

Pilates on Tour® 2017

CONTINUING EDUCATION FOR PILATES PROFESSIONALS

Boston

STUDIO TOUR
AUGUST 5-6, 2017

Boston Body Pilates Belmont
448 Common Street, Floor Two
Belmont, MA 02478

Phone: (617) 484-7711
Website: www.bostonbody.com

Balanced Body Studio Tours highlight amazing studios and vibrant Pilates communities around the country and around the world. Join us at Boston Body Pilates in Belmont, Massachusetts for a celebration of the many faces of Pilates in New England. Workouts, workshops and networking with friends and colleagues in a beautiful space will inspire your teaching and reignite your passion for the work you love. The Boston Body Pilates Studio Tour is where you want to be this summer!

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$295	\$365
2 Day	\$485	\$545

*Early registration ends on 6/8/2017.

PRE-CONFERENCE

Courses	Early Registration*	Regular Registration
Anatomy in Three Dimensions	\$475	\$525

Course includes a manual.

Courses at a Glance

THUR-FRI, AUGUST 3-4

PRE-CONFERENCE (EXTRA FEE)
9:00AM TO 6:00PM

Anatomy in Three Dimensions: An Introduction to Anatomy

Nora St. John

SATURDAY, AUGUST 5

WELCOME AND INTRODUCTIONS
8:00AM – 8:15AM

MORNING WORKOUTS
8:15AM – 9:15AM

MORNING WORKSHOPS
9:30AM – 12:30PM

Classical Variations for Pilates Equipment Classes

Christy McCabe

Program Design and Problem Solving in the Pilates Studio

Nora St John

Power Barre

Portia Page

LUNCH TIME DEMOS/WORKOUTS
1:15PM – 2:15PM

AFTERNOON WORKSHOPS
2:30PM – 5:30PM

WELCOME RECEPTION
5:30PM – 7:30PM

Layering Advanced Repertoire to Teach Multi Level Classes

Zayna Gold

Breast Cancer: Training to Heal

Joy Puleo

The Classical Chair and Beyond

Carrie Pages

SUNDAY, AUGUST 6

MORNING WORKOUTS
8:15AM – 9:15AM

MORNING WORKSHOPS
9:30AM – 12:30PM

ThinkFit: Intelligent Reformer Programming

Portia Page and Joy Puleo

Tactile Cueing

Zayna Gold

Balancing the Spine with Pilates Arc and Small Balls

Nora St. John

LUNCH TIME DEMOS/WORKOUTS
1:15PM – 2:15PM

AFTERNOON WORKSHOPS
2:30PM – 5:30PM

360 degree Hip in the Pilates Studio

Joy Puleo

Pilates Studio Progressions for Upper Body Stability, Mobility and Balance

Nora St. John

Pilates Mat and Chair for Pregnancy

Melissa Connolly

Pre Conference Courses

THURSDAY - FRIDAY, AUGUST 3 - 4, 2017

9:00AM TO 6:00PM

Anatomy in Three Dimensions: An Introduction to Anatomy

This intensive, experiential workshop reviews the essentials of musculoskeletal anatomy and kinesiology as you build the major muscles used in movement on the Anatomy + Movement Skeleton. 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. This is a great class for new and experienced instructors who want to improve their understanding of anatomy and the body in motion.

Appropriate for mat and apparatus instructors and Pilates students.

Instructor: Nora St. John

Main Conference Courses

SATURDAY MORNING, AUGUST 5, 2017

WELCOME AND INTRODUCTIONS: 8:00AM – 8:15AM

MORNING WORKOUTS: 8:15AM – 9:15AM

MORNING WORKSHOPS: 9:30AM – 12:30PM

Class 1

Classical Variations for Pilates Equipment Classes

Use the classical repertoire as a base to create flowing variations for your group classes in this dynamic workshop. Sequences, progressions and transitions will be taught to give you tools to create your own variations to keep your classes moving and your clients coming back for more.

Appropriate for apparatus instructors.

Instructor: Christy McCabe

Class 2

Program Design and Problem Solving in the Pilates Studio

The Pilates Studio contains many kinds of equipment, Reformers, Trapeze Tables, Chairs and Barrels each of which have unique properties. In this workshop, we will explore the strengths of each piece of equipment and discuss strategies for designing successful, flowing programs in the Pilates studio for a variety of clients.

Appropriate for reformer and apparatus instructors.

Instructor: Nora St John, MS

Class 3

Power Barre

Who says women can't be strong? This Barre class focuses on creating power in the legs and strength in the upper body. The moves are designed help you fully experience the strength and power your body is capable of. Needless to say, this workshop will make you work!

Appropriate for all instructors.

Instructor: Portia Page

Main Conference Courses

SATURDAY AFTERNOON, AUGUST 5, 2017

LUNCH TIME DEMOS/WORKOUTS: 1:15PM – 2:15PM

AFTERNOON WORKSHOPS: 2:30PM – 5:30PM

WELCOME RECEPTION: 5:30PM – 7:30PM

Class 1

Layering Advanced Repertoire to Teach Multi Level Classes

Teaching multi-level reformer classes is one of the biggest challenges for instructors today. How do you teach advanced repertoire when there are participants who are beginners or even intermediate clients? The key is using “preps” or layers of choreography so that each individual can stay at the level that is appropriate for their fitness level and Pilates experience:

- » Warm Up: You will learn a five-minute warm up that introduces the concept of layers. Teaching the fundamentals of neutral spine; lumbopelvic stability and core connection during your warm up sets each client up for success.
- » Layers for Advanced Repertoire: You will also learn beginner to advanced layers for key advanced exercises on Reformer. These “preps” will give your clients a workout that flows while also encouraging all levels to work at their own level. Learning how to layer exercises while also keeping up the pace of class for your regular clients is essential for retention and safety for all clients.

You will leave this workshop with a handout on specific instructions so that you can begin to safely and effectively begin to incorporate the intermediate and advanced repertoire in your multi-level classes.

Appropriate for all instructors.

Instructor: Zayna Gold

Class 2

Breast Cancer: Training to Heal

A diagnosis of breast cancer can leave a person feeling abandoned by their body. The onslaught of doctors, medical decisions, surgeries and their physical aftermath greatly impacts the body's resiliency. The biomechanical functioning of the shoulder is one part of assisting a client on their path to restored health after breast cancer surgery. However, the mobility and pliability of the ribcage is often over looked and of great importance to the overall healing process. Through breath and simple floor exercises we will explore how to assess shoulder girdle and ribcage mechanics and to gently create change that will leave your clients feeling a renewed sense of physical self-confidence.

Appropriate for all instructors.

Instructor: Joy Puleo

Class 3

The Classical Chair and Beyond

This workshop will include a review of the classical chair repertoire and will also explore fresh content and creative transitions. We will look at how sequencing the exercises, using transitions, and limiting spring changes will make teaching classes on the chair flow more easily. Some props (1# weights and foam rollers) will be used.

Appropriate for all instructors.

Instructor: Carrie Pages

Main Conference Courses

SUNDAY MORNING, AUGUST 6, 2017

MORNING WORKOUTS: 8:15AM – 9:15AM

MORNING WORKSHOPS: 9:30AM – 12:30PM

Class 1

ThinkFit: Intelligent Reformer Programming

If you teach Reformer classes, semi-private or private sessions and are looking for ways to challenge your clients to perform at their best, this class will teach you a simple structure for creating classes that are effective, efficient and fun. Using the ThinkFit Reformer Programming system, you will learn how to develop classes for different kinds of students from beginner to advanced and to focus on specific areas of the body like the upper body or legs. The ThinkFit system makes class planning easy. Class will consist of a variety of programming exercises to help refine your understanding of balance and flow in a Reformer session. An illustrated handout is included.

Appropriate for reformer and apparatus instructors.

Instructor: Portia Page and Joy Puleo

Class 2

Tactile Cueing

Tactile cues are one of the most powerful teaching tools you will use as an instructor and for your clients. The "right" touch cues can deepen the work almost immediately. For a beginner client, this may be learning to scoop abdominals in and up or learning to use shoulder girdle muscles that they have never felt before. For an advanced client, the proper touch cues can help execute advanced exercises and achieve alignment that they are not ready to do on their own. The power of touch is a gateway to the magic of Pilates – both for you as an instructor and for your clients.

You will learn specific tactile cues to use with all apparatus including mat work. Throughout this workshop, you will learn where and how to place your hands, breathing techniques for proper rhythm and flow, and how to position your own body for the best possible results. This will in turn give your clients a deeper understanding of which muscles to engage, how to position their bodies and even how to stay safe and avoid joint strain.

Zayna will offer feedback and guidance throughout the drills. You will leave feeling comfortable using your hands as an important teaching tool.

Appropriate for all instructors.

Instructor: Zayna Gold

Class 3

Balancing the Spine with Pilates Arc and Small Balls

"You are only as old as your spine" Review the biomechanics of spinal mobility and experience the true potential of your spine using small balls and the Pilates Arc in this dynamic workshop. We will use detailed imagery, specific cueing and a variety of exercises to enhance proprioception and deepen your understanding of flexion, extension, rotation and lateral flexion. Appropriate for clients with limited or imbalanced mobility and to optimize the movement of the spine for functional activities.

Appropriate all instructors.

Instructor: Nora St. John, MS

Main Conference Courses

SUNDAY AFTERNOON, AUGUST 6, 2017

LUNCH TIME DEMOS/WORKOUTS: 1:15PM – 2:15PM

AFTERNOON WORKSHOPS: 2:30PM – 5:30PM

Class 1

360 degree Hip in the Pilates Studio

The hip is a complex area whose optimum functioning is critical to our daily activities and to our long term health and well being. A review of the anatomy, biomechanics and connections of the hip is followed by training principles to address key strength and alignment imbalances and to maximize efficiency of the hip in movements in all planes. You will come away with a clear protocol for working with your clients' hips using the Reformer, Trap Table and Chair.

Appropriate for all instructors.

Instructor: Joy Puleo, MS

Class 2

Pilates Studio Progressions for Upper Body Stability, Mobility and Balance

The Pilates studio is an excellent environment for building functional upper body strength and balance. Learn the five principles of upper body training along with specific progressions on the Reformer, Trapeze Table and Chair. Sequences can be easily added to private or group classes.

Appropriate for reformer and apparatus Instructors.

Instructor: Nora St. John, MS

Class 3

Pilates Mat and Chair for Pregnancy

In this workshop for the pre and post natal client we will explore ways to modify and develop programs based on the specific needs during each trimester. We will go over basic anatomy, posture and alignment during each trimester and learn the benefits of proper exercises to keep the client and baby healthy. You will leave the course with sample Pilates workout ideas to help the client relieve any discomfort, to maintain functional movement and strength and how to slowly regain strength following the pregnancy.

Appropriate for all instructors.

Instructor: Melissa Connolly

Presenters

Carrie Pages

Carrie Meador Pagès is the owner and senior Pilates Instructor for In Balance Pilates Studio. She attended high school at The University of North Carolina School of the Arts where she majored in Classical Ballet. While there she performed numerous lead roles and worked with prestigious choreographers and teachers. Carrie discovered the endless benefits of Pilates while rehabilitating an ankle injury and knew it would be a part of her life forever. She received her certification while living in Charleston, SC in 2000. In 2002, Carrie opened In Balance Pilates Studio in Wilmington, NC and founded the In Balance Pilates Teacher Training program in 2004. Carrie lives in Wilmington with her husband, 11-year-old daughter and 9-year-old son. If she's not teaching Pilates she's driving the kids to dance, soccer, scouts and gymnastics!

Christy McCabe

Pilates entered Christy's life whilst she was studying Dance Education at Towson State University. Though it sparked a deep interest and curiosity, her path led her to becoming a hairstylist for TV, movies and the fashion industry in NYC. Her connection with, and dedication to, movement, dance and body mechanics remained alive. After a fruitful career in the hairstyling world, she was drawn back to her passion for teaching movement through Pilates. Christy studied the Stott Pilates Method at John Garey Pilates in Long Beach, CA. Christy has a contemporary and creative approach which always keeps things interesting and lively, whilst still honoring the form and function of the classical Pilates method.

Melissa Connolly

Melissa Connolly was first introduced to Pilates as a dancer. Her passion for movement was a perfect match to become a Pilates, Barre, Yoga and fitness instructor. She has been teaching Pilates mat work since 1998 and equipment based sessions since 2000. She is Pilates certified through Pilates Method Alliance, Balanced Body, Physical Mind Institute, Julian Littleford Pilates, ACE (American Council on Exercise) and is a certified pre and post natal specialist through The Center for Women's Fitness. Melissa has been faculty for Balanced Body instructing and certifying teacher trainees in both Pilates and Barre since 2010. She directed the Balanced Body teaching certification program at JL Body Conditioning in Del Mar, California under the direction of her late mentor, Julian Littleford. Melissa then moved back to her home of Massachusetts and became staff at Boston Body with Zayna Gold, instructing classes, private lessons, and Balanced Body teacher trainings. As the founder and owner of The Pilates Barre Oxford, Melissa brought a host site for Barre instructor training courses and Pilates Mat to central Massachusetts. Melissa's classes are focused on proper technique, creativity, flow, inspiration and balanced muscular development.

Melissa's work can be viewed on the popular California based website Pilates Anytime instructing 20 classes in Pilates mat, dance based flow, stretch, reformer, tower, and chair with the background of the beautiful Pacific Ocean.

Melissa practices what she preaches and inspires students to enhance not only their strength but provide balance and confidence in all aspects of their life. Her positive nature is contagious and you are sure to leave your session feeling stronger in your body, taller in your posture, and motivated for your day.

Zayna Gold

Zayna Gold is founder and co-owner of Boston Body Pilates and Boston Body Barre -with five locations in the Greater Boston area. She was awarded the Next Pilates Instructor by Pilates Anytime in 2011 and is a Visiting Instructor on www.pilatesanytime.com. Since 1989 Boston Body has been known for its relaxed and friendly atmosphere for all fitness levels. Great instructors are the key to Boston Body's success. For the past 20 years Zayna has enjoyed teaching them how to inspire and retain clients while maintaining a unique style to elevate their training to the next level. Her success in bringing out the best in each instructor has helped Boston Body Pilates to become a top studio. Zayna is faculty for Balanced Body Education, Anatomy in 3D and the creator of Balanced Body Barre. Boston Body Pilates has been awarded Top Domestic Host Site for Balanced Body Education since 2008. Zayna is also certified by Stott Pilates and Power Pilates.

Portia Page

Portia has been in the fitness industry for over 25 years as a teacher, competitor, program director, instructor trainer, international presenter and video co-star, fitness director and creator. She is a Gold Certified Pilates Teacher through Pilates Method Alliance, and a Master Instructor of Balanced Body for Pilates, AI3D, Barre, Bodhi, Motr, & CoreAlign. She holds current certifications with ACE, AFAA and PMA and has a BS in Cognitive Science from University of California at San Diego.

Joy Puleo, MA

In July of 2013, Joy moved, with her family, from New York to Sacramento, California to join Nora St. John and the rest of the Balanced Body team to work on developing curriculum and educational programming. Joy has been teaching Pilates teachers since 2002 and in the health and wellness industry since 1996. Joy earned her masters degree from Columbia University in Applied Physiology. As a lecturer she presents at conferences and studios across the country and abroad and with Balanced Body, she is a regular at most Pilates on Tours. In addition to her degree Joy is PMA certified, A.C.S.M. certified and is able to provide ACE credits for students who take her classes. She is a fully qualified Balanced Body Pilates Instructor and teacher trainer, CoreAlign and Bodhi Suspension System master trainer and a graduate of the PhysicalMind Institute. Joy was

also trained on the GYROTONIC®, Level I and the Ladder. In 2011 Joy founded Body Wise Connection, a not-for-profit which works with women newly diagnosed with breast cancer. Body Wise Connections sole purpose is to remind women that even in the throws of a diagnosis and treatment for cancer the body can heal and strengthen. Body Wise Connection works to restore physical self awareness and empowerment through gently, rhythmic Pilates based movements. Though Joy is no longer in New York, Joys work has expanded to include all cancer patients regardless of the primary cancer diagnosis. Joy believes that movement changes lives and that education is the key to unlocking potential. Joy is thrilled to be working with Balanced Body on the shared mission of elevating mindful movement as a component to long term health and wellbeing.

Nora St John, MS

Nora is a Pilates instructor, acupuncturist and massage therapist who has been teaching Pilates since 1989 and practicing Pilates since 1980. She began teaching at St. Francis Memorial Hospital where she studied the work with first generation teachers Eve Gentry, Romana Kryzanowska and Carola Trier and contemporary teachers Elizabeth Larkam, Alan Herdman and Jean Claude West. Working primarily with injured clients at the Dancemedicine division of the Center for Sport Medicine, she was constantly modifying and adjusting the traditional work to meet the needs of clients with limitations. After teaching for 17 years, owning Turning Point Studios in Walnut Creek, California and starting the Pilates continuing education conferences Body Mind Spirit and Pilates on Tour, Nora was hired as the Program Director for Balanced Body where she develops curriculum, writes manuals and teaches faculty for the Balanced Body Instructor Training Programs. Her passion is teaching new students and helping them to understand the universal movement principles that are the foundation of the Pilates method.