

Pilates on Tour® 2017

CONTINUING EDUCATION FOR PILATES PROFESSIONALS

London

APRIL 21-23, 2017

Welcome to our 7th year at POT London! Pilates on Tour brings international Pilates and mindful movement educators together for a stimulating and inspiring event. Join the largest international Pilates conference for learning, sharing and inspiration.

Conference location:

Etc. Venues- ST. Paul's – 200 Aldersgate
200 Aldersgate Street
London, UK EC1A

Suggested hotels (within walking distance):

Apex London Wall Hotel

7-9 Copthall Ave, London EC2R 7NJ, United Kingdom
+44 20 7562 3030

Grange St. Paul's Hotel

10 Godliman St, London EC4V 5AJ, United Kingdom
+44 20 7074 1000

Club Quarter's Hotel, St. Paul's

24 Ludgate Hill, London EC4M 7DR, United Kingdom
+44 20 7651 2200

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$295	\$395
2 Day	\$495	\$595
3 Day	\$645	\$745

*Early registration ends on 3/1/2017.

PRE-CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
Bodhi Suspension System Instructor Training	\$575	\$625
CoreAlign 2: Progressions	\$575	\$625
MOTR™ Instructor Training Program	\$575	\$625
Anatomy in 3D	\$575	\$625

Manual included in all pre-conference courses.

Courses at a Glance

WED - THUR, APRIL 19 – 20

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

Anatomy in Three Dimensions: An Introduction to Anatomy

Instructor: Nikki Chrysostomou

Bodhi Suspension System Instructor Training

Instructor: Joy Puleo & Dawne Likhodedova

CoreAlign 2: Progressions

Instructor: Nora St. John, MS

MOTR Instructor Training

Instructor: Portia Page

FRIDAY, APRIL 21

MORNING GROUP MAT CLASS:
7:30 AM – 8:30 AM

LUNCHTIME WORKOUTS/DEMOS:
12:45 PM -1:45 PM

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

ThinkFit: Reformer Programming

Instructor: Nora St. John and Valentin

Embracing the Curves and Unraveling the Mystery Of Scoliosis: A Practical Approach to Renewal, Balance and Bi-lateral Intelligence of the Spine

Instructor: Marie- José Blom

Clear Cueing - Ten Essential Tactile Cues for the Pilates Studio

Instructor: Elizabeth Larkam

Psoas – The Clever Guy of the Pelvis

Instructor: Cameron Angus, PT

Mat Challenge: Pilates + Props

Instructor: Portia Page

Stand Up: How to Improve Proprioception, Posture and Balance Integrating Foot, Pelvis and Thorax

Instructor: Anna Maria Vitali

SATURDAY, APRIL 22

MORNING GROUP MAT CLASS: 7:30 AM – 8:30 AM

MORNING WORKSHOPS: 9:00 AM – 12:00 PM

Rhythms of the Reformer

Instructor: Valentin

Ask the Experts: Pilates Rehab for Back Injuries

Instructor: Elliott Fishbein and Matt McCulloch

Four Hands, Two Hearts and One Mind: Clarifying Function in Movement

Instructor: Marie-Jose Blom and Alan Herdman

The Eyes, Tongue and Hands Guide, Shape and Refine Mat Movement

Instructor: Elizabeth Larkam

Anatomy in 3D for the Pelvic Floor

Instructor: Joy Puleo

Courses at a Glance

SATURDAY, APRIL 22

LUNCHTIME WORKOUTS/DEMOS:
12:45 PM -1:45 PM

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

"Align The Spine" Connect the Flow to the Curriculum in a Reformer Class

Instructor: Beth Kaplanek

Ask the Expert: Pilates Rehab for Shoulder injuries

Instructor: Elliot Fishbein and Matt McCulloch

The Need for Speed

Instructor: Suzanne Scott and Elizabeth Larkam

Pelvic Connections - The Pelvic Floor and More for Movement Instructors

Instructor: Cameron Angus

The Breath Inspires

Instructor: Kyria Sabin

SUNDAY, APRIL 23

MORNING WORKOUTS:
7:30 AM – 8:30 AM

MORNING WORKSHOPS:
9:00 AM – 12:00 PM

Creative Reformer Moves

Instructor: Serafino Ambrosio

Hip and Knee Replacements & Pilates: Restoring Function, Strength, ROM and Stability Post-Operatively

Instructor: Beth Kaplanek

Effective Upper Body Programming

Instructor: Joy Puleo

Integrative mat for special populations

Instructor: Matt McCulloch

Primal Pilates

Instructor: Louise Johns

SUNDAY, APRIL 23

LUNCHTIME WORKOUTS/DEMOS:
12:30 PM -1:15 PM

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

Pilates for Equestrians: Balanced Rider – Balanced Horse

Instructor: Julie Driver

Testing the Core

Instructor: Matt McCulloch

The Lonely Ladder Barrel

Instructor: Kyria Sabin

Big Bang Creative Mat Work Moves

Instructor: Serafino Ambrosio

Pilates for Parkinsons

Instructor: Valentin

Pre-Conference Courses

WEDNESDAY – THURSDAY, APRIL 19 – 20, 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 Mat and Apparatus instructors and Pilates students

Instructor: Nikki Chrysostomou

Bodhi Suspension System Instructor Training

Balanced Body brings the precision and movement principles of Pilates to suspension training with the Bodhi Suspension System. Taking the body out of alignment with gravity fires the core stability muscles and develops integrated, whole body strength and dynamic flexibility. Bodhi offers 4 points of suspension to maximize stability training and proprioception while providing many options for creativity. Learn the essential Bodhi exercises and how to create balanced class sequences using Balanced Body's unique track system. Course includes:

- » Detailed manual and instructor training video support
- » 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 suspension training useful for everyone

Bodhi is the ideal complement to a Pilates or personal training practice adding standing, balance and stability elements that bodies respond to and enjoy. Bodhi instructor training provides instructors with everything needed to teach a variety of formats from small group personal training to circuit training to private sessions. Reignite your studio and excite your clients with Bodhi Ropes!

Appropriate for anyone with a strong movement background

Instructor: Joy Puleo & Dawne Likhodedova

CoreAlign Module 2: Progressions

CoreAlign 2: Progressions builds on the root exercises learned in CoreAlign 1 to create progressive exercise chains. The CoreAlign 2 chains increase in complexity to train full body integrated movement and more advanced functional skills. The chain format makes it easy to progress or regress exercises to suit the needs of a client or class.

Course includes:

- » Detailed manual and instructor training video. Review of 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.
- » The movement principles included in this outline should be used as an opportunity to revisit key principles covered in CA1. Use the movement principle suggestions to reinforce and strengthen students understanding of the principles or use them as an opportunity for the students to articulate them as part of their teaching presentations.

Appropriate for anyone with a strong movement background.

Instructor: Nora St. John, MS

MOTR Instructor Training

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

Main Conference Courses

FRIDAY APRIL 21, 2017

MORNING GROUP MAT CLASS: 7:30 AM – 8:30 AM
LUNCHTIME WORKOUTS/DEMOS: 12:45 PM -1:45 PM
ALL DAY WORKSHOPS: 9 AM – 12 PM AND 2 PM – 5 PM

Class 1

ThinkFit: Reformer Programming

Description coming soon...

Appropriate for Reformer and Apparatus instructors

Instructor: Nora St. John and Valentin

Class 2

Embracing the Curves and Unraveling the Mystery Of Scoliosis: A Practical Approach to Renewal, Balance and Bi-lateral Intelligence of the Spine

This immersion into the mysterious behavior patterns of scoliosis offers a deeper understanding of its bio-mechanics. With this new understanding, practical applications to restoring and re-balancing the spine will be explored. This workshop emphasizes clarity and simplicity as well as the immediate ability to apply and integrate the learned protocols into the Pilates session.

Appropriate for Comprehensively trained, experienced instructors.

Instructor: Marie- José Blom

Class 3

Clear Cueing - Ten Essential Tactile Cues for the Pilates Studio

Advance your effectiveness as a Pilates professional by learning and practicing skillful tactile cues that enhance the value of exercises on the Reformer, Chair, Trapeze Table, and Barrels. Working within your scope of practice as a movement educator in the Pilates environment learn to convey valuable alignment information using precise touch that gives directional intent to a bony landmark. During the course become aware of the boundaries of your energy field and learn the importance of maintaining your field with integrity. Develop a practice of subtle movements of your hands and arms that increase your sensitivity and improve your ability to convey accurate information. Then practice each tactile cue with a partner in order to develop the skill needed to cue with respect, compassion, and clarity. During the course you will learn cues that facilitate breathing, neutral spine, scapula stability, spine articulation and ankle-foot alignment.

Appropriate for all instructors.

Instructor: Elizabeth Larkam

Class 4

Psoas – The Clever Guy of the Pelvis

How does a muscle perform so many functions? Hip stabilizer and flexor. Spinal stabilizer, extensor and flexor! Pelvic floor and diaphragmatic connections. This academic and practical workshop looks at these many functions and identifies correct patterning for the hip, pelvis and spine. All supported by appropriate research. Participants will leave ready to use a variety of new exercises and techniques, plus new insights into how the repertoire exercises work.

Appropriate for all instructors.

Instructor: Cameron Angus, PT

Class 5

Mat Challenge: Pilates + Props (Enhanced Mat?)

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.

Instructor: Portia Page

Class 6

Stand Up: How to Improve Proprioception, Posture and Balance Integrating Foot, Pelvis and Thorax

This is a theoretical - practical workshop, the purpose of which is to explain why we should add a program in normal Pilates training related to the "stand up posture" and functional activity in upright position, like walking, running, climbing and jumping. Anna Maria will introduce and explore the experienced anatomy of the foot, the leg bones and myofascial structure and function, the proprioceptive system and postural adjustments of our limbs starting from our feet. Anna Maria will explain the static and dynamic system of balanced related to the visual and vestibular system and their function in motor activity. Additionally, she will examine the transition of forces through the pelvis and thorax

to the head. Each session will be integrated with some test and practical sessions of exercises. Mat and small apparatus will be used for this workshop.

Appropriate for all Pilates instructors, yoga teachers, physiotherapist and sports trainers.

Instructor: Anna Maria Vitali

Main Conference Courses

SATURDAY MORNING, APRIL 22, 2017

MORNING GROUP MAT CLASS: 7:30 AM – 8:30 AM
MORNING WORKSHOPS: 9:00 AM – 12:00 PM

Class 1

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' breath 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 2

Ask the Experts: Pilates Rehab for Back Injuries

At a dead end with programming ideas for back pain? Refresh your knowledge and revitalize your Pilates repertoire with this interactive workshop on back injuries taught by Kinected cofounder Matt McCulloch and Elliot Fishbein, a physical therapist with 12 years of experience and specialty training in low back disorders. Revisit the anatomy, dysfunctions, and treatments of the lumbar spine with a clinical expert, building a strong foundation from which you can identify, prevent, and address common back problems. Then, learn how to put this newly honed clinical knowledge to use with specific session Pilates mat, equipment, and in-home programming designed to restore and maintain spinal strength, mobility, and function. This is your chance to "ask the expert" about the latest research, treatment, and protocols and keep your clients injury free!

Appropriate for all instructors.

Instructor: Elliott Fishbein and Matt McCulloch

Class 3

Four Hands, Two Hearts and One Mind: Clarifying Function in Movement

Join Alan Herdman and Marie-Jose Blom for an introspective look at the basic elements of fundamental Pilates moves, principles and protocols. Discover insights from their combined experience to help you move beyond the repertoire to the foundation of the Pilates method. These two master instructors will work with you to think outside of the box and create a philosophy where the inner and outer merge to create an efficiently functioning whole body.

Appropriate for all instructors.

Instructor: Marie-Jose Blom and Alan Herdman

Class 4

The Eyes, Tongue and Hands Guide, Shape and Refine Mat 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

Anatomy in 3D for the Pelvic Floor

Learn the anatomy of the Pelvic Floor by building the muscles using the Anatomy in Three Dimensions™ system then learn how to exercise it effectively to create pelvic balance, improve pelvic function and recover from pregnancy and childbirth. This experiential workshop will give you a new understanding of this critical area.

Appropriate for all instructors.

Instructor: Joy Puleo

Main Conference Courses

SATURDAY AFTERNOON, APRIL 22, 2017

LUNCHTIME WORKOUTS/DEMOS: 12:45 PM -1:45 PM
AFTERNOON WORKSHOPS: 2:00 PM – 5:00 PM

Class 1

"Align The Spine" Connect the Flow to the Curriculum in a Reformer Class

Pilates Studios all over the country are attracting more and more individuals with a history of pathology including disc herniation, spondylolisthesis, stenosis, osteoarthritis, osteoporosis and joint replacements. Pilates is an attractive and popular exercise choice once physical therapy has concluded and fitness becomes a priority.

How do you offer a group class that is accessible for this population and create a successful movement experience?

In this workshop we will focus on developing the techniques for creating a safe and effective class incorporating flow, cueing and teaching continuity to guide post rehabilitation clients through a successful movement experience achieving fitness goals.

A focus on hip disassociation, ideal form and alignment, with modifications and progressions will be covered in this course curriculum.

Appropriate for Reformer and Apparatus instructors.

Instructor: Beth Kaplanek

Class 2

Ask the Expert: Pilates Rehab for Shoulder injuries

Shoulder injuries are one of the most common injuries that walk through a pilates studio. Taught by Kinected co-founder Matt McCulloch and Elliot Fishbein, a physical therapist with 12 years of experience and treatment of shoulder injuries. Revisit the anatomy, dysfunctions, and treatments of these shoulder injuries (rotator cuff tear, impingement syndrome and adhesive capsulitis) with a clinical expert, building a strong foundation from which you can identify red flags in recovery. Learn the latest surgical techniques and the ideal PT protocols for recovery. Then, learn how to put this newly honed clinical knowledge to use with specific session Pilates mat, equipment, and in-home programming designed to restore and maintain spinal strength, mobility, and function. This is your chance to "ask the expert" about the latest research, treatment, and protocols and keep your clients injury free! Additional covered will be assessment exercises utilizing the equipment as well as without.

Appropriate for all instructors.

Instructor: Elliot Fishbein and Matt McCulloch

Class 3

The Need for Speed

The first part of this workshop will review key concepts from exercise physiology and outline some of the effects- and the benefits- of working at a higher intensity- i.e. exercising faster and under more load. The aim is to translate theory into the practice of Pilates teaching and deepen participants' appreciation of the practical content of the workshop.

Instructor: Suzanne Scott and Elizabeth Larkam

Class 4

Pelvic Connections - The Pelvic Floor and More for Movement Instructors

A workshop for movement instructors to explore the pelvic floor, its relevant connections and how to effectively integrate into excellent movement education. Whilst often "cued" in order to aid stability, the pelvic floor has many connections to breathing, hip function, spinal stability and important body functions. The pelvic floor is a group of muscles and tissues that must work in a coordinated fashion to be efficient. The pelvic floor is often OVER active, or "hypertonic, and traditional cues often activate some parts but not all. Leading to dysfunction.

Appropriate for all instructors

Instructor: Cameron Angus

Class 5

The Breath Inspires

Breath is arguably the number one Pilates Principle. Defined as our "vital animating force," breath consciousness is the key to understanding the Pilates method. In addition to oxygen, we can draw power and "inspiration" from each breath.

This presentation is designed review the anatomy and physiology of breath, as well as to clearly demonstrate how movement is inspired by breath – and how the concept of breath as inspiration to move can be carried beyond the Pilates studio to positively impact and influence the quality of athletics and everyday life movements. We will explore the concept of "inspirational breath" through movements on a variety of Pilates apparatus.

Appropriate for all instructors

Instructor: Kyria Sabin

Main Conference Courses

SUNDAY MORNING, APRIL 23, 2017

MORNING WORKOUTS 7:30 AM – 8:30 AM
MORNING WORKSHOPS: 9:00 AM – 12:00 PM

Class 1

Creative Reformer Moves

This workshop is specifically designed to creative movers and Pilates teachers yearning for new moves. You will use the Reformer in ways you probably never dreamed of. Packed with moves, transitions and challenges that you can easily use for your next Pilates Reformer class. Move to the Groove.

Appropriate for reformer and apparatus instructors.

Instructor: Serafino Ambrosio

Class 2

Hip and Knee Replacements & Pilates: Restoring Function, Strength, ROM and Stability Post-Operatively

A Practitioner of Pilates may have several clients a week in their schedule with a hip or knee replacement. More than 2 million hip and knee replacements are performed worldwide, annually and that number is increasing. More than 7.5 million Americans are living with hip and knee replacements. THA (Total Hip Arthroplasty) has now become so successful that it has been referred to as "the operation of the century" and is the main surgical procedure in orthopedics. Pilates is an ideal form of low impact movements that are easily adaptable to the post-op needs of your joint replacement client.

In this workshop, we will explore the foundational guidelines and protocols for ROM and restoring function for the post-op hip and knee arthroplasty client especially during that first year post-operative. We will then explore how to safely adapt the method and equipment to meet those ROM guidelines.

Appropriate for all instructors.

Instructor: Beth Kaplanek

Class 3

Effective Upper Body Programming

Appropriate for all instructors

Instructor: Joy Puleo

Class 4

Integrative mat for special populations

Are you often overwhelmed by multiple different special populations in your mat class? Unclear on the biomechanics of the shoulder, hip? Want to incorporate palpation in your mat class? Join Kane school co-director Matt McCulloch as he focuses on special population education for mat. Curriculum for this course- Touch, Biomechanics, Special Populations Adv. Props programming.

Appropriate for all instructors.

Instructor: Matt McCulloch

Class 5

Primal Pilates

Primal Pilates combines early motor development, functional movement patterns, movement explorations and ancestral postures into exercise progressions designed to build true movement foundations. Developed by Absolute Center in Lafayette, CA this program is the perfect complement to a Pilates or mindful movement practice by teaching students fundamental movement skills.

Appropriate for all instructors.

Instructor: Louise Johns

Main Conference Courses

SUNDAY AFTERNOON, APRIL 23, 2017

LUNCHTIME WORKOUTS/DEMOS: 12:30 PM -1:15 PM
AFTERNOON WORKSHOPS: 1:30 PM-4:30 PM

Class 1

Pilates for Equestrians: Balanced Rider – Balanced Horse

Our alignment and balance greatly impact the relationship we have with our horses. As riders, our responsibilities begin before we even enter the yard.

This workshop begins the journey of creating harmony and unity, through good movement patterns, awareness and understanding of this special relationship between horse and rider. The purpose of this workshop is to deliver an understanding of the horse/rider relationship through simple biomechanics of horse (e.g. where does saddle sit on spine of horse, horse has no clavicle etc.), and explore the importance of the riders "seat" in communicating with horse. The relevance of Pilates to development of seat and independent hand and leg aids will be discussed, as well as exercises that facilitate the rider's ability to 'Do Less' when riding presented. We will incorporate simple horse behavior theories.

Appropriate for all instructors.

Instructor: Julie Driver

Class 2

Testing the Core

Often instructors/therapists struggle with their ability to assess a client's limitations. Specifically, the core. The core is the center of Pilates but how do you quantify your clients' stamina and overall activation of their core strength? It is the key to movement and a weak core can create an undeniable ripple effect in movement patterns.

In this course join Kinected studio director Matt McCulloch as he utilizes equipment and hands on palpation to assess your clients core strength. Skills covered will additionally assess proprioception as well muscle firing patterns.

Appropriate for all instructors.

Instructor: Matt McCulloch

Class 3

The Lonely Ladder Barrel

The Ladder Barrel is under-used in many Pilates studios and practices. This workshop will review ways you can incorporate this versatile apparatus with your clients, both in a Pilates "workout" context and as a rehabilitative tool. We will cover a beginning to intermediate Ladder Barrel program, accessible to most clientele, as well as demonstrate how to safely progress to several of the more advanced pieces of movement.

Appropriate for comprehensively trained instructors.

Instructor: Kyria Sabin

Class 4

Big Bang Creative Mat Work Moves

This workshop is specifically designed to creative movers and Pilates teachers yearning for new moves. You will use Mat Exercises and Small Mat apparatus in ways you probably never dreamed of. Packed with moves, transitions and challenges that you can easily use for your next Pilates Mat work class. Move to the Groove.

Appropriate for all instructors.

Instructor: Serafino Ambrosio

Class 5

Pilates for Parkinsons

Description coming soon...

Appropriate for all instructors

Instructor: Valentin

Presenters

Serafino Ambrosio

Serafino, owner of two Pilates and Gyrotonic Studios in Rome Italy, has always been active in the Fitness and Wellness industry. Having completed his Bachelor of Education in PE and Dance in Australia, and having been certified by VICFIT and ACE, his interest and love for teaching movement and being involved in movement lead him to win titles in Aerobic Championships in Australia and Italy. Currently a Principle Educator and Licensee for Polestar Pilates Italy, Serafino has travelled the world (Russia, UK, Singapore, Australia ...) teaching core curriculum and a variety of workshops in the Pilates Method. Both Gyrotonic and Gyrokinesis Certified Serafino has recently initiated the Thomas Meyers course in Structural Integration.

Cameron Angus

Cameron, MSc, MSCP, MMACP, is renowned for creating great ways to get people well through movement and positive attitude. His vast clinical, movement teacher, cognitive and holistic experience has put him in a unique position.

A Clinical Specialist musculoskeletal physiotherapist with over 30 years experience, an international teacher, lecturer and a renowned movement teacher. Trained as a fully certified studio pilates teacher, he now trains pilates and other movement related instructors himself. Cameron has extensive experience in bodywork, performance (GB Triathlete) and rehabilitation. Widely travelled as a sports and military physiotherapist he has taught around the world. He has held Olympic posts, Officer Commanding Physiotherapy at Headley Court and Military Rehabilitation Units in London and Edinburgh. His operational service includes Bosnia, Iraq and Afghanistan.

Cameron now runs his own practice and Movement studio close to where he grew up in Stirling, Scotland and travels with his teaching.

Experience, knowledge and a positive approach create a unique blend to help professionals and clients foster their health and education needs.

Special Interests:

- » Health through movement
- » Musculoskeletal rehabilitation
- » Neck and related symptoms including headaches
- » Shoulders
- » Pelvic Pain and Dysfunction
- » Health education and empowerment
- » Musicians health
- » The brain – its role in movement control and pain
- » Chronic Pain management

Marie-Jose Blom

LONG BEACH DANCE CONDITIONING

Marie-José has been combining Pilates technique and dance medicine for over 20 years. Alan Herdman, a leading Pilates master in London, England, has been her primary teacher. Marie-José pioneered and founded her comprehensive Teacher Training course in 1991 at LBDC. Her courses have enjoyed national and international acclaim for their content and presentation. Marie-José is currently on faculty at Southern California's Loyola Marymount University.

Nikki Chrysostomou

Nikki has been teaching Pilates for over 12 years and has studied with Balanced Body, The Pilates Institute and Polestar Pilates. She has attended workshops with Mary Bowen, Lolita San Miguel and Ron Fletcher (the Pilates elders) and has studied at various Pilates studios in New York and Miami. She regularly attends international conventions including Pilates on Tour and the Pilates Method Alliance (PMA) AGM. She started teaching Gyrotonic® in 2004 and Gyrokinesis® in 2005, which brought her to work closely with Cori Doetzer (Gyrotonic® and Gyrokinesis® Authorised Master Trainer) and has taken intense training with Juliu Horvath the founder of these methodologies. In 2007 Nikki completed a 2 year course with the London College of Shiatsu. This course gave Nikki a better understanding of the human body and a good grounding of knowledge ready to study Cranial-Sacral

Therapy. July 2015 Nikki completed a Diploma in Cranio-Sacral Therapy at the College of Cranial-Sacral Therapy and now offers Cranial-Sacral Therapy at the studio. Helping to find the cause, listening & observing the clients body and determining what it needs, is a big part of Nikki's work.

Julie Driver

Bio needed.

Elliot Fishbein

Elliot Fishbein, PT, OCS, CFMT, FAAOMPT, brings more than 11 years of extensive experience and training at some of the top rehabilitation facilities in the country to Kinected.

Well-known for his approach based in functional manual therapy, which works to free restrictions in your joints and muscles to allow more freedom of movement, he aims to help you strengthen your body in the new, fuller motion and re-train it to avoid further injury. He treats each patient as an individual, addressing the whole body to eliminate weak links that may lead to pain and injury. With a diverse educational background and a wealth of hands-on experience, Elliot enjoys helping others by customizing specific treatment plans to meet each patient's individual needs. He is expertly trained in the evaluation, diagnosis, and treatment of injuries and many chronic conditions in order to get your body functioning most efficiently and at its best.

Elliot's past experience is rooted in both orthopedic and neurological rehabilitation gained working at Burke Rehabilitation Hospital, Mount Sinai Medical Center, and as the clinical specialist in the outpatient spine clinic at New York Presbyterian Hospital. He has also completed certification training in Proprioceptive Neuromuscular Facilitation (PNF) at Kaiser Permanente Medical Center in Vallejo, CA, and his fellowship training at Johnson and Johnson Physical Therapy in Steamboat Springs, Co.

In addition to his clinical experience and functional manual therapy training, in which he is only one of 17 therapists

in the country to have completed the one-year fellowship training in this area, Elliot is a board certified specialist in Orthopedics and a certified Vestibular (dizziness) therapist with the American Physical Therapy Association. He has also completed coursework in craniosacral therapy, and currently teaches both as an associate instructor with the Institute of Physical Art and as Adjunct Faculty at Long Island University's Physical Therapy Department. When not treating patients, Elliot can be found playing with his daughter, riding his bike, or playing tennis & basketball.

Alan Herdman

Alan Herdman studied at the London School of Contemporary Dance and was working as a teacher and dancer when, in the late 1960s, he was invited to New York to learn about the Joseph Pilates Method. There he worked intensively with Carola Trier and Bob Fitzgerald, two instructors who had been trained by Pilates himself. Although well-regarded amongst New York's dance fraternity, Pilates was unknown in the UK at that time and Alan returned in 1970 to set up Britain's first-ever Pilates studio. Among his first clients were actors, dancers and singers, but word soon spread as doctors and physiotherapists began recommending Pilates to patients struggling with chronic injuries. Alan now lectures on Pilates around the Balanced Body Pilates on Tour™ New York | September 12-14, 2014 world, and he has written several successful books, including The Pilates Directory (2004), The Gaia Busy Person's Guide to Pilates (2003) and Pilates: Creating the Body You Want (1999). He runs a training course for Pilates instructors and, as well as running his own studios, he and his assistants teach in dance schools and designated Pilates studios internationally. Pilates teaching staff at both Champneys Health Resorts and Shrubland Hall Health Clinic are personally trained by Alan Herdman.

Louise Johns

Louise Johns has been in the fitness industry for over 20 years and a Balanced Body Master Instructor since 2007, educating teachers in the Pilates Method.

An expat from England, Louise is a certified Personal Trainer NASM, ACE, instructor in weightlifting B.A.W.L.A, Spin, Yoga 200 RYT, Franklin and Co -founder of Primal Pilates. In addition, she is co-owner of Absolute Center in Lafayette CA where she has created continuing education workshops for student teachers and works daily with her own clientele. She also teaches numerous group fitness and Pilates classes on an on going basis and is inspired and invests in her own continuing education with distinguished teachers such as; Jennifer Kries, Elizabeth Larkam, Rael Isacowitz, Wendy LeBlanc-Arbuckle, Jean-Claude West, Benjamin Degenhardt, Cara Reeser and many more.

Beth Kaplanek

Beth A. Kaplanek, RN, PMA®-CPT is a Practitioner of Pilates for Rehabilitation. She is a trainer at the Polestar Pilates headquarters in Miami as well as an adjunct educator and mentor. Beth started her career in fitness in 1998, teaching aerobics and personal training. Previously, Kaplanek served for 20 years as a registered nurse working in various capacities within emergency room care, operating room care, intensive care, drug counseling and rehabilitation, and hospice care.

After undergoing a hip replacement in 2001, Kaplanek began using Pilates as a form of low impact exercise for strength and flexibility training. Encouraged by the positive prognosis of her physician, she began researching how the Pilates Method® could be modified and successfully utilized by individuals with hip or knee conditions and replacements. She has been teaching Pilates since 2003 and has had the opportunity to see and demonstrate the positive impact that the Method can have on individuals with knee and hip syndromes both in the pre-habilitation and post-operative rehabilitation stages. Along with Dr Brett Levine and Dr William Jaffe the research and discussions regarding Pilates as form of Post-operative rehabilitation for Knee and Hip Arthroplasties was published within the Bulletin of the NYU for Joint Diseases and Clinical Orthopaedics and Related Research. In addition they have showcased Pilates's adaptability in a

book entitled "Pilates for Hip and Knee Syndromes and Arthroplasties".

Elizabeth Larkam

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.

Dawne Likhodedova

Dawne Likhodedova is a Pilates Method Alliance qualified teacher, having trained with Balanced Body. She holds further qualifications through the Center for Women's Fitness.

A dancer since early childhood, sports and movement have always played a large role in Dawne's life. A car accident in 1996 came with a new pelvis and an introduction to the many benefits of a regular Pilates practice. Her continued practice of Pilates took her from rehabilitation to athletic conditioning, allowing her to compete professionally at the highest level of international latin and ballroom dancing.

Having had personal experience with both the rehabilitative and athletic gains associated with a regular Pilates practice,

gives Dawne a unique perspective that translates well to working with clients of all levels and abilities, including other teachers.

Dawne is delighted to be a Balanced Body Master Instructor, providing teacher training and apprenticeship opportunities for those looking to start or develop their career in the Pilates industry. She currently runs the Pilates teacher training and continuing education programs at bePilates. As a curious and enthusiastic teacher, Dawne regularly participates in continuing education opportunities with the PMA, Pilates on Tour and studios all over the world.

In addition to Pilates, Dawne holds Licentiate qualifications through the International Dance Teachers Association and is a World Dance Council and British Dance Council International Championship Adjudicator.

Matt McCulloch

Matt McCulloch is an educator of fitness and movement professionals, co-founder of Kinected, and co-director of the Kane School. A classically trained dancer, he began studying Pilates 20 years ago to rehabilitate an anterior cruciate ligament injury. He is trained in both original and contemporary approaches; over the past decade, he has educated hundreds of instructors and created pragmatic teaching tools for fitness professionals, like the FAMI WORKSHOP and the new FAMI iPad app series. Matt also lectures to clinical professionals, frequently leading workshops fusing movement and clinical information on the rehabilitative benefits of Pilates to DPT students at Hunter College and physiatry residents at The Mount Sinai Medical Center. Additionally, Matt is a GYROKINESIS® & GYROTONIC® instructor, a National Academy of Sports Medicine certified exercise specialist, and co-chair of the Fitness Professional division of TRIARQ.

Portia Page

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 a Gold Certified Pilates Teacher through Pilates Method Alliance, a Master Instructor of Balanced Body University and a Stott Pilates Certified Instructor. 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

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.

Kyria Sabin

Recognized as a Master Pilates Teacher and Fletcher Pilates® Disseminator, Kyria Sabin founded Body Works Pilates in Tucson, Arizona in 1993. She is also founder and Director of Fletcher Pilates®, International. A graduate of Duke University, a PMA Certified Pilates Teacher and a Licensed Massage Therapist, Kyria developed the Fletcher Pilates® at the University of Arizona School of Dance where she serves as adjunct faculty. She is an international presenter and has served on the boards for Pilates Method Alliance, the University of Arizona Dance Advisory Board and the Foundation for Expanding Horizons.

Suzanne Scott

Suzanne Scott is involved in movement research, education and practice. She was appointed as Associate in Human Movement at the Vesalius Clinical Training Centre, University of Bristol, in 2013 and is carrying out postgraduate research at the University of Exeter into exercise effects on bone. As a movement specialist she has acted as a consultant to teams in the English Premier League for the last 12 years. After studying dance and choreography at The Laban Centre, she trained in Pilates with Alan Herdman in London and Moira Stott in Toronto, and established an independent teacher training programme at The Scott Studio, Somerset, in 1996. An appreciation of how structure influences the expression of movement underlies Suzanne's teaching practice and informs her research focus.

Nora St. John

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.

Valentin

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.

Anna Maria Vitali

Anna Maria Vitali is a medical doctor and Master Instructor with Balanced Body. She combines her background as a dancer and choreographer with a strong foundation in Anatomy, Physiology and Pathology to develop an approach to movement that is grounded in a strong anatomical, postural and neurological education.

She is certified as Mezière therapist at the school for Osteopaths (Charline Renaud/Alain Bernard) and certified as Fascial Manipulation Therapist by Luigi Stecco. In the last years, she has been studying with Diane Lee (Discover Physio) the Integrated System Model for Pain and Disability and Pelvis.

She is founder of the association "Fisicamente", whose mission is to expand the practice and awareness of the Pilates Method through teacher training and continuing education.