



Pilates  **ON TOUR**[®]
Continuing Education for Pilates Professionals

'10 Tours

San Diego, CA
Phoenix, AZ

Toronto, ON
Chicago, IL

Denver, CO
Tampa, FL







Welcome to Pilates ON TOUR®

Now in its seventh year of bringing unforgettable continuing education to Pilates professionals.

Whether you want to improve your teaching skills, create great group programming, learn new exercises or grow your business, Pilates on Tour will inspire you to mastery. For 2010, we have six extraordinary conferences in North America. Which one is right for you?

San Diego, CA

February 26-28

Pilates elder Lolita San Miguel and master instructors from around the world. Deepen your understanding of movement with Pilates, the Franklin Method™, Gyrokinesis® and more.

Phoenix, AZ

April 9-11

Our Third Annual Pilates and Rehab Summit, designed for healthcare professionals and experienced Pilates practitioners in clinical and post rehabilitation settings.

Toronto, ON, Canada

May 14-16

Expanded! Outstanding teachers, bringing advances in the field, new choreography, the Franklin Method and more.

Chicago, IL

July 9-11

Pilates elder Mary Bowen along with teachers from the whole spectrum of the Pilates community. New courses and more tools!

Denver, CO

July 30-August 1

Explore Pilates from many perspectives with teachers from classical and contemporary backgrounds. Join Pilates elders Lolita San Miguel and Mary Bowen for inspired learning in beautiful Colorado.

Tampa, FL

October 15-17

Dive into the biomechanics of the body or learn wonderful new moves to take back to your studio for the busy winter season.

Come enjoy an inspiring weekend of learning, networking and fun, and earn continuing education credits from PMA and ACE.

“This was my sixth trip to Pilates on Tour and each time it has been wonderful... POT is truly the best value for my education dollar.”

—S. Koonts

San Diego | February 26–28, 2010

Come to the delightful Paradise Point Resort for Pilates on Tour San Diego! Join Pilates Elder Lolita San Miquel and master instructors from all over the world for a wonderful opportunity to deepen your practice, connect with your community and enjoy a lovely few days on Mission Bay.

In addition to Pilates offerings on biomechanics, assessment, enhancing your teaching skills and new choreography, we offer classes in the Franklin Method, Gyrokinesis and the new CoreAlign system to expand your understanding of the body in movement. We look forward to seeing you under the palm trees!

Paradise Point Resort & Spa

1404 Vacation Rd., San Diego, CA 92109

Reservations: (800) 344-2626 or www.paradisepoint.com

Group Code – Pilates on Tour

Room rate: \$199 per night (expires January 25, 2010)

Pre-Conference	Early Reg.	Regular Reg.
Anatomy in 3 Dimensions	\$465	\$525
CoreAlign Level 1 Instructor Training	n/a	\$499
Pink Ribbon Program	\$450	\$495
Pilates Springboard	\$295	\$335

Main Conference	Early Reg.	Regular Reg.
1 Day	\$295	\$365
2 Day	\$485	\$545
3 Day	\$585	\$645

Register now at www.pilatesontour.com.

Early registration discount expires January 29, 2010.

Pre-Conference Events

Anatomy in Three Dimensions:
An Introduction to Anatomy in Clay™

Wednesday – Thursday, Feb. 24–25, 9:00am to 5:00pm

This experiential workshop reviews the essentials of anatomy and kinesiology as you build the major muscles used in movement on a specially designed skeleton called a Maniken®. Understanding the body from the inside out allows you to see movement from a whole new perspective. Practical exercises to understand the function of each muscle and its use in Pilates are included. This is a great class for new and experienced instructors who want to improve their understanding of anatomy and the body in motion.
Instructors: Dallas Everleth & Naomi Leiserson

CoreAlign™ Level 1 Instructor Training

Wednesday – Thursday, Feb. 24–25, 9:00am to 5:00pm

Learn to teach level 1 exercises on the CoreAlign™. A significant addition to a Pilates studio or personal training practice the CoreAlign stimulates the core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core controlled aerobic training. The method is used for musculoskeletal rehabilitation, performance enhancement and general conditioning for overall wellness. See videos of the CoreAlign in action at www.pilates.com/corealign.
Instructor: Jonathan Hoffman, BPT

Pink Ribbon Program: Post-Rehabilitative Breast Cancer Exercise Specialist Training Program

Wednesday, February 24, 12:00pm–5:00pm through Thursday, February 25, 9:00am–3:00pm

The goal of this two-day course is to provide participants with the knowledge needed to work successfully with breast cancer survivors, from diagnosis through treatment to recovery. The course is open to physical therapists, occupational therapists, Pilates instructors, lymphedema treatment specialists and nurses. Evidence-based practice and material from the areas of functional exercise, shoulder rehabilitation and Pilates exercises will be the emphasis of the lab sessions.
Instructor: Doreen Puglisi, MS

Expanding Repertoire on the Pilates Springboard

Thursday, February 25, 9:00am–3:00pm

Learn to design a challenging group class including warm-up, core strengthening, upper and lower body conditioning, plus great sports-specific and special population applications on the Pilates Springboard. Some exercises are based on classic Pilates repertoire; others are original exercises developed by Ellie Herman and other faculty members of EHS Pilates. Learn modifications for mixed level classes and gait-specific applications, in order to help your clients take the Pilates work with them into their daily lives.
Instructor: Nancy Myers

Friday All Day

Morning Workout Classes: 8:00am–9:00am

All Day Workshops: 9:30am–12:30pm and 2:00pm–5:00pm

Understanding What You See: Assessment Techniques for Pilates Instructors

Assessment is important for any Pilates teacher's practice. Learn to see and understand postural imbalances through static and dynamic assessment techniques. We cover anatomy, muscle imbalances, postural dysfunctions and charting, and you will be coached on palpation and observation skills.

Instructor: Madeline Black

Pilates, Alignment and Posture

Common strength, flexibility, and movement imbalances underlying kyphosis, rolled shoulders, in-facing knees, hyperextended knees and excessive foot pronation will be discussed. Participants will learn Pilates-based exercises designed to improve these problems, with an emphasis on developing kinesthetic awareness and muscle activation patterns that can be transferred from isolation exercises to functional movement.

Instructor: Karen Clippinger, MSPE

Experiential Anatomy of the Shoulder and Neck with Pilates Repertoire

Experience, understand and teach optimum function using the Pilates repertoire and the Franklin method for health and performance. Through touch, movement and interactive lecture, you will learn the bone and muscle relationships of the shoulder girdle and cervical spine. We combine the lessons with related Pilates repertoire on the mat and apparatus.

Instructor: Tom McCook

Pilates EXO® Chair Workshop

The EXO Chair combines the strength and power of traditional Chair work with the flexibility of resistance tubing to create a whole new workout. Designed for instructors who are already familiar with the Chair and want to learn how to use the resistance tubing to increase the variety of exercises for their classes.

Course includes the BBU EXO Chair manual.

Instructor: Portia Page

Fletcher Pilates ABCs

As Pilates Master Ron Fletcher developed his first Pilates studio in Los Angeles, he frequently consulted Clara Pilates, especially as he began to develop his Percussive Breath™ and Standing and Centering™ techniques. Ron often quotes Clara's response, "Take it and go, but always stay true to the ABCs." This is an in-depth exploration of the "ABCs" as articulated by Ron Fletcher.

Instructor: Kyria Sabin

Lolita Shares: Reformer Exercises and Sequencing

Deepen your understanding of Reformer exercises with Pilates elder and Master Instructor Lolita San Miguel who learned the work directly from Mr. Pilates. Review the exercises while gaining insight into the history of the method and the unique personality of Joseph Pilates and his revolutionary fitness techniques. A rare opportunity to study with one of Joe's original students.

Instructor: Lolita San Miguel

Saturday Morning

Morning Workout Classes: 8:00am–9:00am

Morning Workshops: 9:30am–12:30pm

Sacroiliac Function and Pilates Exercise Design

A discussion of the sacroiliac joint, its key function as part of the link between the lower extremity and spine, and its common dysfunction and associated pain. Learn Pilates-based exercises to help restore stability and optimize function. Cueing and position modification provided for selected repertoire, aimed at preventing chronic conditions in this area.

Instructor: Karen Clippinger, MSPE

Franklin Method™ Imagery for Alignment & Flexibility

Imagery is a key skill in sports, fitness and dance, enabling one to reach high levels of excellence. To use it effectively you must understand how imagery works. An overview of the applications of imagery, and introducing easy-to-do imagery and self touch exercises aimed at improving movement, alignment and flexibility.

Instructor: Morten Dithmer

Upping the Upper Body

A strong, balanced core is essential for developing upper body strength and power. Deepen your ability to teach and perform the more advanced upper body work by focusing on the core and its connections to the shoulders and the arms. Exercises on the Mat, Cadillac, Chair, Reformer and Arm Chair will be included.

Instructor: Julian Littleford

EXO® Chair Flow

Functional Fitness at its best. Experience the added versatility of the Chair repertoire with resistance tubing. With the added pulling and pressing dimension, training options expand for beginners and more advanced clients. We focus on smooth transitions and work through all body positions from the floor to the seat top, for a full body/mind conditioning and movement experience.

Instructor: Tom McCook

Pilates and Walking: Essential Pilates for Gait

Learn basic postural and gait analysis: both static and dynamic, cross patterns, and common gait patterns that result in chronic pain. Learn guidelines for observation and protocols for common imbalances. Learn how to give your clients the tools they need to take the Pilates work they do in the studio to the streets with every step they take.

Instructor: Nancy Myers

San Diego | February 26–28, 2010

Pilates Mat Circuit Circus

Pilates Circuit Circus joins the forces of Pilates and Fitness to bring you a challenging workout incorporating small props and Pilates mat work for a class that is dynamic, exciting and loads of fun. Meld the music and variety of the fitness world with the stability, strength and length of the Pilates world to add a unique edge to your classes.

Instructor: Portia Page and Joy Karley

Saturday Afternoon

Workshops: 2:00pm–5:00pm

Corrective Pilates: Madeline Black's Hands-on Approach

Gain a deep understanding of touch and the augmentation of optimal movement during Pilates apparatus work in this practical workshop. Learn how to guide movement with specific anatomical placement of your hands and how to move with the body. Guided touch releases unconscious holding that inhibits muscle strength, elongates fascia, increases healthy joint motion and achieves better alignment.

Instructor: Madeline Black

The Art of Asymmetrical Exercise on the Cadillac

Muscle imbalances need to be addressed asymmetrically in order to create balance and symmetry. Everything, from the way we stand, lift and carry, affects this asymmetry. This course teaches assessment of hyper-mobility and rigidity and how to correct problems from scoliosis to sports related imbalances. A new program of exercises is presented to balance the body.

Instructor: Kathy Corey

Franklin Method™ Pelvic Power for Core Support

Provides a fresh understanding of the anatomy and biomechanics of the pelvis and pelvic floor. Experience how the pelvic joints and pelvic floor coordinate to create efficient and safe movement. Improved usage means better posture, improved hip function and relief for the lower back. Learn to embody the key relationships between the hip joint, lower back and posture.

Instructor: Morten Dithmer

The Pilates Arm Chair and Ped O Pul

An in-depth experience on the rarely used but very powerful Arm Chair and Ped O Pul. Both of these original pieces of Pilates equipment are excellent for developing upper body strength, improving posture and enhancing athletic performance. Julian takes you through the complete repertoire on each piece so you can begin incorporating them into your practice.

Instructor: Julian Littleford

Lolita Shares: Mat for Movers

World renowned Pilates elder Lolita San Miguel shares stories of Joe and her wonderful Mat class with you. A former ballerina, Lolita includes many dance influenced moves in her version of the traditional repertoire. Don't miss this rare opportunity to study with one of Mr. Pilates' two certified students.

Instructor: Lolita San Miguel

Horizontal Rebounding Technology: Advanced Aerobic Jumpboard

Why not incorporate cardio into your Pilates routine? Barbara Wintroub, the creator of the original Aerobic Pilates Jump Board Workout, will demonstrate the benefits of the Jump Board for anyone.

Instructor: Barbara Wintroub

Sunday Morning

Morning Workout Classes: 8:00am–9:00pm

Morning Workshops: 9:30am–12:30pm

Pilates Split Pedal Chair Workshop

Learn exciting new intermediate and advanced variations on the split pedal Chair. Advance your repertoire or just brush up on the classical Chair with a new twist. Safety and use of props is also covered.

Instructor: Kelli Altounian and Dr. Andromeda Trumbull, DC

The Psoas as a Core Muscle

The psoas plays a key role in core activation and alignment of the spine, pelvis and legs. Madeline will teach you how to find the psoas, release and recruit it and understand how it affects spinal alignment. Balancing the psoas can improve breathing, release spinal tension and creates better core engagement.

Instructor: Madeline Black

Hip and Knee Biomechanics on the Reformer

The hip and knee are highly interrelated in terms of alignment and mechanics. Participants will learn to detect and help correct common technique errors involving the hip and knee in standing and on the Reformer. New Reformer exercises designed to optimize function of the hip and knee will be taught.

Instructor: Karen Clippinger, MSPE

Standing Pilates and Matwork Movement

From the original Mat repertoire to the archival and contemporary standing Pilates exercises, this class challenges balance, flow of movement and control with a new choreographed program. A great addition to your classes, the program moves from the standing exercises to an innovative floor program for a total body workout.

Instructor: Kathy Corey

Franklin Method™ Breath Better, Live Better: Increase Vitality & Release Stress through Natural Breathing

Many of us agree that breathing is very important not just for survival but for our overall wellbeing. In this experiential workshop you will come to understand the design, structure and movement of the diaphragm, ribs and deep abdominal muscles, and how they work together to strengthen and free up both body and mind.

Instructor: Morten Dithmer

GYROKINESIS® Beginner Workshop

This workshop presents the evolution of Juliu Horvath's Gyrokinesis methodology from its embryonic stage to more Advanced Level 2 and 3 repertoire. Participants gain an understanding of the layering process within the entire methodology through physically experiencing each stage and how they are systematically intertwined. An introduction to the GYROTONIC® Pulley Tower is included.

Instructor: Erika Hassan

Sunday Afternoon

Workshops: 2:00pm–5:00pm

Common Problems and Protocols: The Spine

Injuries and ailments show up in our studios daily. We cover the most common problems so that you will have the skills and tools you need to know what to avoid and what to focus on in order to assist the client's recovery. A take home workbook with practical recipes is included.

Instructors: Kelli Altounian and Dr. Andromeda Trumbull, D.C

Franklin Method™ Release your Neck, Liberate your Shoulders

The workshop demonstrates imagery, touch and simple exercises to lengthen and balance shoulder and neck musculature.

Experience how the shoulder developed from a four legged support structure through brachiation into free suspension. Learn how to melt away tension and associated mental anxiety.

Instructor: Morten Dithmer

Reformer Choreography to the Max!

Using traditional Reformer exercises as a base, we take you to the next level in Reformer choreography. Adding small props in a variety of positions intensifies your standard repertoire, and we experiment with rhythm, repetition, and sequencing changes to beef up the intensity. Creative use of the Reformer will add variety to the classical work and transform it to a contemporary style that will please any student.

Instructors: Lizbeth Garcia and Portia Page

Pilates for Men: Building Strength, Flexibility and Power

Joseph Pilates originally developed his method with men in mind. Reclaim the original intention of the work using the Pilates Reformer and other apparatus to develop upper body strength, improve flexibility and increase physical power through balanced muscle development and coordination. Traditional and contemporary Pilates exercises for clients at all levels of ability.

Instructor: Julian Littleford

Lolita Shares: The Feet, the Foundation of Pilates

Learn how to improve the function of the entire body by correcting and balancing the use of the feet through Pilates and related exercises. Includes a variety of small apparatus: the foot corrector, toe corrector and Functional Footprints®. Lolita's decades of teaching Pilates and dance give her a unique perspective on the power and importance of the feet.

Instructor: Lolita San Miguel

GYROKINESIS® Advanced Workshop

Geared toward Gyrotonic and Gyrokinesis Licensed Trainers. Includes Juliu Horvath's new cleansing program where participants do a body scrub and a full Level 2 Gyrokinesis Class. The workshop concludes with Juliu's renowned Breathing Program.

Instructor: Erika Hassan

Phoenix | April 9–11, 2010

Designed for healthcare professionals and experienced Pilates practitioners, Pilates on Tour Phoenix focuses on giving you the tools you need to work with clarity, skill and efficiency, with clients of all kinds from acute injuries to biomechanical faults that lead to pain and dysfunction.

The presenters are the most experienced, knowledgeable and creative Pilates instructors in the field, most with more than 20 years of experience. We look forward to seeing you in beautiful Phoenix.

The Marriott Buttes Resort

2000 Westcourt Way, Tempe, AZ 85282

Reservations: (888) 867-7492 or www.marriott.com

Room rate: \$179 per night (expires March 7, 2010)

Pre-Conference	Early Reg.	Regular Reg.
Reformer 1 for Rehab Professionals	n/a	\$549
Reformer 2 for Rehab Professionals	n/a	\$499
Core Align Level 1 Instructor Training	n/a	\$499

Main Conference	Early Reg.	Regular Reg.
1 Day	\$295	\$365
2 Day	\$495	\$545
3 Day	\$615	\$645

Register now at www.pilatesontour.com.

Early registration discount expires March 1, 2010.

Pre-Conference Events

BBU Pilates Reformer Instructor Training, Level 1 for Rehabilitation Professionals

Monday – Tuesday, April 5-6, 9:00am to 6:00pm

Balanced Body University Reformer I instructor training includes an introduction to the Pilates Reformer, beginning level Reformer exercises, program sequencing and teaching tips for individual sessions. The focus of this course is on providing licensed rehabilitation professionals with the basic tools needed to begin using the Pilates Reformer in a clinical setting. Specific modifications and programs to address common orthopedic conditions are included.

Instructors: Allyson Cabot, MPT, and Cari Riis Stemmler

BBU Pilates Reformer Instructor Training, Level 2 for Rehabilitation Professionals

Wednesday – Thursday, April 7-8, 9:00am to 6:00pm

Reformer II adds intermediate level exercises and variations to the Reformer I material to help you progress your client towards full functioning and to add asymmetrical and rotational exercises to your repertoire. Designed to address the needs of licensed rehabilitation professionals, this course is taught by instructors with many years experience using Pilates in a clinical setting. Prerequisite: BBU Reformer 1 Pilates Instructor Training.

Instructors: Dawn-Marie Ickes, MPT, and Cari Riis Stemmler

CoreAlign™ Level 1 Instructor Training

Wednesday – Thursday, April 7-8, 9:00am to 5:00pm

Learn to teach level one exercises on the latest innovation in functional training, the CoreAlign™. A significant addition to a Pilates studio or physical therapy practice, the CoreAlign method stimulates the core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core controlled aerobic training. The method is used for musculoskeletal rehabilitation, performance enhancement and general conditioning for overall wellness. This is a wonderful opportunity to learn the system from its creator, Jonathan Hoffman, BPT. See videos of the CoreAlign in action at www.pilates.com/corealign.

Instructor: Jonathan Hoffman, BPT

Friday All Day

Mat Classes: 8:00am – 9:00am

All Day Workshops: 9:30am–2:30pm and 2:00pm–5:00pm

Discover the Healer Within

This workshop provides an opportunity for therapists and Pilates teachers to perform a deep reflection of self and discover their connection with their intuition, mind, spirit and universal awareness. Discover the Healer in You.

Instructor: Brent Anderson, PhD, PT, OCS

Working with Post-Mastectomy, Osteoporosis and Shoulder Pathologies: Using Fletcher Towelwork®, Spine Corrector and Ped-o-Pul

The worlds collide! Join Physical Therapist Sherri Betz of Polestar Education and Kyria Sabin, movement expert and director of the Fletcher Pilates Program, as they select the best Towelwork®, Spine Corrector and Ped-o-Pul exercises for post-mastectomy, osteoporosis and shoulder pathologies (impingement, adhesive capsulitis/frozen shoulder, rotator cuff injuries).

Instructor: Sherri Betz, PT and Kyria Sabin

Pilates, Alignment and Posture

Common strength, flexibility, and movement imbalances underlying kyphosis, rolled shoulders, in-facing knees, hyperextended knees and excessive foot pronation are discussed. Participants will learn Pilates-based exercises designed to improve these problems, with an emphasis on developing kinesthetic awareness and muscle activation patterns that can be transferred from isolation exercises to functional movement.

Instructor: Karen Clippinger, MSPE

Integrating the Head and Neck in the Pilates Studio Environment

The design of safe, effective Pilates studio programs that integrate the head and neck into full body movement requires an understanding of the reflexes, vestibular system and visual system. Clarify and refresh your appreciation of the effect that each of these systems has on movement by experiencing mat and apparatus vocabulary selected to highlight the contribution made by each system to harmonious movement.

Instructor: Elizabeth Larkam, MS

The Perfect Program for Spinal Stenosis

Lumbar Spinal Stenosis is a common disabling condition in older adults. We review the condition and how it responds to movement, and discuss current research for the most successful treatment. We then apply what we have learned to the Pilates Chair and Reformer. You will leave with a successful plan for treatment of these older adults and expectations for progress.

Instructor: Chrissy Romani-Ruby, MPT, ATC

Saturday Morning

Mat Classes: 8:00am 9:00am

Morning Workshops: 9:30am–12:30 pm

Barrels and Circles: Working with the Thoracic Diaphragm and Ribcage

The diaphragm is a central muscle that plays with the upper and lower bodies. It provides support as a postural muscle, sustains our life force through breath, and houses our main vessels. We explore the dynamics of this area and relate it to movement potential and postural changes, with a demonstration of how the barrels and magic circle can effectively enhance this area.

Instructor: Madeline Black

Hip and Knee Biomechanics on the Reformer

The hip and knee are highly interrelated in terms of alignment and mechanics. Learn to detect and help correct common technique errors involving the hip and knee in standing and on the Reformer. Learn new Reformer exercises designed to optimize function of hip and knee, including exercises that challenge balance and develop valuable motor control links between the joints.

Instructor: Karen Clippinger, MSPE

Franklin Method™ Imagery for a Healthy, Flexible and Aligned Spine

Why do we have a spine? Why does it work? How do we improve the health of our spine? We take a closer look at what good posture means and how to achieve it. Using both anatomical and metaphorical imagery we will move, balance, massage and relax the spine. Effortless posture, skeletal support and dynamic rebound follow.

Instructor: Eric Franklin

Pilates for Children

Review appropriate Mat exercises, program design and sequencing for teaching Pilates to children ages 4-7 and 8-13. Learn physiological and anatomical considerations, safety and teaching guidelines, and receive troubleshooting tips for working with this population. Information for integrating this programming into a variety of different settings is included.

Instructor: Dawn-Marie Ickes, MPT

Pilates Studio Sequences for Clients with Lower Extremity Amputations and Other Polytrauma

The Wounded Warrior Pilates Program began in October 2008 to improve gait patterns and body conditioning for service personnel with unilateral and bilateral lower extremity amputations and other polytrauma. PTs and a Pilates instructor are using Pilates apparatus to achieve successful outcomes. Learn effective Pilates sequences on the apparatus in this practical workshop. Exercises will be taught with and without the client's prosthesis(es). View DVDs of Pilates sessions that show unique configurations of Pilates equipment and demonstrate the importance of exercise sequencing for improving gait patterns.

Instructors: Elizabeth Larkam, MS, and Mike Podlenski, PTA

Phoenix | April 9–11, 2010

Saturday Afternoon

Afternoon Workshops: 2:00pm– 5:00pm

Optimizing the Infinity Footbar®

This 3-hour workshop brings to life the infinite possibilities of working with the Infinity Footbar® on a Reformer in a clinical setting. The ability to move the bar above the carriage creates a whole new range of exercises. Participants learn direct applications for pathology of the shoulder, spine and hips from the founder of Polestar Education.

Instructor: Brent Anderson, PhD, PT, OCS

The Foot Workout

The foot is our base of support as we move through our day. We look at the anatomy of the foot and explore foot mechanics and pathomechanics in functional movement and the Pilates repertoire. We will manually identify the bones of the foot, learn basic mobilizations, and explore a battery of foot stretches and strengthening exercises.

Instructor: Kelly Kane

The Anatomy of Breathing: Movement Sequences on the Pilates Barrels

Refresh your understanding of the Pilates movement vocabulary for the Arc, Half Barrel and Ladder Barrel while clarifying your experiential understanding of the anatomy of breathing. Each Barrel exercise provides an opportunity to understand and experience the structure and function of breathing. Verbal and tactile cues encourage the proximal initiation of movement that is harmonious with inhalation and exhalation.

Instructor: Elizabeth Larkam, MS

Pilates Mat for Sacroiliac Joint Dysfunction

Participants will take a 1.5 hour Pilates Mat class experiencing Pilates-based exercises to improve stability and function of the sacroiliac joint. Cueing, modifications, and breath are included during the workout. Following the class, a 1.5 hour review, discussion, and analysis of the exercises is presented.

Instructor: Virginia Nicholas, RN

Addressing Spinal Forces on the Cadillac: An Experiential Workshop

The Cadillac or Tower can both facilitate and challenge spinal movements. With an understanding of the longitudinal system of the spine, this workshop allows you the opportunity to see and experience the many forces that challenge the spine throughout daily activities and will help you create a program that incorporates mobility, stability, flexibility, core strength, balance, and coordination.

Instructor: Karen Sanzo, MS, PT

Sunday Morning

Mat Classes: 8:00am–9:00am

Morning Workshops: 9:30am–12:30pm

Franklin Method™ Release your Neck, Liberate your Shoulders

The workshop demonstrates imagery, touch and simple movement exercises to lengthen and balance shoulder and neck musculature. Experience how the shoulder developed from a four-legged support structure through brachiation into free suspension. Learn how to melt away tension and associated mental anxiety. Let your shoulders and neck become a place of ease and peace.

Instructor: Eric Franklin

Pilates for Gait

Designed for Pilates instructors and other healthcare practitioners. We review the gait cycle, identify the functional requirements of the lower kinematic chain, and explore how these relationships affect the spine. In addition, specific simplifications and modifications to the Pilates repertoire will be presented that address the muscular needs for a normalized gait pattern.

Instructor: Dawn-Marie Ickes, MPT, and Gabrielle Shrier, MPT

Pilates Studio Sequences for Crossing the Midline: Integrating the Left and Right Brain Hemispheres

Whole body movement that involves crossing the midline facilitates the integration of the left and right brain hemispheres. Learn unique movement sequences on the apparatus that focus on crossing the midline with the limbs, eyes and head. Refresh your familiarity with the Pilates studio repertoire that involves crossing the midline and appreciate the functional demands these exercises make on motor control.

Instructor: Elizabeth Larkam, MS

Pilates Mat for Low Back Pain

Muscular imbalances in the lumbosacral spine, pelvic girdle, and hips can lead to pain, instability, and inefficient movement patterns. This workshop presents a 1.5 hour Pilates Mat class for improving strength and flexibility in these areas, with a 1.5 hour review of the exercises explaining the rationale physiologically and medically to correct underlying imbalances.

Instructor: Virginia Nicholas, RN

Spinal Mobility on the Mat and Reformer

Optimizing spinal mobility is a core principle in Pilates and as you progress from post rehabilitation through to full function, spinal mobility becomes more and more important. Beginning with simple spinal flexion and extension, we progress through rotation and lateral flexion to develop the balance, strength and coordination required to create fully functional spinal movement.

Instructor: Nora St John, MS

Sunday Afternoon

Afternoon Workshops: 2:00pm–5:00pm

Unwinding the Spiral of the Pelvis and Spine

See how the body is held in a spiral that restricts optimal movement of the spine and hips. We look at the sacral mechanics and its spiral effect up through to the head, and learn simple movements using the discs, rollers and exercises on the Reformer, Cadillac and Wunda Chair.

Instructor: Madeline Black

Franklin Method™ Pelvic Power for Core Support

Gain a fresh understanding of the anatomy and biomechanics of the pelvis and pelvic floor. Experience how the pelvic joints and pelvic floor coordinate to create efficient and safe movement. Improved usage means better posture, improved hip function and relief for the lower back. Learn to embody the key relationships between the hip joint, lower back and posture.

Instructor: Eric Franklin

Understanding the Low Back through Understanding the Psoas

So many low back issues can be traced to imbalances in the psoas. Understanding the psoas structure and function can help you work with your clients to experience a life free of low back and hip pain. We explore the traditional concepts of structure and function while creating a new schematic for understanding the psoas. You will learn real tools to help your clients achieve balance in their low back and hips through balancing the psoas.

Instructor: Kelly Kane

Functional Anatomy of the Shoulder

In this 3-hour lecture, we learn the function of the muscles and joints of the shoulder. Many dynamic relationships are needed to create normal healthy movement in the shoulder girdle and these can be encouraged with Pilates exercise. Learn to evaluate movements, identify the target muscle relationships and address them in your Pilates workout. You will see how the muscles work in tandem and focus on how to encourage these healthy relationships.

Instructor: Chrissy Romani-Ruby, MPT, ATC

Take It to the Wall: Closed Chain Wall Work to Ignite Dormant Muscles

Designed to facilitate advanced thinking prior to advancing exercises, this course provides a new awareness of the muscles that lie dormant during many exercises. Discover why you might hoist, discover the role of the hamstrings and glutes during a bridge. Learn how the hands can make a better connection to the shoulder. The integration of dynamic movement coupled with effective teaching tools is also presented and discussed.

Instructor: Karen Sanzo, MS, PT



Toronto | May 14–16, 2010

Pilates on Tour finally returns to beautiful Toronto with a great program from some of the best national and international Pilates teachers.

Our courses have grown considerably since we were last in Toronto and we look forward to sharing advances in the field, new choreography, the Franklin Method and more with you. Come and enjoy learning, networking and moving!

Toronto Marriott Downtown Eaton Centre

525 Bay St., Toronto, ON, Canada M5G 2L2

Reservations: (800) 905-0667 or www.marriott.com

Room rate: \$143.00 CAD–\$183.00 CAD (expires April 16, 2010)

Pre- Conference	Early Reg.	Regular Reg.
Anatomy in Three Dimensions	\$465 USD	\$525 USD
The EXO Chair Workshop	\$245 USD	\$285 USD
The Business of Pilates	\$245 USD	\$285 USD

Main Conference	Early Reg.	Regular Reg.
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Pre-Conference Events

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Instructors: Dallas Everleth & Naomi Leiserson

The Business of Pilates

Thursday, May 13, 9:00am to 5:00pm

Looking to start a Pilates program? This in-depth course covers all the basics of studio operation: finding a space, negotiating a lease, handling employees, programming, marketing and retail. Practical examples and a detailed handout help you take the information home and use it to create your dream studio. While designed for new and aspiring studio owners, this course is also helpful to current studio owners looking for ways to improve profitability.

Instructor: Katy Thompson, RN

Pilates EXO Chair Workshop

Thursday, May 13, 9:00am to 5:00pm

The Pilates EXO Chair combines the strength and power of the traditional Pilates Chair work with the flexibility of resistance tubing to create a whole new workout. Designed for instructors who are already familiar with the Chair and want to learn how to use the resistance tubing to increase the variety of exercises for their classes and clients. Exercise sequences for different levels are included along with a DVD and a BBU EXO Chair manual.

Instructor: Tom McCook

Friday All Day

Mat Classes: 8:00am–9:00am

All Day Workshops: 9:30am–12:30pm and 2:00pm–5:00pm

Understanding What You See: Assessment Techniques for Pilates Instructors

Assessment is an important part of any Pilates teacher's practice. A skilled teacher assesses a client's body as a pre-screening and continually throughout a class or session. In this workshop you learn to see and understand postural imbalances through static and dynamic assessment techniques. Madeline covers anatomy, muscle imbalances, postural dysfunctions and charting. You will also be coached on palpation and observation skills.

Instructor: Madeline Black

Put Your Best Foot Forward

We stand on them. We put them in cute shoes. But how do they work? Take a closer look at the fantastic foot, exploring bones, bony landmarks, muscles, movement and exercises to create a deeper understanding of the beautiful architecture of the foot. Using the Anatomy in Clay system we build the muscles of the foot and lower leg. As you build the muscles you will learn the muscle structure, attachment points, and function. Then we work with resistance bands, balls and small equipment to learn how to strengthen and balance the muscles, and explore imagery that can help facilitate better function.

Instructor: Dallas Everleth

Posture, Alignment and Pilates Repertoire

Learn what good posture actually means from a bio-mechanic and movement perspective by looking at our structure, our function and how it has evolved. Discover your central axis and your center of gravity. Experience structural support and make gravity your ideal daily training partner. We will use imagery, the Franklin Method™ and classic and contemporary exercises on the Mat, Reformer, Tower and Wunda Chair for structural alignment, muscular balance and conditioning.

Instructor: Tom McCook

Elite Athlete Pilates Training Protocols

Learn to determine sport-specific needs of elite athletes and corresponding Pilates repertoire. and to adapt according to the athlete's performance requirements. Focus on skiers, speed skaters and boxers. Find out how to adapt exercises for different body types, flexibilities, ranges of motion and stabilization needs.

Instructor: Ann McMillan

Lolita Shares: Reformer Exercises and Sequencing

Deepen your understanding of Reformer exercises with Pilates elder and Master Instructor Lolita San Miguel, who learned the Reformer work directly from Mr. Pilates. Review the exercises while gaining insight into the history of the method and the unique personality of Joseph Pilates and his revolutionary fitness techniques. A rare opportunity to study with one of Joe's original students. Don't miss it!

Instructor: Lolita San Miguel

Saturday Morning

Mat Classes: 8:00am–9:00am

Morning Workshops: 9:30am– 2:30pm

Unwinding the Spiral of the Pelvis and Spine

See how the body is held in a spiral that restricts optimal movement of the spine and hips. We look at the sacral mechanics and its spiral effect up through to the head. Madeline teaches simple movements using the discs, rollers and exercises on the Reformer, Cadillac and Wunda Chair.

Instructor: Madeline Black

Mat for Motor Control, Stability and Balance

Standing balance and locomotion are complex activities that challenge motor control in all planes of motion. Familiarity with conventional mat exercises may not address asymmetries in lateral translation, lateral flexion and rotation of the spine that can impede fluid movement. Learn safe, effective mat sequences that are functionally relevant to standing balance, walking and other forms of locomotion. The first sequences presented do not use equipment. Subsequent sequences use small apparatus to add degrees of freedom and challenge stability.

Instructor: Elizabeth Larkam, MS

Upping the Upper Body

A strong, balanced core is essential for developing strength and power in the upper body. Deepen your ability to teach and perform the more advanced upper body work by focusing on the core and its connections to the shoulders and the arms. Exercises on Mat, Cadillac, Chair, Reformer and Arm Chair.

Instructor: Julian Littleford

Lolita Shares: The Feet, the Foundation of Pilates

Learn how to improve the function of the entire body by correcting and balancing the use of the feet through Pilates and related exercises. A variety of small apparatus will be used: the foot corrector, toe corrector and Functional Footprints®. Lolita's decades of teaching Pilates and dance give her a unique perspective on the power and importance of the feet.

Instructor: Lolita San Miguel

From Classical to Contemporary: The Reformer

Take classical Pilates Reformer exercises and develop each movement from its traditional form to contemporary choreography to vary your teaching and your student's abilities. Review the original exercises and expand your repertoire to include changes in rhythm, repetitions, intensity and sequencing. Great for those who teach both private and group Reformer classes.

Instructor: Valentin

Toronto | May 14–16, 2010

Saturday Afternoon

Workshops: 2:00pm–5:00pm

Franklin Method™ Pelvic Power for Core Support

Gain a fresh understanding of the anatomy and biomechanics of the pelvis and pelvic floor. We experience how the pelvic joints and pelvic floor coordinate to create efficient and safe movement. Improved usage means better posture, improved hip function and relief for the lower back. Learn to embody the key relationship between the hip joint, lower back and posture. Finally we practice how to integrate it into daily life: sitting, standing, walking, moving.

Instructor: Morten Dithmer

Turn with Ease: Spine Rotation on the Reformer for Daily Life, Sports and Athletics

A Reformer encourages movement in the sagittal plane, and Joseph Pilates' repertoire emphasizes spine flexion and extension. Few opportunities exist in the conventional vocabulary to explore differentiated rotation of the cervical spine, thoracic spine, and pelvis. Learn to think and move 'outside the box' of the Reformer with safe, effective, functional movement sequences that facilitate the spine rotation necessary for powerful, efficient motor control.

Instructor: Elizabeth Larkam, MS

The Pilates Arm Chair and Ped O Pul

An in-depth experience on the rarely used but very powerful Arm Chair and Ped O Pul. Both of these original pieces of Pilates equipment are excellent for developing upper body strength, improving posture and enhancing athletic performance. Julian will take you through the complete repertoire on each piece so you can begin incorporating them into your practice.

Instructor: Julian Littleford

Skillful Cueing on the Apparatus

In this interactive workshop we use the Franklin Method™ of imagery and experiential anatomy and apply it to cueing skills on the Cadillac, Chair and Barrels. Through refining your understanding of how the body functions, you will learn to use manual and tactile cueing that supports the actual design of the body. With this understanding we can direct the client's attention to support optimal movement and health. Practice different types of cueing highlighting the differences and value of each. Areas of focus will be the dynamics of the pelvis, hip joints and spine.

Instructor: Tom McCook

The Mighty and Mysterious Psoas

Central to the body, many consider the psoas to be the muscle of integration between legs, pelvis and spine. Explore how the psoas affects posture and alignment and how it acts as antagonist unto itself. Learn how to work with this elusive muscle to help restore optimal function from the centre of the body outwards.

Instructor: Margot McKinnon

Sunday Morning

Mat Classes: 8:00am–9:00am

Morning Workshops: 9:30am–12:30pm

A Close Look at Foot and Leg Work on the Reformer

Alignment from the feet through the legs, pelvis and spine is key for effective recruitment of the whole lower body. The pelvis shifts the leg length and the feet can change the pelvis. We look at lower quarter mechanics to fully understand commonly seen alignment issues and effectively use the Reformer to balance the pelvis and legs. This information will be immediately applicable.

Instructor: Madeline Black

Introduction to the Fletcher Floorwork

The Fletcher Floorwork program incorporates Graham floor technique with the Pilates Movement Principles. This workshop introduces you to a basic Fletcher Floor program, including the Fletcher Fundamentals and Percussive Breath technique. Focus on precise spinal articulation, hip mobilization and stabilization, and breath initiation. Can be taught as an adjunct to a Pilates program, or incorporated into a mat program.

Instructor: Sagrario Castilla

Franklin Method™ Release your Neck, Liberate your Shoulders

Demonstrates imagery, touch and simple movement exercises to lengthen and balance shoulder and neck musculature. Experience how the shoulder developed from a four-legged support structure through brachiation into free suspension. Learn how to melt away tension and associated mental anxiety. Let your shoulders and neck become a place of ease and peace.

Instructor: Morten Dithmer

Pilates for Men: Building Strength, Flexibility & Power

Joseph Pilates originally developed his method with men in mind. Reclaim the original intention of the work using the Pilates Arm Chair, Reformer and other apparatus to develop upper body strength, improve flexibility and increase physical power through balanced muscle development and coordination. Traditional and contemporary Pilates exercises and variations for clients at all levels of ability are presented.

Instructor: Julian Littleford

EXO Chair Flow

Functional fitness at its best. Experience the versatility of the Chair repertoire with resistance tubing. With the added pulling and pressing dimension, the training options expand for both beginners and more demanding athletic training. We focus on smooth transitions, ideal position and activation for each exercise, and work through all body positions from the floor to the seat top for a full body/mind conditioning and movement experience.

Instructor: Tom McCook

Sunday Afternoon

Workshops: 2:00pm–5:00pm

Franklin Method™ Imagery for a Healthy Spine

Why do we have a spine? Why does our spine look the way it does? How do we improve the health of our spine? To answer these questions is the doorway to a life of spinal ease and wellbeing. In this workshop we take a closer look at what good posture actually means and how to achieve it. Using both anatomical and metaphorical imagery we will move, balance, massage and relax the spine. Effortless posture, skeletal support and dynamic rebound follow. Spinal health is key.

Instructor: Morten Dithmer

Anatomy of Breathing: Movement Sequences on the Pilates Barrels

Refresh your understanding of the Pilates movement vocabulary for the Arc, Half Barrel and Ladder Barrel while clarifying your experiential understanding of the anatomy of breathing. Each barrel exercise provides an opportunity to understand and experience the structure and function of breathing. Verbal and tactile cues encourage the proximal initiation of movement that is harmonious with inhalation and exhalation.

Instructor: Elizabeth Larkam, MS

Pilates for Everyone: Progressions and Variations on the Reformer

Learn new moves and challenging variations on the Reformer exercises from Master instructor Julian Littleford in this hands-on workshop. Be prepared to work and learn as you experience Reformer work in a whole new way.

Instructor: Julian Littleford

The Shoulder Complex

The shoulder complex is exactly that - complex! Start with both a visual and experiential review of the shoulder region to increase your skills of observation and assessment. Learn to identify postural deviations, imbalances and timing incongruities that are often the root of issues in the shoulder and neck area. Learn simple exercises that help integrate the shoulder complex into the torso for better overall support and dynamic movement.

Instructor: Margot McKinnon

From Classic to Contemporary: The Mat

Take classical Pilates Mat exercises and develop each movement from its traditional form to contemporary choreography to vary your teaching and your student's abilities. Review the original exercises and expand your repertoire to include changes in rhythm, repetitions, intensity and sequencing.

Instructor: Valentin



Chicago | July 9–11, 2010

Pilates on Tour is back in Chicago! Due to the overwhelming response to our first Pilates on Tour in the Windy City, we are returning with new teachers, new courses and more tools to take your teaching to the next level.

Pilates elder Mary Bowen joins us with her unique mix of Pilates + Psyche along with teachers representing the whole spectrum of the Pilates community. Whether you are looking for courses on anatomy and biomechanics, new choreography or the latest innovations in Pilates programming, you will find something to inspire you.

Marriott Chicago Southwest at Burr Ridge

1200 Burr Ridge Parkway, Burr Ridge, IL 60527

Reservations: (800) 228-9290 or www.marriott.com/CHISW

Room rate: \$129 (expires June 15, 2010)

Pre-Conference	Early Reg.	Regular Reg.
Anatomy in Three Dimensions	\$465	\$525
Core Align Level 1 Instructor Training	n/a	\$499
The Business of Pilates	\$245	\$285

Main Conference	Early Reg.	Regular Reg.
1 Day	\$295	\$365
2 Day	\$485	\$545
3 Day	\$585	\$645

Register now at www.pilatesontour.com.

Early registration discount expires June 4, 2010.

Pre-Conference Events

Anatomy in Three Dimensions: An Introduction to Anatomy in Clay™

Wednesday – Thursday, July 7-8, 2010, 9:00am to 5:00pm

This intensive, experiential workshop reviews musculoskeletal anatomy and kinesiology as you build the major muscles used in movement on a specially designed skeleton called a Maniken®. Understanding the body from the inside out allows you to see movement from a whole new perspective. Practical exercises to understand the function of each muscle and its use in Pilates are included to help you integrate the material. A great class for new and experienced instructors seeking to improve their understanding of anatomy and the body in motion.

Instructors: Dallas Everleth & Naomi Leiserson

CoreAlign™ Level 1 Instructor Training

Wednesday–Thursday, July 7-8, 2010, 9:00am to 5:00pm

Learn to teach level one exercises on the latest innovation in functional training, the CoreAlign™. A significant addition to a Pilates studio or personal training practice, the CoreAlign method stimulates the core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core controlled aerobic training. The method is used for musculoskeletal rehabilitation, performance enhancement and general conditioning for overall wellness. A wonderful opportunity to learn the system from its creator, Jonathan Hoffman, BPT. See videos of the CoreAlign in action at www.pilates.com/corealign.

Instructor: Jonathan Hoffman, BPT

The Business of Pilates

Thursday, July 8, 2010, 9:00am to 5:00pm

Looking to start a Pilates program? Cover all the basics of studio operation in depth: finding a space, negotiating a lease, handling employees, programming, marketing and retail. Practical examples and a detailed handout help you take the information home and use it to create your dream studio. While designed for new and aspiring studio owners, this course is also helpful to current studio owners looking to improve their profitability.

Instructor: Katy Thompson, RN

Friday All Day

Mat Classes: 8:00am–9:00am

All Day Workshops: 9:30am–12:30pm and 2:00pm–5:00pm

Pilates for Serious Spinal Diagnoses

Take your next step in working safely and effectively with common spinal diagnoses. This course explains the five spinal diagnoses: spinal stenosis, spondylolisthesis, degenerative herniated disc disease, scoliosis and spinal fusion. Learn how to teach effective and appropriate Pilates-based exercises for each condition.

Instructors: Arlene Bass and Sharon Gawin, MPT

Pilates + Psyche: Learn to Understand Yourself and Your Clients Better

Joseph Pilates addressed the whole body in each exercise. Mary has added the whole psyche, conscious and unconscious, to the whole body. Hence Pilates Plus Psyche. Pilates Plus Psyche can help you to diagnose, deepen and challenge yourself and your client to deeper levels of work. In the first two hours Mary teaches the principles of Jungian typology. The third hour focuses on how understanding typology informs one's teaching of Pilates. During the three-hour afternoon session, if time allows, every participant will be typed, supporting and affirming each individual's journey into what will necessarily be the most difficult and yet rewarding aspects of one's psyche.

Instructor: Mary Bowen

Shoulder Mechanics, Alignment and Pilates Program Design

Increase your understanding of the anatomy and biomechanics of the shoulder in order to optimize training techniques and injury prevention. These principles will then be applied to Pilates upper body program design with the presentation of novel and classical exercises for developing scapular and shoulder strength, flexibility and neuromuscular coordination.

Instructor: Karen Clippinger, MSPE

Put Your Best Foot Forward

We stand on them, put them in cute shoes, and walk around on them. But how do they work? Find out in this one-day workshop! We take a closer look at the fantastic foot, exploring bones, bony landmarks, muscles, movement and exercises to create a deeper understanding of its beautiful architecture. Using the Anatomy in Clay™ system, we will build the muscles of the foot and lower leg on a specially designed model called a Maniken®, learning the muscle structure, attachment points, and function. Then we will work with resistance bands, balls and small equipment to learn how to strengthen and balance the muscles, as well as explore imagery that can help facilitate better function.

Instructor: Dallas Everleth

Turn with Ease:

Mat and Reformer Sequences for Rotation

A Reformer encourages movement in the sagittal plane, and Joseph Pilates' Mat and Reformer repertoire emphasizes spine flexion and extension. The conventional vocabulary offers few opportunities to explore differentiated rotation of the cervical spine, thoracic spine, and pelvis. Learn to think and move 'outside the box' of the Reformer and traditional mat exercises with safe, effective, functional movement sequences that facilitate the spine rotation necessary for powerful, efficient motor control.

Instructor: Elizabeth Larkam, MS

Creating a Balanced Pilates Studio Session

Practice strategies for organizing the body and mind for safe, consistent progress. Learn release work, Franklin Method warm-ups, resistance stretches and Pilates movement principles to support function, awareness and optimal movement ability. Tom shares strategies to help your clients get centered, connected and aligned. You will learn hands-on cueing and release techniques for the upper and lower body to support healthy function and conditioning. Tower, Reformer and Arc Barrels will be used.

Instructor: Tom McCook

Saturday Morning

Mat Classes: 8:00am–9:00am

Morning Workshops: 9:30am–12:30pm

Cueing the Cadillac

Review how to take your students from beginning to advanced level Cadillac with key cueing. We will take a look at the steps that introduce more challenging Cadillac work in a safe way. Refresh your Cadillac workout with this flowing exploration of movement.

Instructor: Maya Aubrey

Lifelong Pilates, Part 1

Mary teaches and demonstrates the importance of release in Pilates work. There is effort and there is release. One is as important as the other in Pilates work. Effort is known and experienced more than release. Mary introduces numerous new release exercises and attitudes, especially for the spine. Her aim is for the Pilates student to find a greater partnership between mind and body.

Instructor: Mary Bowen

Hip and Knee Biomechanics on the Reformer

The hip and knee are highly interrelated in terms of alignment and mechanics. Participants will learn to detect and help correct common technique errors involving the hip and knee in standing, and in selected classical Pilates repertoire on the Reformer. Novel strength exercises will also be taught on the Reformer, designed to optimize function of the hip and knee, progressing from isolation to functional exercises that challenge balance and developing valuable motor control links between the hip and knee.

Instructor: Karen Clippinger, MSPE

Chicago | July 9–11, 2010

Pilates Cross Training for Dancers

The Pilates Method has been associated with dancers since Joseph and Clara Pilates opened their New York Studio, attracting dancers for customized conditioning and therapeutic exercise. Now many pre-professional and professional dance education programs include Pilates classes in their curriculum. Learn movement sequences on the mat with small apparatus and in the Pilates studio that address significant aspects of dance technique in this hands on workshop.

Instructor: Elizabeth Larkam, MS

Advanced Pilates Mat

Join Master instructor Tom McCook for a deep dive into the anatomy, mechanics and flow of the advanced Pilates Mat work. Tom works with Olympic swimmers and high-performing athletes, and combines the experiential anatomy and imagery of the Franklin Method with the limitless Pilates repertoire to help you refine your practice and your teaching skills. Learning how the body works can greatly enhance how the body performs.

Instructor: Tom McCook

Call it Choreography! – The Pilates Chair

It's all about the moves! Learn how to sequence “new” choreography and integrate it into the traditional Pilates repertoire. Practice the exercises and chain them together with smooth transitions, to create flawless routines on the Chair for private clients or group sessions.

Instructor: Valentin

Saturday Afternoon

Afternoon Workshops: 2:00pm-5:00pm

Balanced Neck and Shoulders: Release Tension and Improve Performance

When balanced, the neck and shoulders should float, although we rarely encounter a client who truly experiences this. Designed for movement, the shoulder relies heavily on the balance of muscle support to maintain proper alignment. Learn “magic tricks” to help clients make neck and shoulder tension vanish.

Instructor: Ahmé Bovée

Lifelong Pilates, Part 2

Part 2 of a two-part course. Please see Saturday morning description for more information. *Instructor: Mary Bowen*

All Hands on Deck: The Essentials of Assisted Stretches for Pilates Instructors

When should you assist a client during a stretch? How much pressure is too much? Learn essentials on “how to” perform assisted stretches on your client, and the five fundamental stretching principles and how they apply within Pilates. Walk away with “feel good” techniques that will keep your clients asking for more!

Instructor: Nico Gonzalez

Pilates Arc™ Workshop

Expand your understanding and appreciation for the Pilates Arc™, a new version of the Step Barrel, in this in-depth class with Jillian Hessel, a longtime student of Carola Trier. Jillian's deep understanding of the classical work combined with her creative spirit will open your mind to limitless possibilities on the new Pilates Arc, for both group classes and private training sessions.

Instructor: Jillian Hessel

Scoliosis

An introduction to scoliosis, how to recognize the condition and adapt Pilates to benefit your client. Expand your knowledge and abilities during this hands-on workshop designed to provide you with skill-enhancing tools specific to Pilates and Scoliosis.

Instructor: Michele Larsson

Skillful Cueing on the Reformer

In this interactive workshop we use the Franklin Method™ of imagery and experiential anatomy and apply it to cueing skills on the Reformer. Through refining your understanding of how the body functions, you will learn manual and tactile cueing that supports the actual design of the body. With this understanding we can direct the client's attention to support optimal movement and health. We will practice different types of cueing highlighting the differences and value of each. Areas of focus will be the dynamics of the pelvis, hip joints and spine on the Reformer.

Instructor: Tom McCook

Sunday Morning

Mat Classes: 8:00am-9:00am

Morning Workshops: 9:30am-12:30pm

EXO® Chair Workshop

Experience the advantages of the EXO® Chair! Almost identical to the Wunda Chair in its dimensions, the entire classical repertoire is possible on the EXO Chair. In addition, tubing and eyebolts allow for Pilates exercises not previously possible on the Wunda Chair, and brings new awareness to familiar ones.

Instructor: Arlene Bass

Failure to Launch: Sequencing Successful Reformer Groups

Having problems keeping your group sessions flowing? Distracted by the fast student, the needy student, and/or the talkative student? Learn to design appropriate group Reformer programs that take into account both your beginner and advanced students. Integrate movement sequences that maintain flow while staying focused on executing each and every movement precisely!

Instructor: Nico Gonzalez

Cadillac Repertoire Review, Part 1

Owning an original, Pilates-built Cadillac handed down to her by Carola Trier, it's no wonder that Jillian Hessel is highly respected for her work on this remarkable apparatus. Explore the versatility of the Cadillac from basic to intermediate exercises as well as specialty exercises passed down to Jillian from First Generation Teachers Carola Trier and Kathy Grant. Part 1 of a two-part class.

Instructor: Jillian Hessel

Teaching Mat using Gentry Technique and Pilates Fundamentals

Workshop participants will develop an understanding of how to use the fundamentals with the mat work. Technique will include teaching traditional mat with the fundamentals as transitions to deepen connections and create a fun, flowing and safe workout.

Instructor: Michele Larsson

GYROKINESIS® Beginner Workshop

Learn the evolution of Juliu Horvath's Gyrokinesis methodology from embryonic stage to Advanced Level 2 and Level 3 repertoire. Participants gain an understanding of the layering process within the entire methodology, physically experiencing each stage and how they are systematically intertwined. Core Gyrokinesis principles are presented and explored. An introduction and presentation on the GYROTONIC® Pulley Tower is included. Participants will gain insight into how Gyrotonic and Gyrokinesis methodologies enhance each other.

Instructor: Kathy Van Patten

Pilates Revolution: Finding Power in Rotation

The human body is capable of moving in an infinite number of lines and spirals. Much of the original Pilates repertoire exists in the sagittal plane. This experiential class focuses on working in the transverse plane to unlock intervertebral restrictions and develop optimal functioning of the spine, hips, and shoulders.

Instructor: Jennifer Golden Zumann

Sunday Afternoon

Afternoon Workshops: 2:00pm-5:00pm

Pilates for the Hip Challenged Student

As athletic baby boomers mature, we see more clients with hip replacements, resurfaced hips or hip arthritis. This course reviews the anatomy of the hip, explains hip replacement surgery and hip resurfacing, and offers safe and effective exercises using the Pilates apparatus, both pre and post surgery, for your client.

Instructor: Maya Aubrey

Cadillac Repertoire Review, Part 2

Part 2 of a two-part course. Please see Sunday morning description for more information.

Instructor: Jillian Hessel

Pilates Mat Circuit Circus

Pilates Circuit Circus joins the forces of Pilates and Fitness for a challenging workout incorporating small props and Pilates mat work. It's dynamic, exciting and loads of fun. Learn how to meld the music and variety of the fitness world with the stability, strength and length of Pilates, for a unique edge to your classes and privates. The fast pace and circuit environment is guaranteed to get your heart rate up and running!

Instructor: Portia Page and Joy Karley

Call it Choreography! – The Reformer

It's all about the moves! Learn to sequence "new" choreography and integrate it into traditional Pilates repertoire. Practice the exercises and chain them together with smooth transitions to create flawless Reformer routines for private clients or group sessions.

Instructor: Valentin

GYROKINESIS® Advanced Workshop

Geared toward Gyrotonic and Gyrokinesis Licensed Trainers, this workshop includes Juliu Horvath's new cleansing program where participants do a body scrub as well as a full Level 2 Gyrokinesis Class. Concludes with Juliu's renowned Breathing Program.

Instructor: Kathy Van Patten

Breath: Finding New Inspiration

Mr. Pilates wrote, "Before any real benefit can be derived from physical exercise, one must first learn how to breathe properly... Moreover, there are comparatively few teachers who understand the art of correct breathing and who are capable of instructing others in the art." This course is intended to fulfill Mr. Pilates' expectations by encouraging deeper understanding of respiration as a means to mental, physiological, and structural balance. Experience core engagement as the organic result of proper breath, and learn how to effectively use this skill to bring rhythm, control, and motivation to the Pilates practice.

Instructor: Jennifer Golden Zumann

Denver | July 30–Aug 1, 2010

Pilates on Tour returns to Denver, one of the most vibrant Pilates communities in the country. We are honored to be here and to share some of the best teachers in the country with you. Pilates elders, Lolita San Miguel and Mary Bowen join us along with Michele Larsson (Eve Gentry), Jillian Hessel (Carola Trier) and Amy Alpers (Romana Kryzanowska) to celebrate several Pilates lineages. In addition, creative contemporary teachers, Elizabeth Larkam, Madeline Black, Julian Littleford and Marie-Jose Blom bring a choreographic depth and scientific basis to the work. For those interested in exploring movement from a circular perspective, we offer two Gyrokinesis® sessions. We look forward to seeing you!

Westin Westminster

10600 Westminster Blvd., Westminster, CO 80020

Reservations: (303) 410-5000 or

www.westindenverboulder.com

Room rate: \$129.00 - \$169.00 (expires: June 27, 2010)

Pre-Conference	Early Reg.	Regular Reg.
Anatomy in Three Dimensions	\$465	\$525
Core Align Level 1 Instructor Training	n/a	\$499
The Business of Pilates	\$245	\$285
EXO Chair Workshop	\$245	\$285

Main Conference	Early Reg.	Regular Reg.
1 Day	\$295	\$365
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3 Day	\$585	\$645

Register now at www.pilatesontour.com.

Early registration discount ends June 18, 2010.

Pre-Conference Events

Anatomy in Three Dimensions:
An Introduction to Anatomy in Clay™

Wednesday–Thursday, July 28–29, 2010, 9:00am to 5:00pm

This experiential workshop reviews musculoskeletal anatomy and kinesiology as you build the major muscles used in movement on a specially designed skeleton called a Maniken®. Understanding the body from the inside out allows you to see movement from a whole new perspective. Practical exercises are included to help you integrate the material. This is a great class for new and experienced instructors who want to improve their understanding of anatomy and the body in motion.

Instructors: Dallas Everleth & Ky Carnell-Russell

CoreAlign™ Level 1 Instructor Training

Wednesday–Thursday, July 28–29, 2010, 9:00am to 5:00pm

Learn to teach level one exercises on the latest innovation in functional training, the CoreAlign™. A significant addition to a Pilates studio or personal training practice, the CoreAlign method stimulates the core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core controlled aerobic training. The method is used for musculoskeletal rehabilitation, performance enhancement and general conditioning for overall wellness. A wonderful opportunity to learn the system from its creator, Jonathan Hoffman. See videos of the CoreAlign in action at www.pilates.com/corealign.

Instructor: Jonathan Hoffman, BPT

The Business of Pilates

Thursday, July 29, 2010, 9:00am to 5:00pm

Looking to start a Pilates program? Cover all the basics of studio operation in depth: finding a space, negotiating a lease, handling employees, programming, marketing and retail. Practical examples and a detailed handout help you take the information home and use it to create your dream studio. While designed for new and aspiring studio owners, this course is also helpful to current studio owners looking to improve their profitability.

Instructor: Katy Thompson, RN

Pilates EXO Chair Workshop

Thursday, July 29, 2010, 9:00am to 5:00pm

The EXO Chair combines the strength and power of traditional Pilates Chair work with the flexibility of resistance tubing to create a whole new workout. This workshop is designed for instructors who are already familiar with the Chair and want to learn how to use the resistance tubing to increase the variety of exercises for their classes and clients. Exercise sequences for different levels are included along with a DVD and BBU EXO Chair manual.

Instructor: Valentin

Friday All Day

Mat Classes: 8:00am–9:00am

All Day Workshops: 9:30am–12:30pm and 2:00pm–5:00pm

Scoliosis for Pilates Instructors

Madeline brings extraordinary depth of knowledge and experience to working with scoliosis. Come away with a clear understanding of spinal anatomy and mechanics, ways to analyze your client's issues, and strategies for creating effective programs. We will use mat, rollers, balls, Spine Corrector and Wunda Chair to identify movement patterns and develop corrective exercises.

Instructor: Madeline Black

The Essential Role of the Shoulder Girdle and Thorax in Taking the Weight off the Shoulders

This workshop demystifies the biomechanics of the shoulder girdle and its dependency on the stability of the thorax. A stable and controlled thorax unifies the connections of the lower core with the shoulder girdle. Objectives: to introduce sound biomechanics and new cueing vocabulary into the Pilates Repertoire with renewed comprehension of shoulder girdle movement.

Instructor: Marie-José Blom

Pilates + Psyche: Learn to Understand Yourself and Your Clients Better

Joseph Pilates addressed the whole body in each exercise. Mary adds the whole psyche, conscious and unconscious, to the whole body. Pilates Plus Psyche can help you to diagnose, deepen and challenge yourself and your client to deeper levels of work. In the morning Mary teaches the principles of Jungian typology, and how understanding typology informs one's teaching of Pilates. During the afternoon session, participants will be typed, supporting and affirming each individual's journey into what will necessarily be the most difficult and yet rewarding aspects of one's psyche.

Instructor: Mary Bowen

Integrating the Neck and Head in the Pilates Studio Environment

The design of safe, effective Pilates studio programs that integrate the head and neck into full body movement requires an understanding of the reflexes, vestibular system and visual system. Clarify and refresh your appreciation of the effect each of these systems has on movement by experiencing selected mat, and apparatus vocabulary selected to highlight the contribution made by each system to harmonious movement.

Instructor: Elizabeth Larkam, MS

Lolita Shares: Reformer Exercises and Sequencing

Deepen your understanding of Reformer exercises with Pilates elder and Master Instructor Lolita San Miguel, who learned the Reformer work directly from Mr. Pilates. Review the exercises while gaining insight into the history of the method and the unique personality of Joseph Pilates and his revolutionary fitness techniques.

Instructor: Lolita San Miguel

Saturday Morning

Mat Classes: 8:00am–9:00am

Morning Workshops: 9:30am–12:30pm

The Psoas as a Core Muscle

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

Instructor: Madeline Black

From the Soul of the Foot to the Core of the Body, Part 1

The focus of this two-part workshop is to illuminate the relationship of foot and ankle placement to the performance of the entire body. The morning session includes an introduction to the anatomy of the foot and ankle and the afternoon session focuses on dynamic alignment and strength exercises, integration of optimal placement of the feet in Reformer and Trapeze Table exercises and understanding the effects of foot placement on the rest of the body.

Instructor: Marie-José Blom

Lifelong Pilates, Part 1

Mary teaches and demonstrates the importance of release in Pilates work. There is effort and there is release. One is as important as the other in Pilates work. Effort is known and experienced more than release. Mary introduces new release exercises and attitudes, especially for the spine. Her aim is for the Pilates student to find a greater partnership between mind and body.

Instructor: Mary Bowen

Pilates for Everyone: Progressions and Variations on the Reformer

Learn new moves and challenging variations on the Reformer exercises from Master instructor Julian Littleford in this hands-on workshop. Be prepared to work and learn as you experience Reformer work in a whole new way.

Instructor: Julian Littleford

Lolita Shares: The Feet, the Foundation of Pilates

Learn to improve the function of the entire body by correcting and balancing the use of the feet through Pilates and related exercises, using a variety of small apparatus including the Foot Corrector, Toe Corrector and Functional Footprints®. Lolita's decades of teaching Pilates and dance give her a unique perspective on the power and importance of the feet.

Instructor: Lolita San Miguel

Denver | July 30–Aug 1, 2010

Saturday Afternoon

Afternoon Workshops: 2:00pm-5:00pm

From the Soul of the Foot to the Core of the Body, Part 2

This is Part 2 of a two-part class. Please see Saturday morning for the course description.

Instructor: Marie-José Blom

Lifelong Pilates, Part 2

This is Part 2 of a two-part class. Please see Saturday morning for the course description.

Instructor: Mary Bowen

Pilates Arc Workshop

Expand your understanding and appreciation for the Pilates Arc, a new version of the Step Barrel, in this in-depth class with Jillian Hessel, a long time student of Carola Trier. Jillian's deep understanding of the classical work combined with her creative spirit will open your mind to limitless possibilities on the new Arc for both group classes and private training sessions.

Instructor: Jillian Hessel

The Core has Legs – Reformer Sequences that Connect Sole of the Foot to Pelvic Floor, Spine and Eyes

Clarify movement relationships between the lower extremity, pelvis and spine. Identify the myofascial meridians that connect the feet and legs with the pelvic floor, deep abdominals, diaphragm and tongue! Learn to teach Reformer movement sequences that activate these anatomical structures to create functional strength, stability and balance for any activity. These movement sequences can be taught as components of a Pilates studio program or as a class.

Instructor: Elizabeth Larkam, MS

Pilates for Men: Building Strength, Flexibility, Power

Joseph Pilates originally developed his method with men in mind. Reclaim the original intention of the work with Julian Littleford using the Pilates Arm Chair, Reformer and other apparatus to develop upper body strength, improve flexibility and increase physical power through balanced muscle development and coordination. Traditional and contemporary Pilates exercises and variations for clients at all levels of ability.

Instructor: Julian Littleford

Sunday Morning

Mat Classes: 8:00am–9:00am

Morning Workshops: 9:30am–12:30pm

Timing is Everything

Uniform development arises from the innately “true” timing of muscles firing to create healthy movement. We will utilize Pilates exercises to strengthen our depth of understanding of the precise timing required, and to develop our visual assessment skills. Mastery of these helps us determine how to accurately support our clients to achieve healthy movement choice.

Instructor: Amy Alpers

Pilates Mat Work: Doing the Work, Feeling the Work

This workshop demonstrates the Stretch Out® Strap to facilitate greater awareness within the Mat series. Learn how to feel the movement within the body and direct your students toward immediate results and enhanced performance. The SOS can become a new tool for all levels of teaching.

Instructor: Pat Guyton

GYROKINESIS® Beginner Workshop

Presents the evolution of Juliu Horvath's Gyrokinesis methodology from its embryonic stage to Advanced Level 2 and Level 3 repertoire. Participants gain an understanding of the layering process within the system through physically experiencing each stage. Core Gyrokinesis principles are explored and presented. An introduction to the GYROTONIC® Pulley Tower is included. Participants gain insight into how Gyrotonic and Gyrokinesis enhance each other.

Instructor: Erika Hassan

How to Teach a Group Beginning Workout on the Universal Reformer

Today many Pilates students want to save money by joining a group apparatus class. This class covers how to teach a beginning level Universal Reformer Group class (4-6 students). It is also a great way to review your instructor skills for teaching private clients with special cues, insights and modifications from Jillian, the teacher's teacher.

Instructor: Jillian Hessel

Pilates and Low Back Pain

Many clients are referred to Pilates because of low back pain, yet most of us are not licensed rehabilitation professionals. By understanding common alignment patterns and movement dysfunctions you can work effectively with many clients with low back pain while staying within your scope of practice. We cover common conditions such as disc injuries, arthritis, muscle spasms and spondylolisthesis, with exercise principles for each.

Instructor: Nora St. John, MS

Sunday Afternoon

Afternoon Workshops: 2:00pm–5:00pm

Seeing the Truth in Movement: Understanding Uniform Development

A body that is truly connected to its core can move from that connection safely, efficiently, effectively, and powerfully. This workshop will develop essential visual and imagery skills a teacher can use to facilitate the client's understanding of how to connect to this power as well as untangle the many confusions and complications associated with pelvic and spinal positioning.

Instructor: Amy Alpers

How to Teach a Group Intermediate Workout on the Universal Reformer

Today, many Pilates students want to save money by joining a group apparatus class. Learn how to teach an intermediate level Universal Reformer Group class (4-6 students). It is also a great opportunity to review your instructor skills in teaching private clients, with special cues, insights and modifications from the teacher's teacher, Jillian Hessel.

Instructor: Jillian Hessel

GYROKINESIS® Advanced Workshop

This Gyrokinesis Workshop is geared toward Gyrotonic and Gyrokinesis Licensed Trainers. Workshop will include Juliu Horvath's new cleansing program where participants do a body scrub as well as a full Level 2 Gyrokinesis Class. The workshop concludes with Juliu's renowned Breathing Program.

Instructor: Erika Hassan

Anatomy of Breathing: Movement Sequences on the Pilates Barrels

Refresh your understanding of Pilates movement vocabulary for the Arc, Half Barrel and Ladder Barrel while clarifying your experiential understanding of the anatomy of breathing. Blandine Calais' book, *The Anatomy of Breathing*, serves as the text for this workshop. In the first hour we focus on applications for the Pilates Arc on the mat, Reformer, Trapeze Table and Chair. The second hour addresses the Half Barrel or Spine Corrector's unique contributions to the original Pilates repertoire. The Ladder Barrel is the focus of the third hour. Each barrel exercise provides an opportunity to understand and experience the structure and function of breathing. Verbal and tactile cues encourage the proximal initiation of movement that is harmonious with inhalation and exhalation.

Instructor: Elizabeth Larkam, MS

The Pilates Arm Chair and Ped a Pul

An in-depth experience on the rarely used but very powerful Arm Chair and Ped a Pul. Both of these original pieces of Pilates equipment are excellent for developing upper body strength, improving posture and enhancing athletic performance. Julian takes you through the complete repertoire on each, so you can begin incorporating them into your practice.

Instructor: Julian Littleford



Tampa | October 15–17, 2010

Pilates on Tour returns to Florida! Come to Pilates on Tour and get refreshed for the busy winter season in sunny Tampa!

Whether you are interested in taking a deep dive into the biomechanics of the body or learning some wonderful new moves to take back to your studio, this is a great opportunity to network with your peers, learn new material and take your teaching to the next level. Come join us!

Tampa Marriott Waterside Hotel & Marina
700 South Florida Ave., Tampa, FL 33602
Reservations: (888) 268-1616 or www.marriott.com
Room rate: \$139-\$159 (expires September 20, 2010)

Pre-Conference	Early Reg.	Regular Reg.
Anatomy in Three Dimensions	\$465	\$525
Core Align Level 1 Instructor Training	n/a	\$499
Pilates and Golf	\$465	\$525

Main Conference	Early Reg.	Regular Reg.
1 Day	\$295	\$365
2 Day	\$485	\$545
3 Day	\$585	\$645

Register now at www.pilatesontour.com.
Early registration discount expires September 3, 2010.

Pre-Conference Events

**Anatomy in Three Dimensions:
An Introduction to Anatomy in Clay™**

Wednesday – Thursday, Oct. 13-14, 2010, 9:00am to 5:00pm

This intensive, experiential workshop reviews the essentials of musculoskeletal anatomy and kinesiology as you build the major muscles used in movement on a specially designed skeleton, the Maniken®. Understanding the body from the inside out allows you to see movement from a whole new perspective. Practical exercises to understand the function of each muscle and its use in Pilates are included to help you integrate the material. A great class for new and experienced instructors who want to improve their understanding of anatomy and the body in motion.

Instructors: Dallas Everleth & Naomi Leiserson

CoreAlign™ Level 1 Instructor Training

Wednesday – Thursday, Oct. 13-14, 2010, 9:00am to 5:00pm

Learn to teach level one exercises on the latest innovation in functional training, the CoreAlign™. A significant addition to a Pilates studio or personal training practice the CoreAlign method stimulates the core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core controlled aerobic training. The method is used for musculoskeletal rehabilitation, performance enhancement and general conditioning for overall wellness. This is a wonderful opportunity to learn the system from its creator, Jonathan Hoffman, BPT. To see videos of the CoreAlign in action, visit www.pilates.com/corealign.

Instructor: Jonathan Hoffman, BPT

Pilates and Golf: Making the Connection between the Body and the Golf Swing

Wednesday – Thursday, Oct. 13-14, 2010, 9:00am to 5:00pm

“Multiple physical performance factors determine one’s physical potential as a golfer. By screening for these performance factors, determining one’s strengths and weaknesses, and then designing a customized fitness program, a golfer can dramatically improve his performance.” Dr. Greg Rose, co-founder of The Titleist Performance Institute.

This two-day workshop covers key Performance Factors, the 13 major swing faults and the physical limitations that affect the golf swing. Learn to evaluate your golf clients using a Movement Screen based on the Screen taught in Level One of the TPI Golf Fitness Certification program. The Movement Screen helps you effectively evaluate your golf clients and identify any physical restrictions. Learn to use that information to design a customized Pilates-based program to help your golf clients reach their potential. Increase your knowledge of the golf swing and increase your client base and your revenue by reaching this niche market.

Instructors: Madeline Parrish and Beth Begelman

Friday All Day

Mat Classes: 8:00am–9:00am

All Day Workshops: 9:30am–12:30pm and 2:00pm–5:00pm

Pilates EXO Chair Workshop

The EXO Chair combines the strength and power of traditional Pilates Chair work with the flexibility of resistance tubing to create a whole new workout. Designed for instructors who are already familiar with the Chair and want to learn how to use the resistance tubing to increase the variety of exercises for their classes and clients. Exercise sequences for different levels are included along with a DVD and a BBU EXO Chair manual.

Instructor: Arlene Bass

Pilates + Psyche: Learn to Understand Yourself and Your Clients Better

Joseph Pilates addressed the whole body in each exercise. Mary has added the whole psyche, conscious and unconscious, to the whole body. Hence Pilates Plus Psyche. Pilates Plus Psyche can help you to diagnose, deepen and challenge yourself and your client to deeper levels of work. In the first two hours Mary teaches the principles of Jungian typology. The third hour focuses on how understanding typology informs one's teaching of Pilates. During the three-hour afternoon session, if time allows, every participant will be typed, supporting and affirming each individual's journey into what will necessarily be the most difficult and yet rewarding aspects of one's psyche.

Instructor: Mary Bowen

Unwinding Scoliosis with Pilates

Research suggests that addressing the rotational component of scoliosis is vital for improving scoliosis. After discussing the basic anatomical and biomechanical changes of the spine associated with scoliosis, this session focuses on utilizing counter rotation and lateral flexion combined with distraction of the spine to attempt to lessen the asymmetries associated with scoliosis. These principles will be applied progressively from standing posture to strengthening exercises to functional movement. Participate in novel exercises utilizing elastic bands and Pilates apparatus, and learn cueing for classical exercises that can be utilized to maximize benefits for clients.

Instructor: Karen Clippinger, MSPE

Integrating the Neck and Head in the Pilates Studio Environment

The design of safe, effective Pilates studio programs that integrate the head and neck into full body movement requires an understanding of the reflexes, vestibular system and visual system. Clarify and refresh your appreciation of the effect that each of these systems has on movement by experiencing selected mat and apparatus vocabulary selected to highlight the contribution made by each system to harmonious movement.

Instructor: Elizabeth Larkam, MS

Advanced Reformer Intensity Challenge

Is the term “advanced” determined by the degree of intensity or simply the “advanced” repertoire? Is this subjective or objective? Experience how through the usage of breath patterning, props, and precise cueing – both verbally as well as hands-on - “simple” basics can take you to whole new level of depth, awareness AND intensity!

Instructor: Cathleen Murakami

Saturday Morning

Mat Classes: 8:00am–9:00am

Morning Workshops: 9:30am–12:30pm

The Psoas as a Core Muscle

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

Instructor: Madeline Black

Hip and Knee Biomechanics on the Reformer

The hip and knee are highly interrelated in terms of alignment and mechanics. Participants will learn to detect and help correct common technique errors involving the hip and knee in standing and in selected classical Pilates repertoire on the Reformer. Novel strength exercises will also be taught on the Reformer that are designed to optimize function of the hip and knee, progressing from isolation to functional exercises that challenge balance and developing valuable motor control links between the hip and knee.

Instructor: Karen Clippinger, MSPE

Mat for Motor Control, Stability and Balance

Standing balance and locomotion are complex activities that challenge motor control in all planes of motion. Familiarity with conventional mat exercises may not address asymmetries in lateral translation, lateral flexion and rotation of the spine that can impede fluid movement. Learn safe, effective mat sequences that are functionally relevant to standing balance, walking and other forms of locomotion. The first sequences presented do not use equipment. Subsequent sequences use small apparatus to add degrees of freedom and challenge stability.

Instructor: Elizabeth Larkam, MS

The Hot Seat: Fun with the Wunda Chair

The Wunda Chair can be somewhat intimidating due to unfamiliarity. This workout/workshop is designed to change your hesitation to work with the chair, and bring a new appreciation for its versatility and challenge to the physical body.

Instructor: Cathleen Murakami

Tampa | October 15–17, 2010

Functional Anatomy of the Shoulder

We discuss not just the anatomy, but the function of the muscles and joints of the shoulder. Many dynamic relationships are needed to create normal healthy movement in the shoulder girdle and these can be encouraged with Pilates exercise. See how to evaluate these movements, identify the target muscle relationships and address them in your Pilates workout. Naming the muscles and their insertions/origins is not enough. In this lecture, you will learn how the muscles work in tandem and then focus on how to encourage these healthy relationships.

Instructor: Chrissy Romani-Ruby, MPT

Saturday Afternoon

Workshops: 2:00pm – 5:00pm

Back Body Cueing

What would it feel like to cue only from the back body? Amazing! Cueing from the back body creates a sense of length and breadth to help you and your clients experience Pilates like never before.

Instructor: Arlene Bass

Barrels and Circles: Working with the Thoracic Diaphragm and Rib Cage

A central muscle that plays with the upper and lower bodies, the diaphragm provides support as a postural muscle, sustains our life force through breath, and houses our main vessels. We explore the dynamics of this area and relate it to movement potential and postural changes. Learn how the barrels and magic circle can effectively enhance this area.

Instructor: Madeline Black

Cadillac Variations

Ready to be refreshed with new Pilates material? We explore some of the more obscure but wonderful Pilates work. We will work on the Cadillac/Towers with exercises ranging from post rehab to somewhat insane. This workshop explores both classical and non-classical Pilates work not included in basic training.

Instructor: Katrina Foe

Jump!

Plyometrics has gotten a lot of attention lately, especially as more fitness tests incorporate the vertical jump into their curriculum. Vertical jump implies the quality of maximum leg strength, muscle abilities and coordination, vital for general activity and functional health within adults and critical with increase of age. In this high voltage explosive jump board workshop we focus on proper jumping techniques, safety and ways to integrate jumping into your Reformer sessions and classes. The easy-to-follow jump combinations can effortlessly be modified to fit every fitness level and will have everybody jumping for joy!

Instructor: Michael Fritzke and Ton Voogt

Pilates and the Foam Roller: the Perfect Combination for Muscle Balance

Muscle balance is one of the most important goals for injury prevention for athletes of any kind. Old or young, professional or recreational, in any sport from Track and Field to Golf, the key to staying well is muscle balance. Pilates offers excellent techniques for creating matching muscle length and strength that is important for posture and healthy movement patterns. We cover several common imbalances in the hip and shoulder that can be balanced using Pilates exercise on the foam roller. Excellent choreography for your group classes and for home exercise recommendations.

Instructor: Chrissy Romani-Ruby, MPT

Sunday Morning

Mat Classes: 8:00am–9:00am

Morning Workshops: 9:30 am–12:30 pm

Sacroiliac Function and Pilates Exercise Design

This workshop includes a discussion of the sacroiliac joint, its key function a part of the link between the lower extremity and spine and its common dysfunction and associated pain. Learn Pilates-based exercises that can help restore stability and optimize function of this vital joint. Use of cueing and position modification will also be provided for selected classical repertoire aimed at preventing injury or aggravation of chronic conditions in this area.

Instructor: Karen Clippinger, MSPE

Break it Down and Build it Up: Advanced Pilates Mat

Keeping your sessions and classes exciting can be challenging whether you are training a novice or an elite athlete. Adding advanced exercises is of course exciting but can unmistakably be difficult and sometimes even unsafe. In this interactive workshop, we break down some of the more advanced exercises and show you how to build them up to make them more accessible and successful for you and your clients. Take home the knowledge to move your clients to the next level.

Instructors: Michael Fritzke and Ton Voogt

GYROKINESIS® Beginner Workshop

Presents the evolution of Juliu Horvath's Gyrokinesis methodology from its embryonic stage to more Advanced Level 2 and Level 3 repertoire. Gain an understanding of the layering process within the entire methodology through physically experiencing each stage and how they are systematically intertwined. Core Gyrokinesis principles are explored and presented. An introduction and presentation on the GYROTONIC® Pulley Tower is included. Gain insight into how Gyrotonic and Gyrokinesis methodologies enhance each other.

Instructor: Kathy Van Patten

The Core has Arms: Reformer Sequences that Connect the Hands to the Heart, Spine and Eyes

Clarify movement relationships between the upper extremity, thorax and spine. Identify the myofascial meridians that connect the hands and arms with the thorax, diaphragm, heart and head! Learn to teach Reformer movement sequences that activate these anatomical structures to create functional strength, stability and balance for any activity. These movement sequences can be taught as components of a Pilates studio program or as a Reformer class.

Instructor: Elizabeth Larkam, MS

Standing Tall: Improving Posture with Pilates

Recent research reveals that the number one reason our clients come to Pilates is to improve their posture. We identify common postural faults and address them with specific Pilates movements that provide clients with visible improvement in less than three weeks. Leave with a checklist for finding faults and a cheat sheet for designing programs on apparatus and the mat.

Instructor: Chrissy Romani Ruby, MPT

Sunday Afternoon

Workshops: 2:00pm–5:00pm

Renew Your Own Personal Practice

A personal practice is the primary source for embodying what you teach to your clients. As busy Pilates teachers, we often lose touch with the power of our own movement practice. Be “do as I do” rather than “do as I say, not what I do”. Madeline will inspire you to return to your body and lead you through a home practice of mat exercises ranging from 15 minutes and 30 minutes to 45 minutes. In each time allotment, you will experience a complete, whole body practice. Use these formats for yourself and as a template for your clients to do as homework between sessions.

Instructor: Madeline Black

Reformer for Pregnancy

Pilates is fantastic for pregnant clients but what do you actually do? We briefly review prenatal contraindications and areas to focus on with a pregnant client. We also cover special Reformer variations of exercises that are excellent for the pregnant client. Come and experience how exciting a pregnancy workout can be!

Instructor: Katrina Foe

Outside the Frame: Standing Cadillac Exercises

Joseph Pilates created many exercises sitting or lying on the Cadillac. In addition he also created numerous exercises standing outside of the Cadillac. Discover the intensity of the standing exercises. Experience the difference between working lying down and standing up. Maximize the training results by challenging your core in a new and dynamic way and take home all the cues, safety and instruction you need to incorporate these exercises into your client or group class session tomorrow.

Instructors: Michael Fritzke and Ton Voogt

GYROKINESIS® Advanced Workshop

Geared toward Gyrotonic and Gyrokinesis Licensed Trainers, this workshop includes Juliu Horvath’s new cleansing program where participants do a body scrub as well as a full Level 2 Gyrokinesis Class. Concludes with Juliu’s renowned Breathing Program.

Instructor: Kathy Van Patten

Reformer for Power: Butt, Legs and More Legs

Whether you are recovering from an injury, attempting to get into shape, preparing for sport or fighting age, having strong flexible legs is a goal. Everyone thinks of Pilates as a core workout, “butt” the core needs legs! In this workshop we explore the many ways to incorporate leg-focused exercise into your Reformer workouts. Includes multiple combinations on the jumpboard that are sure to encourage the perfect butt and legs.

Instructor: Chrissy Romani Ruby, MPT

Biographies

Amy Taylor Alpers, Pilates Center of Boulder, Passing the Torch Mentor

Amy Taylor Alpers studied dance at The Juilliard School and received her BA and MA in Dance from New York University. She studied Pilates with Romana Kryzanowska, receiving her teaching certificate in 1989. Amy and her sister, Rachel Taylor Segel founded the Pilates Center of Boulder and developed their Teacher Training Program.

Kelli Altounian, Pilates Sports Center

Kelli is the co-founder of Pilates Sports Center and co-director of the PSC Teacher Training in Los Angeles, CA. Kelli holds a BA from the University of Central Oklahoma and danced for 15 years. While performing as a Rockette at Radio City Music Hall, Kelli sustained a back injury and discovered Pilates. In 2000, Kelli and Andromeda Trumbull united their efforts to update Pilates utilizing therapeutic principles.

Brent D. Anderson PhD, PT, OCS, Polestar Education, Passing the Torch Mentor

A licensed Physical Therapist and Orthopedic Certified Specialist for over 13 years, Brent is a leading authority in performing arts medicine and Pilates-evolved techniques for rehabilitation. He founded and directs Polestar Pilates education, one of the world's leading Pilates certification organizations. He lectures widely at national and international symposia.

Carolyn Anthony, The Center for Women's Fitness

Carolyn has been in the dance, fitness and Pilates worlds for over 25 years. She specializes in women's health, making pre/post natal programming her passion. Her original training was with Alan Herdman in London. She currently runs teacher trainings around the world in pre/post natal programming and through Balanced Body University.

Maya Aubrey, The PilateZone

Maya Aubrey began teaching Pilates in 1991 with Michele Larsson at the Institute for the Pilates Method. She opened her own studio, PilateZone in 1993 where she offers teacher training and continuing education. Maya has taught for Body Mind Spirit, Pilates on Tour and the Australian Pilates Method Alliance. She holds a BFA in Dance from the University of Utah, is a certified year one Franklin Method teacher and is PMA certified.

Arlene Bass, Body Evolve, Balanced Body University®

A Pilates instructor for 10 years, Arlene founded Body Evolve Pilates studio in Highland Park, IL. She directs and teaches the Pilates Instructor Training Curriculum at Body Evolve, and has trained hundreds of students. Arlene and Sharon Gawin have established the Pilates School of Study, to provide ongoing education for Pilates professionals

Beth Begelman

Beth Begelman received her Pilates training through the PhysicalMind Institute and STOTT PILATES®. Exposure to golf fitness came in the form of a personal training client who wanted a career playing golf. This led Beth to become certified as a Level 3 golf fitness professional through Titleist Performance Institute and a certified Pilates for Golf instructor through Mike Wright's Pilates for Golf program.

Sherri Betz, PT, TheraPilates®, Polestar Education

Sherri has been a Physical Therapist since 1991, and is an international presenter, Polestar Pilates Principal Educator/ Examiner, Gyrotonic®/Gyrokinesis™ Instructor, author of The Osteoporosis Exercise Book, and creator of modified Pilates videos for special populations. Sherri owns TheraPilates® Physical Therapy and Gyrotonic Clinic, in Santa Cruz, CA, and serves on the PMA Board.

Madeline Black, Studio M Pilates, Integrated Teacher Training, Passing the Torch Mentor

Madeline is a popular teacher of teachers with 20 years of Pilates experience. She currently directs Studio M in Sonoma, CA. Madeline's Pilates study began in New York City with Naja Cori and Romana Kryzanowska, and was greatly influenced by Marika Molnar, Anna Schmidt, Jean Claude West and Irene Dowd. She teaches teacher training and continuing education programs around the world.

Marie-José Blom, Long Beach Dance Conditioning, Passing the Torch Mentor

Marie-José has combined Pilates technique and dance medicine for over 20 years, and is at the forefront of integrating new research findings into the Pilates environment. Alan Herdman has been her primary teacher. Marie-José founded her internationally recognized Teacher Training course in 1991 at LBDC.

**Ahmé Bovée, Pilates in East,
Balanced Body University®**

Ahmé is Founder, Studio Director and Master Trainer of Pilates in East, West Michigan's only Pilates Teacher Training Center. Studying in Toronto, New York, California and Miami Ahmé has over 15 years experience as a fitness trainer and 9 years in Pilates, including 3 years as a Certified Teacher Trainer with Body Harmonics Brand of Toronto, Canada, before becoming a member of the BBU Faculty in January 2009.

**Mary Bowen, Lifelong Pilates,
Passing the Torch Mentor**

In 1959, as an actress/comedienne/musical comedy performer with a very bad back, Ms. Bowen began studying the Pilates method. It was the beginning of a life "root". Since walking into Joe and Clara's studio almost 50 years ago, she has taken weekly lessons. She now teaches Pilates and, as a Jungian psychoanalyst, combines the mind and the body in sessions in New York, Massachusetts and Connecticut.

**Allyson Cabot, MPT, Core Conditioning,
Balanced Body University®**

Allyson holds a B.S. in Physical Therapy from CSULB, and a B.S. in Kinesiology from UCLA. She is PMA certified in Pilates and certified in Gyrotonic®. Practicing Physical Therapy since 1991 she specializes in the areas of women's health, dance medicine, mind-body healthcare and craniosacral therapy.

**Ky Carnell-Russell, Agile Monkey,
Balanced Body University®**

Ky is a lifelong dancer and movement educator. Trained in Pilates through Turning Point Studios, Ky taught Pilates at St. Francis Hospital's Center for Sports Medicine in San Francisco, CA, for many years. She currently teaches Pilates instructor training courses and Anatomy in Clay through BBU at Agile Monkey Pilates Studio in Santa Cruz, CA.

**Sagrario Castilla, The Studio Pilates,
Ron Fletcher Program of Study®**

Owner and director of The Studio Pilates in Toronto, ON, Sagrario has practiced Pilates since the early 1980s. Certified in three Pilates methods and licensed as a Program Faculty in the Fletcher Program of Study, Sagrario also trained as a ballet dancer in Mexico and Romania and graduated from the National Ballet School of Canada in 1993 as a ballet teacher.

**Karen Clippinger, MSPE, California State University,
Long Beach, Body Arts and Science International™,
Passing the Torch Mentor**

Karen's lifelong work has focused on using scientific principles to enhance alignment and movement performance while reducing injury risk. She is a professor at California State University, Long Beach and works with clients ranging from those with severe limitations to elite athletes. Karen has given over 350 presentations in the US and internationally and recently completed her textbook, *Dance Anatomy and Kinesiology*.

Kathy Corey, Kathy Corey Pilates

Kathy Corey is a Master Teacher who began her Pilates career in 1979. She is the Director of Kathy Corey Pilates, an Advisory Board Member for Inner IDEA and Pilates Style Magazine. She teaches the Kathy Corey Teacher Training Program and continuing education nationally and internationally. She is PMA Gold Certified and was recently selected by IDEA as someone "Who Inspires the World to Fitness".

Morten Dithmer, The Franklin Method™

Morten Dithmer is a Franklin Teacher Trainer and Associate Director of the Franklin Method™ where he teaches the Franklin Teacher Trainings and Franklin workshops in Europe, America and Asia. Morten is an instructor in osteopathic bodywork, holds a 6th degree black belt in Aikido and performs internationally as a Vaudeville artist.

**Dallas Everleth, Center Strength,
Balanced Body University®**

Dallas has taught Pilates since 1999 and currently owns Center Strength Pilates Studio, in Berkeley, CA. She has a particular interest in the movement science behind Pilates and has studied with Marie-José Blom and Nora St. John. She studied Anatomy in Clay with founder Jon Zahourek and continues to develop anatomy workshops of special interest to movement educators.

**Katrina Foe, Personalized Pilates,
Balanced Body University®**

Katrina Foe is the owner of Personalized Pilates as well as a PMA Gold certified Pilates instructor. She received a BFA in modern dance at Texas Christian University where she discovered Pilates. She learned the method through the PhysicalMind Institute and Stott Pilates. Katrina is trained in Pilates for Golf, Fletcher Spine Corrector work, teaches Anatomy in Clay™ and is a Master Trainer for BOSU.

Biographies

Eric Franklin, The Franklin Method™

Eric Franklin is a dancer, educator, university lecturer and successful author. He is the founder of the Franklin Method™ and teaches throughout the world. He has coached both world and European champion athletes in the Franklin Method™. He is author of best selling books in the mind/body field and is a renaissance man who combines both depth and lightness in his teaching.

Michael Fritzke and Ton Voogt, Zenirgy

Michael and Ton are internationally recognized Pilates Master Teachers. Both worked with Romana Kryzanowska for over ten years in New York City, where they were Teacher Trainers for her certification program. Since 1996, Michael and Ton have collaborated as Zenirgy, LLC in the development of the Pilates TRIADBALL™ and in teacher training programs around the world.

Lizbeth Garcia, Tilcia Studios, Balanced Body University®

Lizbeth Garcia, a fitness instructor for the past 15 years, has gained wide recognition for her video work and is the co-star of “Totalmete En Forma”. With certifications by the PMA, Body Arts and Sciences Int’l and AFAA, Lizbeth’s passion for helping instructors and students reach their goals will continue to grow.

Sharon Gawin, MPT, Body Evolve, Balanced Body University®

Sharon directs the Continuing Education Program for Medical Professionals at Body Evolve. She has a diverse background with extensive dance experience, a BS in Engineering, and an MPT from Northwestern University Medical School. Trained and fully certified in Pilates through Stott and the PhysicalMind Institute, she is PMA Certified and has published and lectured extensively on Pilates and injury prevention.

Nico Gonzalez, Nico Fitness, Balanced Body University®

A BBU faculty member, Nico delivers teacher training programs in all aspects of Pilates. He works for Mercy HealthPlex, a hospital-based wellness facility, he has a weekly cable access television show and has appeared in many fitness videos. Nico is certified through PMA, ACE and AFAA, and also instructs Zumba®, Spinning®, Resist a Ball® and BOSU®.

Pat Guyton, Pat Guyton Pilates

Pat Guyton is a PMA Certified Pilates Teacher™, former dancer, gymnastic coach, and physical medicine assistant in Colorado. Pat has studied with four of the First Generation Pilates Teachers, owns Pat Guyton Pilates, Inc. and Pilates Conservatory™, a comprehensive Pilates teacher training program. She is a Franklin Method® Level I Educator. She has served on the PMA Board of Directors and is a PMA CEC Provider.

Erika Hassan, Gyrotonic®

Erika has studied dance for 15 years, and started her GYROTONIC® and GYROKINESIS® training in 1993, when she met Juliu Horvath. She took private lessons with him for 3 years, which changed her life. The training opened up a vision of dance from the inside out, so that outer forms are dictated by the energy within. She is a dancer and choreographer and Master Trainer in GYROTONIC® and GYROKINESIS®.

Alan Herdman, Alan Herdman Pilates, Passing the Torch Mentor

Alan Herdman studied at the London School of Contemporary Dance and was working as a teacher and dancer when he was invited to New York in the late 1960s to learn about the Joseph Pilates Method. There he worked intensively with Carola Trier and Bob Fitzgerald, then returned in 1970 to set up Britain’s first Pilates studio. Alan lectures on Pilates around the world, has written several Pilates books and runs a training course for Pilates instructors.

Jillian Hessel

Jillian Hessel the “teacher’s teacher” studied Pilates in New York with Kathy Grant while apprenticing with Carola Trier. She moved to Los Angeles in 1986 and continued teaching at Ron Fletcher’s studio. Since 1988 she has taught at her own studio. Her book, *Pilates Basics* and numerous Pilates videos have been released by Gaiam and she has her own line of DVDs for Pilates teachers.

Jonathan Hoffman, BPT, Grad Dip Manip Ther (Australia), CoreAlign™

Jonathan graduated in Israel as a Physical Therapist at Tel Aviv University and as a Manual Physical Therapist at Curtin University in Perth, Australia. During his 20+ year career he worked in musculoskeletal clinics around the world. His daily practice has led him to develop the repositioning and stabilizing back machine and the new CoreAlign. He lectures and teaches internationally.

Dawn-Marie Ickes, MPT, Core Conditioning, Balanced Body University®

Dawn-Marie holds an MPT from Mount Saint Mary's College. She is PMA gold certified in Pilates and was a board member of the PMA. Dawn-Marie has practiced Physical Therapy since 1996. She teaches educational programs worldwide integrating Pilates and rehabilitation.

Kelly Kane, Kane School of Core Integration

Kelly Kane is founder of the Kane School of Core Integration, a holistic body college founded on anatomical knowledge to improve strength and stability in New York City. She studied with Romana Kryzanowska and Hila Paldi and obtained her certification through the Pilates Institute in Santa Fe, New Mexico. In addition to teaching Pilates, Kelly has trained extensively in BodyMind Centering, manual work including Structural Integration, CranioSacral Therapy and Visceral Manipulation, human cadaver dissection, Gyrotonic® and with Irene Dowd.

Joy Karley, MA, Gotham City Pilates, Balanced Body University®

Joy Karley holds a Master's degree in Biomechanics and Athletic Training from San Diego State University and a Bachelor of Science in Physical Education and Modern Dance from Kent State University. She is an AFAA and IFTA certified Group Exercise Instructor and Personal Trainer, and has over 15 years experience as a fitness instructor, writer, and presenter throughout the US and internationally.

Elizabeth Larkam MS, Pilates & Beyond, Balanced Body University®, Passing the Torch Mentor

Currently teaching at Western Athletic Clubs, Elizabeth worked for 15 years as a Pilates Dancemedicine Specialist at Saint Francis Memorial Hospital in San Francisco. Elizabeth is PMA Gold-Certified, a Guild-Certified Feldenkrais Practitioner, Gyrotonic™ and Gyrokinesis™ instructor, Franklin Method™ teacher and OM Yoga instructor. Co-founder and former co-owner of Polestar Education, Elizabeth now teaches and presents worldwide for Balanced Body University.

Michele Larsson, Core Dynamics Pilates, Passing the Torch Mentor

Founder of Core Dynamics Pilates in Santa Fe, NM, Michele has over 40 years of experience teaching fitness, movement, dance and rehabilitation. Trained by Eve Gentry, Michele worked with her until her death. Michele founded the Institute for the Pilates Method in 1991 and served as Director of Training. She currently teaches teacher training programs, continuing education and advanced workshops around the globe.

Naomi Leiserson, Turning Point Studios, Balanced Body University®

Naomi began teaching Pilates in 1993 at Saint Francis Memorial Hospital. She is certified in Pilates through Core Dynamics in Santa Fe and holds additional certifications in Gyrotonic, Orthopedic Massage and the Franklin Method,™ and studied Anatomy in Clay with founder Jon Zahourek. She applies her skills to clients with orthopedic injuries and uses anatomy to design effective programs for clients of all kinds.

Julian Littleford, JL Body Conditioning, Passing the Torch Mentor

British-born Julian Littleford moved to San Diego in 1990 after spending 8 years as a principal dancer with the Martha Graham Dance Company. He was originally trained in the Pilates method in England by Alan Herdman and was one of Mr. Herdman's original teachers in the late 1970s. He is currently the Pilates director for the San Diego Padres baseball team.

Suzanne Martin, DPT, Pilates Therapeutics®

A Doctor of Physical Therapy and PMA Gold-Certified, Suzanne has 25 years experience in health and movement. A Master ACE and ACSM trainer, she has a private Pilates/physical therapy practice, Total Body Development, in Alameda, CA. She provides instructional DVDs and courses in the Pilates Method and she has published several books and articles.

Tom McCook, Center of Balance, Balanced Body University®

Tom, is an internationally recognized fitness and movement specialist. Beginning his full-time personal training career in 1984, Tom designs programs for health and life performance for working professionals, people rehabilitating from injuries and world class athletes including Olympic Gold Medal swimmers Natalie Coughlin, Jenny Thompson and Misty Hyman.

Margot McKinnon, BA, BEd, MEd, Body Harmonics

Margot offers 20 years of experience in the fields of Fitness and Wellness, Pilates and Adult Education. She holds a Masters degree in Adult Education and completed her Pilates Teacher Training at Pilates Downtown in affiliation with Alan Herdman Studio and the PhysicalMind Institute. She founded Body Harmonics Pilates in 1996 and has trained teachers since 1998.

Ann McMillan, MS, Ann McMillan Pilates

Ann McMillan brought Pilates to Québec when she opened the Centre Pilates de Montréal in 1992. She discovered Pilates while pursuing a dance career in New York City in the 80's. Her Master's thesis in Exercise Science at the University of Montreal was the first to establish a scientific link between Pilates and improved dynamic posture in ballet dancers. She regularly lectures in Québec and abroad.

Biographies

Cathy Murakami, SynergySystems® Fitness Studio

Movement is her life. A long time Tai-Chi practitioner who trained as a classical dancer, Cathleen majored in dance at the University of Washington. She went on to teach group fitness in the U.S., Canada, and Europe. Cathleen has specialized in the Pilates technique since 1991 and developed Pilates programs for Rancho la Puerta and The Golden Door Spa among others.

Nancy Myers, EHS Pilates, Balanced Body University®

Once a dance teacher and long distance runner, in 1989 Nancy began practicing Pilates with Master Teacher Elizabeth Larkam at St. Francis Dance Medicine Center in San Francisco. She is certified through Ellie Herman Studios in San Francisco and has dedicated her Pilates career to posture and gait analysis.

Virginia Nicholas MA, RN, Moving Breath Pilates Studio

Movement specialist Virginia Nicholas teaches people how to move. She is the founder of Pilates Core Integration and owner of Moving Breath Pilates in Tempe, AZ. She began her Pilates study in 1988 and earned her Core Dynamics certification in 1998. She was a Teacher Trainer for Core Dynamics for 10 years before starting her own program.

Portia Page, Balanced Body University®

Portia has been in the fitness industry for over 18 years as a teacher, competitor, program director, instructor trainer, international presenter and video co-star, fitness director and creator. She is Gold Certified through PMA, a faculty member of BBU and a Stott Pilates Certified Instructor. She has a BS in Cognitive Science from University of California at San Diego.

Madeline Parrish

Madeline Parrish is a PhysicalMind Institute certified mat and apparatus instructor and a Pilates for Golf Conditioning Specialist. She completed Dr. Greg Rose's Advantage Golf MCFI certification and is a Level 3 TPI (Titleist Performance Institute) Certified Golf Fitness Instructor. Madeline owns a studio in Richmond, VA where she combines Pilates with Golf to improve performance, correct imbalances and alleviate injuries.

Mike Podlenski, PTA, ATC, US, US Naval Medical Center

Mike received his BA in Physical Education in 1982 and studied Sports Medicine and Biomechanics at San Diego State University. He is a Certified Athletic Trainer and a Physical Therapy Assistant with 24 years of experience and received his Pilates training through Elizabeth Larkam. He currently works at the US Naval Medical Center in San Diego with combat and non-combat injured polytrauma patients.

Doreen Puglisi, MS, Pink Ribbon Program

Exercise Physiologist Doreen Puglisi is the founder and program director for The Pink Ribbon Program. While working with patients who were breast cancer survivors, Doreen saw a need to design a specific post-operative program for these survivors. This need became even more apparent when she was diagnosed with breast cancer and she used the program to regain the strength and range of motion in her affected arm. Doreen holds a Master's Degree in Exercise Science and teaches at County College of Morris in Randolph, NJ.

Cari Riis Stemmler, Core Conditioning, Balanced Body University®

Transitioning from a career as a professional dancer, Cari started teaching Pilates in 1997. Also a practitioner of Ashtanga, Hatha and Anusara yoga since 1996, she became a Certified Fitness Trainer in 2002. A PMA Gold certified instructor, Cari teaches instructor training programs and continuing education for BBU and Core Conditioning.

Christine Romani-Ruby, MPT, ATC, PHI Pilates

Christine is a rarity in the Pilates world, an experienced Pilates professional with a strong background in physical therapy and fitness. She is a licensed physical therapist, an associate professor at California University of Pennsylvania, an ACE faculty member, a certified athletic trainer, and PMA gold certified. An international presenter, Christine is owner of PHI Pilates, and co-owner of PHI Pilates Studio.

Kyria Sabin, Ron Fletcher Program of Study®

Kyria is Director of Fletcher Pilates® Inc. and the Ron Fletcher Program of Study, an international Pilates teacher training program. A graduate of Duke University and a licensed massage therapist, Kyria initiated Pilates studies with Ron Fletcher in 1991 and founded Body Works Studio in Tucson, AZ. She is recognized as a Master Teacher and Disseminator of Fletcher Pilates.

Nora St. John, MS, Balanced Body University®

Nora is a Pilates instructor, acupuncturist and massage therapist. She has taught Pilates for 20 years and Pilates instructors for the last 10 years and is the founder and program director of Balanced Body University, an international Pilates instructor training program. Nora continues to develop programs to expand the educational opportunities of Pilates instructors worldwide.

**Lolita San Miguel, Pilates Y Mas,
Passing the Torch Mentor**

Ms. San Miguel is one of Puerto Rico's leading cultural figures with a distinguished career in dance as a ballerina, educator, choreographer and artistic director. Ms. San Miguel has used the Pilates Method of Body Conditioning since 1958, and was trained and certified by both Carola Trier and Joseph Pilates. She is one of four "Distinguished Elders" of the Pilates Method Alliance.

**Karen Sanzo, MS, PT, Pilates Unlimited,
Balanced Body University®**

Combining 20 years of Physical Therapy expertise and her in-depth knowledge of the Pilates repertoire, Karen focuses on the essential relationship and inter-dependency of body and mind and how it affects one's health. She has studied Pilates, cadaver dissection, anatomy and motor control, and presents nationally.

**Gabrielle Shrier, MPT, Core Conditioning,
Balanced Body University®**

Gabrielle holds a BS in Kinesiology from UCLA and an MPT from USC. She is PMA gold certified and certified in Gyrotonic®. Gabrielle has developed educational programs for healthcare professionals, integrating Pilates and rehabilitation, teaches for Balanced Body University®, and co-owns Core Conditioning.

**Katy Thompson, RN, PS Pilates,
Balanced Body University®**

Katy is a Registered Nurse of 32 years. She has completed her Advanced Certification in the Kathy Corey West Coast Pilates Method. She is the founder and president of Taylor Wellness & Pilates, Inc., Ft Wayne, IN, and co-owner of PS Pilates in Naples, FL, where she currently teaches. She has owned, operated and marketed numerous businesses.

Dr. Andromeda Trumbull, DC, Pilates Sports Center

Andromeda became a Doctor of Chiropractic Medicine inspired by her own spinal condition. Her practice specializes in the proper rehabilitation of the lower back. She was introduced to Pilates as a fitness regime and was so impressed that she became an instructor and co-founded Pilates Sports Center in Los Angeles, CA, with Kelli Altounian. Andromeda co-directs the PSC Teacher Training Program.

**Valentin, Pilates Body by Valentin,
Balanced Body University®**

Valentin started dancing at age four and has been moving with passion and creativity ever since. Her performing career includes dancing, cheerleading, aerobic competitions and working with Pilates Performance with Elizabeth Larkam. She has also managed Group Exercise at ClubSport Pleasanton, authored articles, presented at IDEA and Body Mind Spirit, and produced the Body Revival Fitness Convention.

**Kathryn Van Patten,
The Movement Center of Boston**

Kathryn Van Patten is owner and founder of the award-winning The Movement Center of Boston. Kathy is certified through The Pilates Method of Body Conditioning (Romana Kryzanowska), Power Pilates®, Stott Pilates®, Polestar®, and The Method-Pilates®. A GYROTONIC® Master Trainer, Kathy has a B.S. in Education from New York University and is an adjunct faculty member of The Boston Conservatory Dance Department.

Dawna Wayburne, IsoFit, Polestar Education

Dawna has been involved in physical training for most of her life beginning with Ballet classes as a child. She is a registered teacher of the Royal Academy of Dancing. Dawna was the first to set up a combined Gyrotonic® and Pilates exercise studio in Asia in 1998 and is the Education Director of Polestar Pilates Asia Inc. and an authorized Gyrotonic® Master Trainer.

**Barbara Wintroub, RetroFit Pilates Rx®,
Balanced Body University®**

Barbara Wintroub holds a degree in Kinesiology and is currently a Faculty Member with UCLA Extension and BBU. As a member of the BABY BOOMER GENERATION and a hand selected addition to the ICAA Visionary Board, Barbara is considered an "Active Aging Expert". She is nationally ranked in three sports; Tennis, Pickleball and Paddle Tennis and has successfully completed a marathon on all seven continents.

Jennifer Golden Zumann, Pilates Chicago

Jennifer has been inviting people to "fall in love with their spine" since 1997. She co-owns Pilates Chicago with her husband and facilitates an apprenticeship-based Instructor Training Program. She offers a holistic, approach to her clientele by integrating her skills as an herbalist, aromatherapist, acupressurist, and yoga practitioner. Jennifer is an ACE faculty member and certified by the PMA.





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