

Pilates on Tour® 2017

CONTINUING EDUCATION FOR PILATES PROFESSIONALS

Moscow

MAY 27-28, 2017

Renaissance Moscow Monarch Centre Hotel
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Welcome to the first Pilates on Tour in Moscow. Internationally known presenters Portia Page, Shelly Power, Nora St. John and Viktor Uygan join local Pilates teachers Yulia Sheganova and Yulia Mayorova to bring you workshops and workouts to inspire your passion for Pilates. Explore the method from both classical and contemporary points of view and learn practical tools for improving your practice and enhancing your teaching. We look forward to seeing you there!

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$185	\$215
2 Day	\$325	\$375

*Early registration ends on 3/31/2017.

PRE-CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
2 Day—Anatomy in Three Dimensions**	\$295	\$345
1 Day—EXO Chair**	\$150	\$175
1 Day—ThinkFit	\$150	\$175

**Includes manual.



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Courses at a Glance

THUR-FRI, MAY 25-26

THURSDAY 5/25/17 – FRIDAY 5/26/17

**Anatomy in Three Dimensions:
An Introduction to Anatomy for
Movers**

Instructor: Nora St. John

THURSDAY 5/25/17

Pilates EXO Chair Workshop

Instructor: Portia Page

FRIDAY 5/26/17

**ThinkFit: Pilates-Based Circuits for
Whole Body Fitness**

Instructor: Portia Page

SATURDAY, MAY 27

**OPENING CEREMONIES:
8:30AM – 9:15AM**

**MORNING WORKSHOPS:
9:30AM – 12:30PM**

**How Hard Should Pilates Really Be?
Teaching the Advanced Exercises**

Instructor: Shelly Power

Hip-Notizer with the Reformer Tower

Instructor: Viktor Uygan

Creating Self Motivated Clients

Instructor: Julia Sheganova

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

**AFTERNOON WORKSHOPS:
2:30PM – 5:30PM**

**WELCOME RECEPTION:
5:30PM – 7:30PM**

3D Core on the Reformer

Instructor: Nora St John

Discovering the Essence of Pilates

Instructor: Shelly Power

Reformer on the Mat

Instructor: Yulia Mayorova

SUNDAY, MAY 28

**MORNING WORKOUTS:
8:00AM – 9:00AM**

**MORNING WORKSHOPS:
9:30AM – 12:30PM**

The Unstable Reformer

Instructor: Portia Page

**Enhancing Spinal Mobility in the
Pilates Studio**

Instructor: Nora St. John, MS

Mat for Men

Instructor: Viktor Uygan

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

**AFTERNOON WORKSHOPS:
2:30PM – 5:30PM**

Reforming Flexibility

Instructor: Viktor Uygan

**Don't Sit Down! Exploring the Pilates
Chair**

Instructor: Shelly Power

Ring Around the Body

Instructor: Portia Page

Pre-Conference Courses

THURSDAY - FRIDAY, MAY 25 - 26, 2017

THURSDAY 5/25/17 – FRIDAY 5/26/17

Anatomy in Three Dimensions: An Introduction to Anatomy for Movers

Build the body from the inside out with Anatomy in Three Dimensions™. Learn the structure and function of bones, joints, muscles, tendons and ligaments as well as the origin, insertion and action of the major muscles of movement by building them yourself on a specially designed skeleton. There is no better way to learn anatomy! Learn how muscles move by experiencing each muscle group in action and relating these exercises to functional movement. This course covers the body from the knees through the shoulders. The lower leg and arm are covered in additional courses.

Instructor: Nora St. John

THURSDAY 5/25/17

Pilates EXO Chair Workshop

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

Instructor: Portia Page

FRIDAY 5/26/17

ThinkFit: Pilates-Based Circuits for Whole Body Fitness

Think Fit applies Pilates principles of correct alignment, control and balanced muscular development to circuit class formats including High Intensity Interval Training (HIIT) and classes designed for small group training for clients at all levels of ability. Learn how to successfully structure a circuit class with Pilates based exercises to create a well-rounded workout, foster motivation through friendly competition and allow you to train more clients using less equipment. This format brings the focus and precision of Pilates to the more fitness oriented client.

Instructor: Portia Page

Main Conference Courses

SATURDAY MORNING, MAY 27, 2017

OPENING CEREMONIES: 8:30AM – 9:15AM
MORNING WORKSHOPS: 9:30AM – 12:30PM

Class 1

How Hard Should Pilates Really Be? Teaching the Advanced Exercises

Many teachers often “call out” exercises instead of facilitating the movement, and often label different exercises as hard or easy. Both of these labels can lead to discouragement. This workshop will examine the connections and transitions crucial to moving from the elementary through to advanced Reformer work through a mixture of discussion and practical work. Communication and teaching skills will be the guide through the exercises to give instructors information they can put into practice immediately.

Appropriate for all instructors.

Instructor: Shelly Power

Class 2

Hip-Notizer with the Reformer Tower

A well-functioning hip is essential for performing daily and athletic activities and to preventing arthritis and dysfunction. Learn how to work the hip from all angles using the Reformer and the Tower. Stimulating the hip joint from every angle and creating balanced strength help clients to perform better, move better and decrease discomfort. Learn sequences and progressions for clients at every level of ability.

Appropriate for Reformer and Apparatus Instructors.

Instructor: Viktor Uygan

Class 3

Creating Self Motivated Clients

Many clients cannot afford several Pilates sessions each week so they either don't begin or they stop doing Pilates before they see the benefits. Learn how to motivate and encourage your clients with home programs supported by weekly or even monthly visits to the Pilates trainer for corrections, new exercises and inspiration. By educating your clients on the value of good movement and how it benefits their daily life, you can bring the health and well being of Pilates to a broader audience and retain more clients.

Learn specific tools for:

- » Keeping clients motivated while working at home
- » Designing effective home exercise programs for fast results
- » Training clients remotely
- » Designing programs for clients who travel
- » Designing programs for clients to do at work
- » Developing your training skills to attract new clients.

Main Conference Courses

SATURDAY AFTERNOON, MAY 27, 2017

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

AFTERNOON WORKSHOPS: 2:30PM – 5:30PM

WELCOME RECEPTION: 5:30PM – 7:30PM

Class 1

3D Core on the Reformer

Training the core in three dimensions or all three planes is key to creating balance, efficiency and proper load transfer through the body. Using the Pilates studio environment, you will learn how to create true functional strength by performing exercises in the sagittal, frontal and horizontal plane. Pilates focuses primarily on the sagittal plane so we will explore the frontal and horizontal planes with lateral flexion and rotational moves to create balance and functional strength. This work is very useful for clients with poor posture as well as for athletes and clients who perform asymmetrical tasks in their daily or sports training.

Appropriate for Reformer instructors

Instructor: Nora St John

Class 2

Discovering the Essence of Pilates

Examine the connections and crucial transitions to move from basic to advanced exercises in the Pilates studio through a mix of discussion and practical work. We will look at the relationship between many of the hip extension exercises in the Pilates repertoire and how they relate to functional movements for real life activities.

Appropriate for Reformer and Apparatus Teachers

Instructor: Shelly Power

Class 3

Reformer on the Mat

This workshop is aimed at medium to advanced level who are already familiar with pilates mat and reformer programs. The class will make it easy to imitate the exercises from the reformer program during simple mat training. It will help you to add variety to your mat classes and make them even more effective! No doubt it will also be helpful when a reformer is not available, such as in a studio without big equipment, during an outdoor workout, on vacation and during business trip workouts.

Appropriate for comprehensively trained instructors.

Instructor: Yulia Mayorova

Main Conference Courses

SUNDAY MORNING, MAY 28, 2017

MORNING WORKOUTS: 8:00AM – 9:00AM

MORNING WORKSHOPS: 9:30AM – 12:30PM

Class 1

The Unstable Reformer

Adding small stability balls, rollers and rotator discs to the Reformer increases core work, balance and coordination. Learn several sequences using different tools to challenge your more advanced clients, train athletes and add variety to your classes. Learn the do's and don'ts of using unstable surfaces safely while adding creativity and fun to your Reformer workouts.

Appropriate for reformer instructors.

Instructor: Portia Page

Class 2

Enhancing Spinal Mobility in the Pilates Studio

"You are only as old as your spine" Truly a supple, healthy back makes one feel young and vital and the Pilates studio is a wonderful environment in which to work the spine in all directions. After a brief review of spinal anatomy and an overview of common imbalances, you will learn specific exercises, progressions and cuing for bringing the back into balance. Includes exercises on a variety of Pilates equipment.

Appropriate for apparatus instructors.

Instructor: Nora St. John, MS

Class 3

Mat for Men

Men and women move and train differently. Uncover some of these differences and learn new and innovative mat exercises designed to challenge your strongest male clients in this fun and creative workshop. Using variations on existing exercises and entirely new moves, you will experience a workout that will keep all of your clients coming back for more.

Appropriate for all instructors.

Instructor: Viktor Uygan

Main Conference Courses

SUNDAY AFTERNOON, MAY 28, 2017

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

AFTERNOON WORKSHOPS: 2:30PM – 5:30PM

Class 1

Reforming Flexibility

Many clients miss potential flexibility benefits of Pilates by failing to adequately stabilize body segments or by allowing undesired compensations to occur when end ranges of motion are approached. This workshop will provide easy assessment tools, cues, and stretches on the Reformer that can be added to a movement session without breaking the flow. The focus will be on providing exercises for the spine, hip, and shoulder that incorporate static, PNF, dynamic, and functional approaches in a progressive manner. These exercise progressions will both improve flexibility and help prepare clients for classical repertoire that demands large ranges of motion.

Appropriate for reformer instructors.

Instructor: Viktor Uygan

Class 2

Don't Sit Down! Exploring the Pilates Chair

The Pilates Chair is the ideal equipment for practicing functional movements that are part of everyday life, improving postural awareness and having fun. This workshop offers a stimulating look at traditional and creative exercises on the chair with Shelly Power. This workshop will improve your practice and teaching on the chair help you apply the new material immediately.

Appropriate for all instructors.

Instructor: Shelly Power

Class 3

Ring Around the Body

The resistance ring which Joe Pilates called "The Magic Circle" adds a useful element of resistance and assistance to Pilates Mat classes. Learn sequences to incorporate into your mat classes as well as standing sequences and new exercises designed to increase your inner power.

Appropriate for all instructors.

Instructor: Portia Page

Presenters

Yulia Mayorova

Yulia is a certified trainer of M. A. T. Pilates- Metropolitan Authentic Training- trains students using the original Pilates Method of Body Conditioning as developed by Joseph H. Pilates. (Seattle, Washington). She has been in the fitness industry for over 20 years as a teacher, instructor trainer and manager.

Yulia was the 1995-2014 fitness manager, elite level trainer of World Class chain and is the owner of MyPilates Studio in Moscow.

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.

Shelly Power

Shelly, professional dancer, received her BS degree in Dance from California State University, Sacramento, where she later served on the faculty. Shelly has taught Polestar curriculum since 1998 and currently teaches internationally for Polestar Pilates Education. Shelly is co-founder of the Polestar Pilates Center, in Miami. Currently Shelly is certified in the Gyrotonic Expansion System and is a Franklin-Method® Educator Level 1. She has been a member of International Association for Dance Medicine & Science (IADMS) since 1996, and is a member of the Pilates Method Alliance.

Julia Shenagova

Julia - director of sports and mass representations, professional choreographer. Higher Sports Education, director of the Educational Center Fitness Training School, the experience of 15 years. Professional dancer and choreographer. Julia directed the children's dance group, was a member of the famous Moscow dance teams, and now successfully teaches various dance styles and movements in the fitness clubs in Moscow.

I first met Pilates in 2001 & as a dancer I immediately liked this method of work over body. Year after year, I researched this method and now my students have achieved excellent results. I am very glad that fate had given me a chance to be useful to other people and pass my experience to others. My crede "Do not stop on achieved!". And this is what led me to BBU, I am very glad that met Nora, Al and the entire team, which work in BBU. I'm grateful to represent BBU in Russia.

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.

Viktor Uygan

Viktor is the Co-Owner of Konnect Pilates and the inventor of the Balanced Body Konnector. The Konnector is a single-rope pulley system with loops for all four limbs. The patented system enables independent, simultaneous movement of both arms and legs, and the user experiences constant proprioceptive feedback through the single rope. He is now traveling worldwide with Pilates on Tour and conferences training instructors the new and wide variety of exercises with The Konnector. He has been a Balanced Body Master Instructor for the past four years, teaching the entire Pilates comprehensive, Anatomy in 3D, BODHI, MOTR and CoreAlign. You can also see Mr. Uygan teaching and modeling in many Balanced Body DVD's and Podcasts. In 1992 Viktor started studying with the BodyCode System and Gyrotonics from Master Pino Carbone creator of the BodyCode System and owner of the first Gyrotonic center of Europe in Florence, Italy. He got introduced to Pilates after moving to the US in 1993 then studied for 6 years before he was certified in 1999 from DK Body Balancing through the University of Nevada accredited through the Nevada State board of Physical Therapy. Viktor grateful to have had the pleasure of learning from many great mentors in the industry during his last fifteen years of teaching. He is also certified with the Pilates for Golf certificate specializing in the training of golfers as well as the certification for resistance flexibility and strength training with the Meridian flexibility system. He is also a distributor for BodyCode products with his own company Body Mind E. Viktor has an extensive dance background, his studies began with Ankara Sate Company in Ankara, Turkey. He continued training at the Hamlyn School of Ballet in Florence, Italy under the direction of Franco DeVita and Raymond Lukens. He received elementary-advanced diplomas with honors in the Ceccetti technique. Viktor continued

dancing and has 15 years of professional experience dancing with companies such as Ankara State and Hartford Ballet as well as guest performing in the United States and Europe. He has worked with such greats as David Allan, Kirk Peterson, Richard Glasstone, AnnMarie DeAngelo and Alla Osipenko along with many ballets by Balanchine, Tudor, Grahm, Choo San Goh and with Wayne Sleep for a tribute to Princess Diana. Viktor is certified with the American Ballet Theater national training curriculum for young dancers. He has been coaching dancers for technique, professional careers and national competitions winning numerous 1st places with his students nationally and internationally. His work has presented at Gala performances in Germany and New York and also won the YAGP Best Choreographer award for 2007 and 2008.