: Ben Reuter, PhD, CSCS, ATC
Class Title: Upper and Lower Extremity Functional Anatomy

Description:

This is a hands on lecture/workshop that will address understanding the palpation and actions of upper and lower extremity muscles. The core is critical to Pilates, but understanding the structure and function of the upper and lower extremity anatomy is vital too for understanding how these body areas influence the progression of Pilates exercises.

Code: P325
Begin: 10:30
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Lynne Robinson
Class Title: Ante and Postnatal Pilates – Abdominal Integrity

Description:

Diastasis recti occurs in 2 out of 3 women. In this workshop, Lynne will examine how this condition impacts the ability to exercise. We will cover exercise strategies to help improve the abdominal integrity of the ante- and postnatal Pilates client and study specific exercises to help correct a diastasis. Part lecture, part practical.

Code: P326
Begin: 10:30
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Zoey Trap
Class Title: Peak Pilates® Effective Client Communication

Description:

We communicate with our clients in many subtle ways and our clients respond to us according to their style of learning, personality, and mood. To be an effective teacher, we must increase our awareness of how we impact the 'space' around us by developing techniques for greater effectiveness, sensitivity, and empathy. How we listen, pick up and respond to cues from our clients can make the difference in their experience and whether or not they keep coming. Be a student of the body and a student of human nature as we explore this domain of teaching. 2 Peak CEC's

Code: P327
Begin: 10:30
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Christine Romani Ruby
Class Title: Beating Forward Head Posture with Pilates

Description:

Do your client's heads round the corner before they do? Today's lifestyle sends us right into the forward posture and just gets worse with age. In this 2-hour workshop we will discover what causes this posture and it's long history with famous researcher Panjabi. Then we will take this knowledge and apply it to exercises using the push through bar and wall. Chrissy will show you how to make immediate changes in your clients by understanding what creates this posture.

Code: P328
Begin: 10:30
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Michael Fritzsche, Ton Voogt
Class Title: Wunda Chair Flow and Links

Description:

Experience the flow and links of the Wunda chair. This workshop will teach you how you can get more of your chair through easy and challenging "Chair Combinations". Link your favorite exercises together and create a flowing chair experience.

Code: P329
Begin: 10:30
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Suzanne Martin
Class Title: Exploring the Planes of Scoliosis

Description:

Exploring the planes of scoliosis: Reformer and long box applications for treating in the axes of the 3 planes in scoliosis.

Code: P330
Begin: 11:30
End: 1:30 PM
Type: Workshop
Category: Pilates
Instructor: Kathy Corey
Class Title: Rotational Patterns for the Reformer

Description:

We live in a lop-sided world. The way we carry our bags, our books and our babies creates muscle imbalances and a dominant side of the body. This reformer course addresses these imbalances with a program of rotational exercises to help lengthen and stretch tight muscles while increasing stability to the more mobile muscles. Balanced movement patterns with the emphasis on spinal rotation and lateral flexion work together to produce a healthy and more functional body.

Code: P331
Begin: 10:30
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Cecile LeMoine Bankston
Class Title: Cross training for Triathletes

Description:

In this course, I will teach a cross training routine on the mat that is designed specifically to address the needs of a triathlete. The routine is designed to address muscle imbalances, and weaknesses. It will also improve flexibility, and agility with the ultimate goal of improving overall time when competing.

Code: P333
Begin: 10:30
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Lucia Miller
Class Title: Women's Health Physical Therapy/Pelvic PT

Description:

Women's health & Pelvic Physical Therapy is specialty which pronds an oppourtunity to deepen our understanding and practical appreciation oa typically intimate area of the body. Neuromusculoskeletal pelvic anatomy, exercises, treatment including pre and postnatal, arogenital and care conditions will be explored with relation to the pelvic floor muscles. We will describe the anatomy, function and disfunction of the female pelvic floor; the coordination of the PFM and abdominals and multifidi. Introduce biofeedbacks vaginal weights.

Code: P336
Begin: 10:30
End: 1:30 PM
Type: Workshop
Category: Pilates
Instructor: Bent Anderson
Class Title: Optimizing Strength & Flexibility Simultaneously in the Pilates Environment

Description:

This 3 hour workshop will focus on ancient hatha yoga principles of central & peripheral Bandas used to simultaneously increase strength & flexibility simultaneously in the Pilates environment.

Code: P337
Begin: 10:30
End: 12:30
Type: Workshop
Category: Pilates
Instructor: Shari Berkowitz
Class Title: Power Pilates: Creative Spine Corrector Workshop

Description:

In this workshop, Shari will teach the group how to teach the classical mat exercises and exercises specific to this apparatus on the spine corrector. She will teach how to organize the exercises to keep it flowing a flowing workout, how to position the clients on the apparatus and where to be to spot and cue the exercises as the teacher. Shari will work with the group on how to teach this as an entire class as well as how to pick and choose exercises for "individual needs" in private sessions.