

Pilates on Tour® 2017

CONTINUING EDUCATION FOR PILATES PROFESSIONALS

Chicago

OCTOBER 13-15, 2017

Marriott Chicago Southwest at Burr Ridge
1200 Burr Ridge Parkway
Burr Ridge, IL 60527

For reservations call (800) 228-9290 or go online
to www.marriott.com/CHISW
Group room rate: \$139, rate expires 9/26/17.

For 2017 Pilates on Tour Chicago includes new ideas about the body in motion. Learn how fascia, biotensegrity, sensorimotor training and proprioceptive neuromuscular facilitation (PNF) all influence and facilitate whole body movement and how they can be applied to the Pilates environment. Karen Clippinger brings new insights into core stability and Classical teachers Shari Berkowitz and Cara Reeser bring Joe's indomitable spirit to life. Come and enjoy new ideas, new moves and inspiration to bring back to your studio.

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$295	\$385
2 Day	\$495	\$575
3 Day	\$645	\$725

*Early registration ends on 8/8/2017.

PRE-CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
Anatomy in Three Dimensions	\$575	\$645
CoreAlign® 1: Foundations	\$575	\$645
MOTR® Instructor Training Program	\$575	\$645
PFilates: Plyometric Pelvic Floor Training	\$575	\$645

Manual included in all pre-conference courses.

Courses at a Glance

WED - THUR, OCTOBER 11 – 12

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

Anatomy in Three Dimensions: An Introduction to Anatomy

Instructor: TBD

CoreAlign 1: Foundations

Instructor: Nora St. John, MS

MOTR Instructor Training: Core, Cardio, Balance, Fun

Instructor: Portia Page

PFilates - Plyometric Pelvic Floor Training

Instructor: Dr. Bruce S. Crawford, MD

FRIDAY, OCTOBER 13

MORNING WORKOUTS:
7:30 AM – 8:30 AM

LUNCHTIME WORKOUTS:
1:00 PM – 1:45 PM

ALL DAY WORKSHOPS:
9:00 AM – 12:00 PM AND 2:00 PM – 5:00 PM

NETWORKING RECEPTION:
5:00 PM – 6:30 PM

The Key to Pilates Success: Thematic Teaching of Intrinsic Actions

Instructor: Shari Berkowitz

Fascia in Motion in the Pilates Environment

Instructor: Elizabeth Larkam

Core Stability Advancements and Applications to Pilates Reformer

Instructor: Karen Clippinger

The Classical Difference: Reformer Playground

Instructor: Cara Reeser

Mat Challenge: Pilates + Props

Instructors: Portia Page and Joy Puleo

The Basics of Working with Clients with Neurological Diseases

Instructor: Mariska Breland

SATURDAY, OCTOBER 14

MORNING WORKOUTS:
7:30 AM – 8:30 AM

MORNING WORKSHOPS:
9:00 AM – 12:00 PM

Shoulder Biomechanics and Pilates – The Basic Five

Instructor: Karen Clippinger

Biotensegrity and Pilates: A New Model of Movement

Instructor: Lesley Powell

Rhythms of the Reformer

Instructor: Valentin

Anatomy Exercises: Spinal Articulation Progressions

Instructor: Shari Berkowitz

Upper Cross Syndrome: Reversing Pain

Instructor: Brian Richey

Get Up, Stand Up: Sensorimotor Training, the Janda Approach to Gait

Instructor: Nancy Myers

Courses at a Glance

SATURDAY, OCTOBER 14

LUNCHTIME WORKOUTS:
1:00 PM – 1:45 PM

SATURDAY AFTERNOON WORKSHOPS:
2:00 PM – 5:00 PM

The Sensorimotor System in Exercise: Maximizing the Brain/Body Connection

Instructor: Mariska Breland

Kyphosis and Osteoporosis

Instructor: Karen Clippinger

Walking on the Reformer

Instructor: Nancy Myers

Advanced Classical Pilates Reformer Repertoire with Transitions

Instructor: Shari Berkowitz

The Kindness Method of Teaching

Instructor: Jennifer Gianni

MOTR: Agility + Core

Instructor: Ann Toran

SUNDAY, OCTOBER 15

MORNING WORKOUTS:
7:30 AM – 8:30 AM

MORNING WORKSHOPS:
9:00 AM – 12:00 PM

ThinkFit Pilates Studio Programming

Instructors: Portia Page and Joy Puleo

Proximal Control of Gait using Springs and Slings

Instructor: Elizabeth Larkam

The Nuts, Bolts and Springs of Teaching a Successful Group Reformer Class

Instructor: Ann Toran

The Missing Link in Pilates Mat Work: Understanding the New Science of Connective Tissue and its Role in Stabilization

Instructor: Hallee Altman

Anatomy in Three Dimensions: Your Knee, Build it, Assess it, Fix it

Instructor: Brian Richey and Nora St John

Bodhi: Dancing on the Ropes

Instructor: Valentin

SUNDAY, OCTOBER 15

LUNCHTIME WORKOUTS:
12:45PM – 1:20 PM

SUNDAY AFTERNOON WORKSHOPS:
1:30 PM – 4:30 PM

PNF and Pilates: Bringing the Spiral Home

Instructor: Lesley Powell

From Head to Toe: The Full Body Low Chair Workout

Instructor: Cara Reeser

Release and Move: Foundational Reformer

Instructor: Jennifer Gianni

Embryology Informs Pilates Mat Practice and Teaching: How the Eyes, Tongue and Hands Guide, Shape and Refine Movement

Instructor: Elizabeth Larkam

MELT Fascial Hydration Techniques: Bridging the Gap Between Pilates Mat Classes and Apparatus Work

Instructor: Hallee Altman

Playful Pilates: Pilates for Kids

Instructor: Megyn Taback

Pre-Conference Courses

WEDNESDAY – THURSDAY, OCTOBER 11 – 12, 2017

**ALL DAY WORKSHOPS: 9:00AM TO 6:00PM
(EXTRA FEE REQUIRED)**

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 a specially designed 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 anyone

Instructor: TBD

CoreAlign 1: Foundations

The CoreAlign is a revolutionary exercise method designed to improve strength, balance, posture and functional movement patterns by training the stability and mobility biased movement components to work together in a dynamic environment. The CoreAlign provides variable resistance from different directions and two independent carts to stimulate the core stability muscles to fire with perfect timing while performing gait related movements, deep stretches and complex, whole body exercises. The CoreAlign environment allows practitioners to easily customize exercises for the rehabilitation, fitness or athletic training needs of their clients making CoreAlign a perfect addition to a Pilates, personal training or physical therapy practice.

The CoreAlign Instructor training program prepares you to teach this powerful and effective training method in a class, one on one or rehabilitation setting. Course includes:

- » Detailed manual and instructor training video.
- » Introduction to the Balanced Body Movement Principles to strengthen your teaching.
- » The Balanced Body Track System to help you create classes quickly and easily.
- » Progressions, regressions and modifications to make CoreAlign training useful for everyone.

Appropriate for anyone with a strong movement background

Instructor: Nora St. John, MS

MOTR Instructor Training: Core, Cardio, Balance, Fun

Combine the core principles of Pilates, the power of aerobic conditioning and the balance and release exercises of a foam roller in this inspiring workshop. The MOTR is a small, inexpensive piece of equipment that allows you to train your clients anywhere while focusing on key principles of alignment, balance, core control and functional movement patterns. Exercises can be easily varied to provide appropriate challenges for clients at any level of fitness from senior citizens to professional athletes. You will learn key positions and exercises on the MOTR as well as sequences and programming for private and group sessions.

Appropriate for anyone with a strong movement background

Instructor: Portia Page

PFilates - Plyometric Pelvic Floor Training

This workshop is led by a Board-Certified Gynecologist, Dr. Bruce Crawford M.D., creator of the Pfilates Method of plyometric pelvic floor training. This course is intended for Pilates instructors and Physical Therapists interested in gaining an advanced understanding of pelvic floor neuromuscular physiology, common pelvic floor disorders, and ways of preventing the need for surgery. This course includes a certification to teach the Pfilates Method to students.

Appropriate for anyone with a strong movement background

Instructor: Dr. Bruce S. Crawford, MD

Pre-Conference Courses

FRIDAY, OCTOBER 13, 2017

MORNING WORKOUTS: 7:30 AM – 8:30 AM

LUNCHTIME WORKOUTS: 1:00 PM – 1:45 PM

ALL DAY WORKSHOPS: 9:00 AM – 12:00 PM AND 2:00 PM – 5:00 PM

NETWORKING RECEPTION: 5:00 PM – 6:30 PM

Class 1

The Key to Pilates Success: Thematic Teaching of Intrinsic Actions

While beginners are the most important clients to get in the door and hook, it's your intermediate clients that are the heart and soul of your business. You need to make sure that you're always working to help them achieve their goals even while your goals for them might be even more interesting! In this workshop, we work on the true keys to Pilates success which is less about what exercises you give, but more about how you teach. The layering of "Intrinsic Actions" is what Pilates is about. Intrinsic actions are the internal actions that we want our clients to be able to incorporate into their full lives and any movement they do. We use Pilates exercises to practice these intrinsic actions. However, how we teach these actions is vital. Are you layering your cues? Are you teaching the appropriate actions correctly in the most effective order...teaching thematically rather than overwhelming your client or yourself. It's time to delve into the actions of Pilates. Again...not the exercise...the intrinsic actions of the abdominals, back muscles, diaphragm, deep gluteals, adductors and shoulder girdle. It's a thrill to find yourself at ease with thematic teaching, the Key to Pilates Success.

Appropriate for comprehensively trained instructors

Instructor: Shari Berkowitz

Class 2

Fascia in Motion in the Pilates Environment

Current research on the human fascia system by clinical anatomists and manual therapists has profound implications for Pilates instructors interested in contributing to the development of optimal fascia movement practices. An overview of the educational materials authored by Thomas W. Myers, James Earls, Jean-Claude Guimberteau, MD, Dr. Andry Vleeming, Dr. Robert Schleip and Phillip Beach, DO, provides the theoretical background for case studies of client programs in Pilates mat and studio environments. Learn to teach movement sequences in the Pilates environment based on a selection of the myofascial meridians described in Myers' Anatomy Trains and the Contractile Fields described by Phillip Beach in Muscles and Meridians. Appreciate how an understanding of fascia structure and function affects choices Pilates teachers make regarding movement sequencing, tempo, duration, spring assistance/resistance, tactile and verbal cueing. Movement sequences

include classical mat, contemporary mat with props, the reformer, chairs, towers, barrels and CoreAlign.

Appropriate for comprehensively trained instructors

Instructor: Elizabeth Larkam

Class 3

Core Stability Advancements and Applications to Pilates Reformer

Research has advanced our understanding of core stability, including the need for different stimulus to optimally develop strength versus stability. This workshop will provide exercises designed to progress to allow high intensity overload that has been shown to be ideal for fostering core strength and related physiological benefits. It will also incorporate large exercise balls and rotator discs into classic and novel reformer exercises for development of the proprioceptive aspects of multi-planar core stability. A particular emphasis will be placed on the use of rotation because of its common association with functional movement and injury.

Appropriate for Reformer instructors

Instructor: Karen Clippinger

Class 4

The Classical Difference: Reformer Playground

Cara is endlessly infatuated with the moving body – the way it relates to and produces energy, space, gravity, and big bold movement. This course offers students a chance to jump onto the new Centerline Classical reformer developed by Balance Body. Students will have an opportunity to move through a variety of classical and vintage exercises on this traditional-style reformer. This guided experience will allow students to feel the difference in its scale, tension, and ride and to explore how the new reformer challenges trunk stabilization and the even relationship between push-and-pull. Cara, herself trained by Kathy Grant on the original equipment created by Mr. Pilates, is excited to offer an in-depth exploration of this newly developed reformer.

Appropriate for Reformer instructors

Instructor: Cara Reeser

Class 5

Mat Challenge: Pilates + Props

Add rings, rollers, bands and balls to your Mat work and create challenges, modifications, exciting sequences and new experiences for your classes, clients and for client home programs. Using the ThinkFit Programming system you will develop well balanced classes that take Pilates beyond the Mat to address functional exercises including standing work, upper body strength and balance and dynamic lower body exercises. You will come away with an expanded view of using Pilates Mat to improve your client's strength, flexibility, daily activities and performance.

Appropriate for all instructors

Instructors: Portia Page and Joy Puleo

Class 6

The Basics of Working with Clients with Neurological Diseases

This course gives an overview of how to successfully work with clients with neurological conditions, including MS, stroke, and Parkinson's disease. We'll discuss common neurological issues seen throughout neurological disease such as single side weakness, balance problems, and muscle spasticity.

Appropriate for all instructors

Instructor: Mariska Breland

Main Conference Courses

SATURDAY MORNING, OCTOBER 14, 2017

MORNING WORKOUTS: 7:30 AM – 8:30 AM

MORNING WORKSHOPS: 9:00 AM – 12:00 PM

Class 1

Shoulder Biomechanics and Pilates – The Basic Five

Learn key principles for training the upper body to effectively promote optimal shoulder biomechanics in this foundational class. Review common shoulder imbalances and dysfunctions such as shoulder impingement and rotator cuff imbalances. This workshop will review exercise recommendations and teach students a sample shoulder series on the Reformer designed to incorporate research recommendations by combining classic and novel Pilates-based exercises. Exercises using a resistance band will also be used to provide useful exercises for mat classes and home programs.

Appropriate for comprehensively trained instructors

Instructor: Karen Clippinger

Class 2

Biotensegrity and Pilates: A New Model of Movement

New discoveries in science are making us look at the body and movement in new ways. Fascial science and the concepts of biotensegrity are providing a new framework for understanding the foundation of support within our bodies. Graham Scharf and Rudolph Laban both were fascinated by numerous examples of geometric patterns and shapes in nature and their relationship to the body. Learn about these new models and how they can inform Pilates practice and teaching.

Appropriate for comprehensively trained instructors

Instructor: Lesley Powell

Class 3

Rhythms of the Reformer

The reformer is one of the most beloved pieces of Pilates equipment. Teaching successful group classes requires a sense of rhythm to facilitate synchronicity and coordinated movement among the students. This workshop will teach you how to cue in rhythm, have participants breathe in rhythm and move as one to experience a winning Pilates class experience for both student and teacher.

Appropriate for reformer instructors.

Instructor: Valentin

Class 4

Anatomy Exercises: Spinal Articulation Progressions

At least half of Pilates exercises have some sort of spinal articulation. Sometimes it works well and other times it fails. Your intuition has helped you along, but the real biomechanics and functional anatomy will give you a true education. We'll go through each exercise that requires spinal articulation to understand the progression.

- » Learn which muscles actually make the spine articulate and spinal articulation exercises work.
- » Learn to recognize why an exercise doesn't work.
- » Walk away with the ability to apply this knowledge to Pilates exercises: a true understanding and ability to help your client (and yourself) strengthen and stretch so that Spinal Articulation is easier to accomplish earlier in your Pilates life.

Appropriate for comprehensively trained instructors.

Instructor: Shari Berkowitz

Class 5

Upper Cross Syndrome: Reversing Pain

Neck pain, cervical strain, rotator impingement, tennis elbow, and carpal tunnel can all be contributed to by poor posture. Posture is a constant complaint and contributing factor in many medical conditions of the upper body. Upper Cross Syndrome is the most common (correctable) postural condition Pilates teachers and personal trainers will run across. Learn what it is, strategies to correct it and movement techniques for getting clients out of pain.

Appropriate for all instructors.

Instructor: Brian Richey

Class 6

Get Up, Stand Up: Sensorimotor Training, the Janda Approach to Gait

Janda emphasized the importance of stimulating the entire sensorimotor system based on primitive movement patterns using instability for passive and active influence on controlling equilibrium and posture. Neuromuscular exercises have been shown to be more effective than isolated strength training to improve muscle reaction. In this workshop, you will learn about Sensorimotor Training and how to use synergistic movements and integrated whole-body movements for functional training that speak to our movement patterns with every step we take.

Appropriate for all instructors.

Instructor: Nancy Myers

Main Conference Courses

SATURDAY AFTERNOON, OCTOBER 14, 2017

LUNCHTIME WORKOUTS: 1:00 PM – 1:45 PM

SATURDAY AFTERNOON WORKSHOPS: 2:00 PM – 5:00 PM

Class 1

The Sensorimotor System in Exercise: Maximizing the Brain/Body Connection

Perhaps the most overlooked part of a fitness teacher's education is the understanding of the role of the central and peripheral nervous system in movement. In this workshop, we'll overview how the brain-body connection really works, and how to maximize it to improve exercise performance.

Appropriate for comprehensively trained instructors.

Instructor: Mariska Breland

Class 2

Kyphosis and Osteoporosis

Kyphosis and loss of bone density are two common problems that accompany aging and can have dire health consequences. Pilates offers a promising modality to work with these conditions. This workshop will provide useful anatomical and physiological information about kyphosis and osteoporosis, as well as offer Pilates-based exercises designed to help with these conditions. Common recommendations for exercise modification or contraindication for osteoporosis will also be described.

Appropriate for comprehensively trained instructors

Instructor: Karen Clippinger

Class 3

Walking on the Reformer

The Reformer is a great place to work on identifying and improving imbalances that affect gait. Use Reformer exercises to understand walking mechanics and learn techniques to improve walking efficiency and form in this dynamic workshop.

Appropriate for reformer instructors.

Instructor: Nancy Myers

Class 4

Advanced Classical Pilates Reformer Repertoire with Transitions

The Advanced Classical Reformer workout is your workout. It's the one you, as a teacher, need to practice as your basic reformer a few times a week. This workout will always keep you in shape physically and intellectually helping you to continue to grow as a teacher. Let's review the technique, rhythms, cueing, spotting and purpose of each exercise and then honor the classical transitions between each exercise. Did you know that there are legitimate ways to transition from one exercise to the other? They are beautiful exercises in and of themselves! This workshop is a workout and a wonderful eye-opener!

Appropriate for reformer instructors.

Instructor: Shari Berkowitz

Class 5

The Kindness Method of Teaching

Pilates heals and tunes our bodies at multiple levels. We have the power to guide and ignite the self-healing mechanisms in our client's bodies to continue to work long after they leave the studio. But we also have the power to push them into further dysfunction if we're not careful. Learn how Pilates, along with the latest scientific research, proves that using a "kindness method" in our teaching changes bodies and minds. Pilates should not only change your body but it should change how you exist in the world. Instructors cannot simply spit out dogma and choreography. We must be rooted in the Why of what we are doing to impact the mental, emotional and physical aspects of the client in front of us.

Appropriate for all instructors.

Instructor: Jennifer Gianni

Class 6

MOTR: Agility + Core

The MOTR combines the core work of Pilates with amazing agility, balance and coordination exercises. This portable tool is excellent for use in private, classroom or home sessions providing a full body workout in a small space. Come and experience what the MOTR can do for you.

Appropriate for all instructors.

Instructor: Ann Toran

Main Conference Courses

SUNDAY MORNING, OCTOBER 15, 2017

MORNING WORKOUTS: 7:30 AM – 8:30 AM

MORNING WORKSHOPS: 9:00 AM – 12:00 PM

Class 1

ThinkFit Pilates Studio Programming

If you teach in a fully equipped Pilates studio, you know how challenging it can be to create flowing programs with smooth transitions that address the goals of your class or client. This class will teach you a simple structure for creating private sessions or classes that are effective, efficient and fun. Using the ThinkFit 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 Pilates studio session. An illustrated handout is included.

Appropriate for comprehensively trained instructors.

Instructors: Portia Page and Joy Puleo

Class 2

Proximal Control of Gait using Springs and Slings

Trunk control in all planes of motion is sequenced for success to support efficient gait and improved standing balance. The movements may start in sitting on a box then progress to sitting on a ball and standing with the support of Stability Slings at the sacrum and at the thoracolumbar junction. These sequences are beneficial for a wide variety of clients—anyone interested in improving standing balance, those anticipating joint replacement, those who have had joint replacement, those who are weakened from illness or cancer treatment, or those with neurological dysfunctions.

Appropriate for comprehensively trained instructors.

Instructor: Elizabeth Larkam

Class 3

The Nuts, Bolts and Springs of Teaching a Successful Group Reformer Class

This workshop is for both studio owners and teachers. You will learn everything it takes to run a successful group Reformer program in your studio, from someone who has taught 16,000 group Reformer classes! We will discuss the actual intake process and Introductory Class strategy that allows this model to work. We will discuss programming a group Reformer class schedule, class levels, group teaching techniques and special group Reformer class flow and cuing. Of course, you will get a group class experience highlighting all of these techniques! Find out

what has made our program in New York City successful for the past 15 years!

Appropriate for reformer instructors.

Instructor: Ann Toran

Class 4

The Missing Link in Pilates Mat Work: Understanding the New Science of Connective Tissue and its Role in Stabilization

Discover new research on the connective tissue system that will transform the way you think about the powerhouse. Using a soft MELT Roller, experience the 4Rs of MELT – Reconnect, Rebalance, Rehydrate, and Release – that help prepare your body for Pilates. Then, find out how your NeuroCore provides head-to-toe stability and connection beyond muscular strength. Learn how to execute Pilates mat exercises more accurately and safely by tapping into this system that provides whole-body stability, communication, and support.

Appropriate for all instructors.

Instructor: Hallee Altman

Class 5

Anatomy in Three Dimensions: Your Knee, Build it, Assess it, Fix it

Using the Anatomy in Three Dimensions system, we will build a knee joint and then use the information gained to better understand common knee pathologies such as meniscus tears, ligament strains and tears and patellar misalignments. Exercises and protocols for working with each of these common knee problems will be covered using Mat and small props clients can use at home or in the studio.

Appropriate for all instructors.

Instructors: Brian Richey and Nora St John

Class 6

Bodhi: Dancing on the Ropes

Suspension isn't just for athletes anymore! Take dance moves and fun choreography onto the Bodhi for a unique experience that will open your eyes to the true potential of suspension training while working the body to develop true length and strength.

Appropriate for all instructors.

Instructor: Valentin

Main Conference Courses

SUNDAY AFTERNOON, OCTOBER 15, 2017

LUNCHTIME WORKOUTS: 12:45PM – 1:20 PM
SUNDAY AFTERNOON WORKSHOPS: 1:30 PM – 4:30 PM

Class 1

PNF and Pilates: Bringing the Spiral Home

PNF, Proprioceptive Neuromuscular Facilitation, is a unique system for bringing 3-dimensional movements to all the joints of the body. The PNF patterns are reflective of many actions that we do daily and in our movement lives. We are going to explore the PNF patterns of the limbs and how we can adapt them into the Pilates repertory.

Appropriate for comprehensively trained instructors.

Instructor: Lesley Powell

Class 2

From Head to Toe: The Full Body Low Chair Workout

Having an endless infatuation with the moving body, energy, space, gravity and big bold movement, Cara Reeser offers an opportunity to jump in, on and off the Pilates Chair. Emphasizing our relationship to spring tension, points of contact and moving energy we will use the Pilates repertory as our template to engage and ground ourselves in the subtle and playful energy of the apparatus.

Appropriate for comprehensively trained instructors.

Instructor: Cara Reeser

Class 3

Release and Move: Foundational Reformer

See, experience and feel how your body and your clients will respond and move better on the mat and reformer foundational and classical work when specific and consistent release work is infused into the practice. It is reality that our bodies meet the demands we put on it and our movement will adapt to those very same habitual movements and postures. Because of this the Pilates foundational work can sometimes be lost in translation. Our traditional ways of cueing can be understood intellectually but are not connected to bodily sensations. The release work and the sense awareness it creates is the bridge to the deep knowledge of the Pilates work in our clients' bodies. This workshop gets to the bare bones of proper initiation of movement. We will explore the release work with many creative tools including balls, rocks, foam, pillows and the Pilates equipment itself to facilitate letting go and easy movement.

Appropriate for reformer instructors.

Instructor: Jennifer Gianni

Class 4

Embryology Informs Pilates Mat Practice and Teaching: How the Eyes, Tongue and Hands Guide, Shape and Refine Movement

Your body schema is a physiological construct created by the brain from the interaction of touch, vision, proprioception, balance and hearing. The muscle groups in your mouth and hands which are used in highly coordinated ways receive richer projections from your motor cortex than do less dextrous muscle groups like those in your back and hips. Transform Pilates mat exercises by directing your gaze, tongue and hands to make the exercises more accurate, efficient, pleasurable and fun. This mat-based workshop will also use foam rollers and circles.

Appropriate for all instructors.

Instructor: Elizabeth Larkam

Class 5

MELT Fascial Hydration Techniques: Bridging the Gap Between Pilates Mat Classes and Apparatus Work

Discover how rehydrating your fascia can create a more efficient body that can better execute Pilates mat work. Experience MELT preparatory techniques with a soft roller as "pre-Pilates" moves that can increase specificity and decrease compensation--especially in the neck and low back. Discover how to complement standard Pilates mat exercises with a soft half roller, bringing the support and challenge of the apparatus work to a group setting.

Appropriate for all instructors.

Instructor: Hallee Altman

Class 6

Playful Pilates: Pilates for Kids

This workshop is designed to teach you how to get yourself and your Pilates curriculum into a public school. The workshop will review how to create a compelling curriculum proposal, including essential factors such as understanding the concerns of the school's population. We will explore curriculum content, such as teaching materials, sample lesson/unit planners, games, assessments, and activities for children.

Appropriate for all instructors.

Instructor: Megyn Taback

Presenters

Hallee Altman

Hallee Altman is an advanced MELT instructor, the co-creator of MELT for Pilates, and the owner of The Center Studio®. She has been teaching the Pilates Method since 2001 when she was certified by Romana Kryzanowska. Hallee earned her PMA certification in 2013 and became a PMA continuing education provider in 2015. Hallee has led numerous instructor and general public workshops on the topic of Pilates for people living with Parkinson Disease, Pilates mat classes, MELT, and the fusion of these two incredible and complementary modalities.

Hallee is inspired to teach others to better understand their body's boundaries and intensify their workouts while staying pain-free. She has worked with numerous clients including those who are Pre/post-natal, post-surgery, athletes, and weekend warriors; those who have an injury, pain, or body discomfort; and those who want to lose weight or counteract the effects of aging.

Hallee graduated summa cum laude from Emory University and authored her first Psychological research study in 1999. In 2003 she earned a Master's degree in Dance Education from NYU. Prior to opening The Center Studio, Hallee worked as a creative movement teacher and social skills educator, teaching children with special needs to discover the power of movement and nonverbal communication.

Megyn Taback

Megyn Taback, PMA-CPT began her Fitness career in 1997 as a group fitness instructor, and in 2003 she became a certified Pilates Instructor. She was a Lead Educator for the Pilates Institute of America for ten years teaching their teacher training education programs. She began teaching high school in 2003 and in 2007 she started the Pilates program at Atlantic Community High school, a full semester of Pilates Mat and small equipment, as part of the International Baccalaureate Middle Years program. In 2010 she wrote her own Mat Level One

Manual featuring her students performing the exercises. She now uses that manual as the text book for her Pilates classes at school. In 2015 and 2016 Megyn presented at the Pilates Method Alliance Annual Conference. In 2014 and 2015 Megyn presented at the Sara City Mania conference in Orlando.

Mariska Breland

After a 2002 diagnosis of MS, Mariska became a devoted yoga nad Pilates practitioner and taught her first class a year later.

Today, Mariska is the lead instructor for Fuse Pilates, a contemporary Pilates method based in Washington, D.C, for which she developed all of the group classes and training programs. Her studio and its teachers also use both classical and contemporary Pilates in private training for students ranging from children to the elderly, from professional athletes to those recovering from (or trying to avoid) major surgeries, as well as people rehabbing from injuries or chronic conditions.

As part of Mariska's comprehensive Pilates certification through Body Arts and Science, International (BASI Pilates), she completed a research project on Pilates for multiple sclerosis patients, which she expanded into an in-depth multi-day Pilates for Neurological Conditions advanced teacher training, incorporating the latest research in neuroplasticity and neurorehabilitation. A student of medical neuroscience, Mariska has also designed additional workshops focusing on how to integrate brain science into exercise programs to enhance performance and improve neurological function. Her workshops and classes have been featured on the popular website, Pilates Anytime. She is also the author of the upcoming book, MS: A Memoir.

In addition to experience directly working with students with MS, spinal cord injury, neuropathy, Parkinson's disease, Amyotrophic lateral sclerosis (ALS/ Lou Gehrig's disease), and Charcot-Marie-Tooth disease, Mariska regularly consults with Pilates teachers around the world as well as neurologists, physical

therapists, and physiatrists for their clients with MS. Additionally, Mariska's Pilates for Neurological Conditions course is generously grant-assisted by the UK MS Society.

Mariska's education in the movement arts is vast, including mat certification through Power Pilates, additional apparatus, mat and anatomy training through Balanced Body Pilates, Peak Pilates, and a certification in Pure Barre.

From 2010 until his death in 2013, Mariska studied in a one-on-one mentorship with renowned Pilates Master Julian Littleford, founding member of the Physical Mind Institute and one of the world's most innovative and creative Pilates instructors. She also studies regularly with Jennifer Kries, 2nd Generation Master Instructor, who is credited with bringing Pilates to the masses, as well as other 2nd Generation classical teachers Lesa McLaughlin, Chris Robinson, and Andrea Maida.

Mariska is a PMA® (Pilates Method Alliance) Certified Pilates Teacher and Continuing Education Provider. The PMA is the only third party professional certification in the Pilates field. In terms of advanced trainings, she is a Pre and Postnatal Pilates Specialist, trained through the Center for Women's Fitness directly with its founder, Carolyn Anthony, who invited her to join the organization as faculty. She is also a Post Rehabilitative Breast Cancer Exercise Specialist, trained through the Pink Ribbon Program. In 2013, she completed Pilates Studio Techniques in support of Heroes in Motion, overviewing skills to work with amputees and persons with traumatic brain injury. Additionally, she has advanced certificate training in Pilates for Injuries and Pathologies and specialized training in Pilates for athletes and for men, as well as Applied Movement Neuroskeletal Practitioner training.

Valentin, MS

Valentin started dancing at age four and has been moving with passion and creativity ever since. Her performing career includes dancing professionally, being a cheerleader, winning aerobic competitions and, most recently, being a key member of 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. Studying Pilates for the past seven years with Elizabeth Larkam, Valentin has been inspired by her ability to blend her previous dance experience, love of movement, creativity, and fitness background into the world of Pilates.

Shari Berkowitz

A biomechanics scientist and Pilates Teacher of Teachers, Shari works to move theories forward into practical application. Through her company, The Vertical Workshop, Shari researches, writes The Pilates Teacher Blog, creates Pilates continuing education products/tools teaches workshops and sessions While Shari's exercise vocabulary is Classical Pilates, her tools, workshops and sessions are for everyone of every style of Pilates and modality of exercise. Though originally Pilates certified by Romana Kryzanowska and formerly Power Pilates' Lead Teacher Trainer and Director of West Coast Education, Shari's Teachings crosses all boundaries. Her Varied background from a foundation of physics to her successful career as a professional dancer/ singer/ actress and extensive work with scientists, doctors and physical therapists gives her a rich base from which to teach. www.TheVerticalWorkshop.com www.TheVerticalWorkshop.wordpress.com

Karen Clippinger, MSPE

Karen Clippinger, M.S.P.E. Professor, received her masters in Exercise Science from the University of Washington in 1984. Her lifelong work has focused on application of anatomical and biomechanical principles to enhance movement performance while lowering injury risk. In the last 21 years she has integrated Pilates into her work and personal practice. Karen is currently a professor at California State University, Long Beach where she teaches anatomy, Pilates, Body Placement and other dance science courses. Karen has also been Body Arts and Science International (BASI) Pilates® faculty since 1996, and teaches

Pilates teacher training and continuing education courses.

Prior to her academic employment, Ms. Clippinger worked as a clinical kinesiologist for 22 years, including at Loma Linda University Medical Center where she developed Pilates-based programs for clients with varied medical conditions. She has worked with hundreds of professional dancers and elite athletes and consulted for the U.S. Weightlifting Federation, U.S. Race Walking Team, Pacific Northwest Ballet, and California's Governor's Council on Physical Fitness and Sports.

Ms. Clippinger is a renowned international educator who has given more than 375 presentations over the last 32 years in Australia, Canada, England, Germany, Greece, Italy, Japan, New Zealand, South Africa, and throughout the United States. She has provided Continuing Education presentations for numerous organizations including American College of Sports Medicine, Balanced Body University, BASI, Body Control Pilates Association (UK), International Association of Dance Medicine and Science, International Association of Fitness Professionals, Pilates International (Australia), and Pilates Method Alliance. Ms. Clippinger wrote a monthly exercise column for Shape Magazine from 1996-1999, served as co-editor-in-chief of the Journal of Dance Medicine and Science from 1996-2005, and has authored numerous articles for academic and lay publications, chapters for four different books, and a textbook (Dance Anatomy and Kinesiology) that has received excellent reviews and been adopted by many prestigious educational institutions. She recently co-authored a book with Rael Isacowitz titled Pilates Anatomy that was released in 2011.

Dr. Bruce S. Crawford, MD

Dr Bruce Crawford MD is a board certified Obstetrician Gynecologist and Pelvic Floor Specialist in private practice in Northern Nevada. Dr. Crawford attended medical School at New York University before completing a residency at the University of Arizona, Tucson. Dr. Crawford is a member of the International Organization for Women and Development and has

made several surgical trips to Niger, West Africa to repair obstetrical fistula. Dr. Crawford the creator of Pfilates; the only scientifically based plyometric program for pelvic floor conditioning. Dr. Crawford has published numerous articles in the areas of obstetric fistula and pelvic floor neuromuscular function. Dr. Crawford is a member of The Society of Gynecologic Surgeons, Society for Urodynamics and Female Urology, The International Continence Society, and the American College of Obstetricians and Gynecologists.

Jennifer Gianni

Jennifer has over 20yrs of experience in the mind/body field. She began her formal Pilates training in Los Angeles at Performing Arts Physical Therapy under the direction of Melinda Bryan (certified and ordained by 1st generation Pilates Master Romana Kryzanowska). Jennifer's training during these years included workshops, testing and continuing education seminars with Romana Kryzanowska as well as other Classical Pilates greats like Siri Darma, Jillian Hessel and Jay Grimes. Jennifer taught with Jay Grimes at PAPT for 2 years and took over his clientele when he left which was a very high honor for such a young teacher.

Jennifer was very grateful for excellent training and the roots in Classical Pilates but knew there was more to discover. She completed two more Comprehensive Professional Pilates Certifications. The first was with PhysicalMind Institute where she had the honor of studying with renowned movement therapist Marika Molnar.

Next Jennifer went study with Marie José Blom at Long Beach Dance Conditioning. This experience would prove to be a life changing experience and Marie José continues to mentor and inspire Jennifer's work to this day. Jennifer has been involved with the SmartSpine since the beginning and has created many of the SmartSpine Pre and Post natal techniques which are featured on her Fusion Pilates pre and post natal dvd's.

Jennifer has been holding teacher-training courses in her own Fusion Pilates Pre & Post Natal Specialist program across

the US and in Japan since 2003. She is the owner and director of Fusion Pilates DVD's, which specialize in DVD programs for women's fitness. Jennifer released two new DVD's created for the Pilates Professional in 2009. These programs include Pre & Post Natal modifications for the Reformer, the Wunda Chair and the Cadillac.

Jennifer began conducting Balanced Body Comprehensive Professional Pilates Program in 2007 with courses offered in Asheville, Charlotte and Raleigh, North Carolina.

Elizabeth Larkam, MS Ed

Elizabeth Larkam is internationally recognized as an innovator of mind body movement techniques for therapeutic, athletic, fitness, performing arts and academic settings. For 25 years she has worked within organizations to develop new applications for Pilates techniques. While a Dancemedicine Specialist at Center for Sports Medicine, Saint Francis Memorial Hospital 1985-2000 she created Pilates protocols for orthopedic, spine and chronic pain diagnoses. As Director of Pilates & Beyond for Western Athletic Clubs, 2000-2010 Elizabeth developed the internationally acclaimed Mind & Body Center within The San Francisco Bay Club where she served as Pilates & Yoga Director. Since 2008 she has been working with wounded soldiers at rehabilitation centers in San Diego, Copenhagen and Tel Aviv, teaching movement techniques to physical therapists who work with polytrauma patients. Elizabeth joined YogaWorks in 2010 to develop new programs in Pilates mat and apparatus. Elizabeth began her study of Pilates in 1985 while teaching dance at Stanford University. A Gold Certified Pilates Method Alliance teacher, she was educated by the first generation Pilates teachers Ron Fletcher, Eve Gentry, Carola Trier, Romana Kryzanowska, Bruce King and Alan Herdman. Elizabeth is a guild-certified Feldenkrais practitioner, certified Gyrotonic® and Gyrokinesis™ instructor, Franklin Method teacher and OM Yoga instructor. She received her bachelor's and master's education at Stanford University. Elizabeth worked as a Pilates and Dancemedicine Specialist

with the San Francisco Ballet and Cirque de Soleil, a lecturer at the University of San Francisco in Exercise and Sports Science and a Reebok Master Trainer. She is a mind-body spokesperson for the American Council on Exercise and a contributor to PilatesStyle.

As co-founder and co-owner of Polestar Education Elizabeth developed Pilates curriculum for clinical and fitness professionals. When Balanced Body Education was founded in 1985 she became a Master Teacher conducting courses throughout North America, Europe and Asia.

Since 1992 Elizabeth has created 30 instructional DVDs for fitness, therapeutic, education and home markets. As program director of Balanced Body Pilates, she developed the instructional video series that launched the Pilates Allegro Reformer and created the Mat with Roller & Ring program, Mat with Rotator Discs, Reebok Core Pilates, BOSU Pilates, and Kinesis Mind Body for Techno Gym. Elizabeth choreographs and performs with PilatesPerformance. Her podcasts are on www.pilates.com. DVDs are available on www.pilates.com and www.optp.com

Nancy Myers

Nancy Myers is the Co-owner and CEO of EHS Pilates, Inc. in San Francisco, CA. She is a Certified Senior Pilates Trainer with special focus on Gait Therapy. Nancy is also a faculty member of EHS Pilates Institute, Balanced Body, MBT Trainer/Educator, and Director of EHS Pilates Institute's International Teacher Training Program and Retreats. Specialties: » Postural alignment » Essential Posture and Gait patterning » Common foot problems with corrective protocols » Pilates-based rehabilitation » Author of "Fabulous Feet" History of Pilates Experience: Nancy was introduced to Pilates at St. Francis Dance Medicine Center by Elizabeth Larkam in 1989 after injuring both knees from years of teaching dance and running. In 2000, she certified with Ellie Herman Studios in San Francisco. Nancy has extensive knowledge in anatomy and kinesiology. She has dedicated her Pilates career to an emphasis on posture and gait

analysis and how it applies to the Pilates work. Nancy has experience teaching all types of fitness populations including dancers, professional athletes, pre and post natal, senior citizens, and clients with injuries and special issues. Nancy is also a certified personal trainer and group exercise director. She has a BS in International Business and is currently working on her masters in Holistic Nutrition. Nancy's current projects include co-authoring "Walk-itates" and authoring of "Fabulous Feet", both due out in 2010.

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.

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.

Lesley Powell

Lesley A. Powell brings together her unique career as a dancer, choreographer, world acclaimed Pilates instructor, movement educator and artist.

Lesley Powell's Movements Afoot, 1993-2014, was founded with the philosophy of teaching people the basic concepts of movement theory: proper movement initiation, integrating breath with movement and spinal integrity, by equipping people with the necessary tools for a lifetime of fitness and wellness. Besides being a Pilates studio, Lesley incorporated the best education in the somatics field: Bartenieff Fundamentals, BodyMind Centering, Franklin Method, Feldenkrais and yoga. Lesley Powell has appeared in many articles about Mind Body Fitness including Elle, Newsday, the Village Voice, Shape Magazine, etc.

Lesley Powell has been a private fitness trainer since 1986. She received her CMA/ Certification as a Movement Analyst from the Laban/Bartenieff Institute, and shares her knowledge and wisdom in movement therapy with physical therapists, medical practitioners and sports training institutes as an adjunct modality for re-educating patients approach to fitness. She has been a trainer at Sports Training Institute, Doral Fitness, Plus One, Dr. Bacharach's Osteopathic Center for Sports and Dance Medicine. Since she knew how to work with injured clients, Lesley was invited by JRW, a physical therapy practice to learn Pilates for rehabilitation.

Lesley was on the faculty of Drew University from 1991-2001, teaching classes in modern dance, dance history and choreography. She also received a certificate in the Franklin Method March 2007. From 1988 - , Irene Dowd has been her teacher for anatomy and neuromuscular retraining.

Lesley is a leader in educating teachers about the body, improving function and ease of motion. She has been part of Pilates teacher programs since 2000 first with PhysicalMind Institute and now faculty for Balanced Body. She has assisted in developing programs for PhysicalMind and now herself of teaching professional teachers deeper levels of understanding about the body, neuromuscular retraining and post rehabilitation.

A decade ago, Lesley started writing and creating educational materials about the body. She travels internationally presenting workshops to Pilates teachers to take their teaching to the next level. She is working with FusionFitness online in creating teaching videos about the body and how to use the Pilates repertory to facilitate change.

Since she stopped dancing and choreographing as well, she also started back to art, a passion from high school. Originally her intention was to learn how to do anatomical drawing. Her teacher, Niki Orbach, inspired her to get back to her roots of creativity. Painting is Lesley's new passion.

The decision to close the studio, was to allow Lesley to have more freedom to develop, write and create work about her love of the body: its potential and creativity. Now Lesley is able to concentrate on teaching, doing research for new projects for workshops, wellness programs and teaching videos. In New York City, she teaches privately, classes and workshops at Studio 26 and Westside Dance Physical Therapy.

Cara Reeser

"I have worked with all of the staff at Aligned and they each bring a unique outlook with impeccable training. The

approach is sensitive, rigorous and fun. It is clear that they care about their clients, each other and are dedicated to passing on the tradition and vision that Cara is dedicated to." –Carla Dore, client of Aligned for 4 years Our Team Cara Reeser, Pilates Aligned, Inc., owner has a B.A. from Sarah Lawrence College and an MFA in dance from New York University Tisch School of the Arts. As a student at Tisch, Cara began her initial studies in the Pilates Method with first generation Master Teacher, Kathleen Stanford Grant. In 1993, Cara moved to Boulder, Colorado where she continued her Pilates training at The Pilates Center. After completing the teacher training program in 1994, Cara stayed on to teach at the Pilates Center from 1994 to 2000. Cara opened the first Pilates Aligned studio in Denver in 2000 and then in 2009 opened a second location where she teaches, mentors, and hosts a variety of continuing education workshops. In addition to her teaching and touring schedule, Cara has been on the faculty at Naropa University since 1997, where she teaches courses in dance and movement studies. She continued to mentor under Ms. Grant until her death in 2010. As a second generation Pilates instructor and lineage carrier of the Kathy Grant work, Cara is well-respected in the industry. She is an advanced teacher of the work, presenting continuing education and teacher mentoring group workshops at her studios in Denver, throughout the US, and abroad. Her staff at Pilates Aligned has been mentored under the finest movement educators, kinesiologists, and Master Pilates teachers in the country. Many have been certified through The Pilates Center in Boulder, Colorado.

Brian Richey

Brian Richey, Medical and Corrective Exercise expert and international lecturer is owner/operator of Fit 4 Life DC, a Medical Exercise and Pilates studio in NW Washington DC. With over 25 years of experience in post-rehab and fitness, Brian's goal is to help people Move Better, Stand Taller and Exercise Pain Free.

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.

Ann Toran

Ann Toran made Pilates her career after reaping the benefits of Pilates as an injured ballet dancer. Early in her career while performing in Zagreb, Croatia in 1981, Ann sustained a major back injury that was considered career threatening. She became a Pilates devotee after experiencing its effectiveness in both her rehabilitation and her improved fitness. Thanks to Pilates she not only performed again, but was subsequently promoted to Soloist! Although she stopped her performance career 25+ years ago, she continues to perform daily in the Pilates studio as both a teacher and perpetual student! She and her husband, Chiropractor Errol Toran, have dedicated themselves to making the Pilates Reformer available to everyone at their 3 Manhattan studio locations.

Ann's earliest certification was with Polestar Pilates on the Reformer, Mat and Studio (all apparatus) certifications. Ann is Balanced Body Master Instructor Certified, Pilates Method Alliance Certified and has also completed Pilates elder Lolita San Miguel's Master Mentor Program and can be considered a 2nd Generation Pilates

Teacher! Ann continues to further her Pilates education by attending several conferences annually, as well as furthering her Pilates education through study with various Pilates educators.

Ann feels the ultimate honor and challenge is developing and inspiring the next generation of Pilates teachers. Ann joined the Balanced Body Education as a Master Instructor in 2008 and currently teaches the full Pilates repertoire at her Pilates Reforming New York Balanced Body Authorized Training Center in the heart of New York City. Prior to joining Balanced Body as Master Instructor, Ann was an Educator for Polestar Pilates Education. Ann is also a Balanced Body Master Instructor for MOTR, Barre and Bodhi and soon to be CoreAlign. You can find all of these Trainings at their Pilates Reforming New York Authorized Training Center.

Ann, an avid traveler, considers herself somewhat a Pilates Ambassador, enthusiastically traveling around the world to share her Pilates passion. Past trips have included Lausanne, Switzerland where she was a regular guest teacher for several years, London, England, Italy, Spain, Czech Republic, Hong Kong, Monchengladbach, Germany - where the first Pilates Day conference under Lolita San Miguel was held in May 2011 (This was particularly exciting as it is the birthplace of Joseph Pilates!) and currently Mumbai, India - where she was the first Pilates teacher invited to train Pilates teachers and introduce MOTR, Barre and Bodhi to a very excited Indian audience!

Ann describes her teaching as an intently paced (she is a New Yorker after all) and demanding contemporary Pilates experience. A stickler for technique, she is very serious about her student's understanding and improvement and there is a constant stream of encouragement and productive feedback throughout her sessions.