

Pilates on Tour® 2017

CONTINUING EDUCATION FOR PILATES PROFESSIONALS

Phoenix

APRIL 7-9, 2017

Phoenix Marriott Tempe at the Buttes
2000 Westcourt Way
Tempe, AZ 85282

For reservations call (602) 225-9000 or go online to
www.marriott.com

Group room rate: \$195 +Tax Rate expires 3/3/17

Pilates on Tour Phoenix brings movement and rehabilitation together to provide you with innovative and evidence-based protocols to relieve pain, improve function and enhance physical fitness for all the activities of life. Join leaders in the field of movement-based medicine for a refreshing week in beautiful Phoenix, AZ.

We look forward to having you join us for our 11th event at the Buttes.

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$295	\$395
2 Day	\$495	\$585
3 Day	\$645	\$735

*Early registration ends on 2/15/2017.

PRE-CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
CoreAlign Essentials for Rehabilitation Professionals	\$575	\$645
MOTR Instructor Training, Focus on Rehabilitation	\$575	\$645
PFilates: Plyometric Pelvic Floor Training	\$575	\$645
Pilates Mat for Rehabilitation Professionals	\$575	\$645

Manual included in all pre-conference courses.

Courses at a Glance

WED - THUR, APRIL 5-6

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

CoreAlign Essentials for Rehabilitation Professionals
Carrie Lamb

MOTR Instructor Training, Focus on Rehabilitation
Meghan Bubnis

PFilates - Plyometric Pelvic Floor Training
Dr. Bruce S. Crawford

Balanced Body Pilates Mat 1 for Rehabilitation Professionals
Karen Sanzo

FRIDAY, APRIL 7

EARLY MORNING WORKOUT:
7:30 AM – 8:15 AM

LUNCHTIME WORKOUT:
1:00 PM – 1:45 PM

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

Exploring Natural Spirals of Movement
Chrissy Romani-Ruby

Neuroplasticity
Angela Crowley

Psoas – The Clever Guy of the Pelvis
Cameron Angus

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

Introduction to Structural Intervention in the Pilates Environment
Brent Anderson

SATURDAY, APRIL 8

MAT CLASSES: 7:30 AM – 8:30 AM
MORNING WORKSHOPS: 9 AM – 12 PM

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

Pilates: The Gateway to Neuromuscular Symmetry
Gabrielle Shrier

Proximal and Distal Relationships to Ankle Injuries in Dancers; Is an Ankle Sprain Every Really Simple?
Marika Molnar

Forward Head
Karen Sanzo

Exploring The Spontaneous Activation of The Pelvic Floor, Abdominal Wall and Diaphragm
Brent Anderson

Courses at a Glance

SATURDAY, APRIL 8

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

Mobilizing the Thoracic Spine on the Reformer
Brent Anderson

Testing the Core
Matt McCulloch and Elliot Fishbein

Fascial Tensioning and Lengthening in Pregnancy
Jennifer Gianni

"Postural Restoration Integration for Pilates" Re-training Asymmetrical Breathing and Postural Patterns to Restore Balanced Movement
Donna Parise Byrne and Sarah Petrich

Training your clients for Life: Functional Movement via the Sling Systems
Meghan Bubnis

SUNDAY, APRIL 9

MAT CLASSES: 7:30 AM – 8:30 AM

MORNING WORKSHOPS: 9:00 AM – 12:00 PM

LUNCHTIME WORKOUT: 12:45 PM – 1:20 PM

YUR HIP: The Full Story on Hip Osteoarthritis
Chrissy Romani-Ruby

More Than Core: Building a Better Relationship
Karen Sanzo

Ask the Expert: Pilates Rehab for Back Injuries
Matt McCulloch

Human Gait: The Essentials
Diedra Manns

Revolutionize your CoreAlign Repertoire - Rotator Disks Meet CoreAlign
Carrie Lamb

SUNDAY, APRIL 9

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

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

Pilates for Clients with Sway Back Posture
Chrissy Romani-Ruby

Gait Control
Diedra Manns

Integrative Mat for Special Populations
Matt McCulloch

Healing Diastasis Rectus Abdominis: How to Retain or Regain Fascial Tensioning
Jennifer Gianni

Pre-Conference Courses

WEDNESDAY - THURSDAY, APRIL 5 - 6, 2017

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

CoreAlign Essentials for Rehabilitation Professionals

Designed by physiotherapists who use the CoreAlign as an essential part of their practice, this 2 day course provides you with a range of tools for working with your client on Monday morning. Beginning with essential core and lumbopelvic stabilization exercises, the course introduces functional progressions for gait, squatting and lunging, reaching and lifting and integrating whole body movement. The course is designed to help any movement practitioner quickly identify a client's functional limitations and help them regain optimum health through whole body movement. Includes a detailed manual. Previous experience with the CoreAlign is not required.

Instructor: Carrie Lamb

MOTR Instructor Training, Focus on Rehabilitation

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 from clients recovering from injuries to professional athletes. You will learn key positions and exercises on the MOTR as well as sequences and programming for common orthopedic conditions.

Instructor: Meghan Bubnis

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.

Instructor: Dr. Bruce S. Crawford

Balanced Body Pilates Mat 1 for Rehabilitation Professionals

Balanced Body Mat 1 instructor training includes an introduction to the pre-Pilates and beginning level Pilates Mat exercises, program sequencing and teaching tips for individual sessions. The focus of this workshop is on providing licensed rehabilitation professionals with the basic tools needed to begin using Pilates based mat work in a clinical setting. Specific modifications and programs to address common orthopedic conditions in a clinical setting will be included.

Instructor: Karen Sanzo

Main Conference Courses

FRIDAY, APRIL 7, 2017

EARLY MORNING WORKOUT: 7:30 AM – 8:15 AM

LUNCHTIME WORKOUT: 1:00 PM – 1:45 PM

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

Class 1

Exploring Natural Spirals of Movement

What is all the recent research saying about spine movement and loads? How does it apply to what we teach in Pilates and what parts of this research do we need to consider when teaching healthy clients? How do we incorporate this research into clinical practice? In this course, we will review recent research related to loading and moving the spine; define neutral spine, flexion of the spine, flexion moment, and other technical terms and anatomical landmarks of this topic; and describe research related to the squat and deadlift involving the position of the spine. Additionally, we will describe and demonstrate recommended movements of the hips and spine and critique them in familiar Pilates exercises, define load and how it varies in spine flexion, and list characteristics that will influence the type of spine exercises used in each client's Pilates program and report why certain exercises may be left out of a client's program.

Appropriate for all instructors.

Instructor: Chrissy Romani-Ruby

Class 2

Neuroplasticity

Neuroplasticity is an exciting, quickly expanding and respected field of science and medicine providing vast new applications for somatic therapists. Discover how to utilize movement to mobilize the plasticity of the brain. Applications include neurological issues and pain but reach much further into the realms of learning, healing, and expanding human potential.

Appropriate for all instructors.

Instructor: Angela Crowley

Class 3

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

Class 4

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 5:

Introduction to Structural Intervention in the Pilates Environment

This workshop is designed to advance the knowledge of manual therapists in the areas manipulation of the spine and pelvis in the Pilates Environment. The workshop will cover critical reasoning skills, manipulation techniques, mobilization techniques, and the relationship between manipulation and Pilates. Participants will focus on specific manipulative and mobilization techniques proven to expedite healing, movement, and neuro-muscular re-education.

Course Prerequisite: Must be a PT, or DC, or DO

Instructor: Brent Anderson

Friday Panel Lunch

Panel on Pelvic Floor with Brent Anderson, Bruce Crawford and Cameron Angus

Main Conference Courses

SATURDAY MORNING, APRIL 8, 2017

MAT CLASSES: 7:30 AM – 8:30 AM

MORNING WORKSHOPS: 9:00 AM – 12:00 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

Pilates: The Gateway to Neuromuscular Symmetry

The course is designed for Pilates Instructors interested in integrating the literal Mind-Body connection. We will explore the neuromuscular system in order to gain greater depth of practice to attain balance, strength, symmetry and movement control in all client populations.

Appropriate for Reformer and Apparatus instructors.

Instructors: Gabrielle Shrier & Allyson Cabot

Class 3

Proximal and Distal Relationships to Ankle Injuries in Dancers; Is an Ankle Sprain Every Really Simple?

Foot and ankle injuries are the most common causes of time off in a dancer's career. Depending on the severity of the injury to the ligaments it can be 2 weeks to 2 months or more away from dancing. Research shows that once you have sprained an ankle you are more likely to sprain it again. This workshop will focus on intrinsic causes of ankle sprain with an emphasis on axial relationships in the body, both proximal and distal. Prevention of ankle injuries is the goal.

Appropriate for Reformer and Apparatus instructors.

Instructor: Marika Molnar

Class 4

Forward Head

Forward head posture isn't just a pain in the neck - it's a relationship challenge. During this class, we explore the interaction between the lumbar, thoracic, and cervical spines and discuss how optimal neuro-motor programming helps your clients discover and appreciate these connections.

Appropriate for all instructors.

Instructor: Karen Sanzo

Class 5

Exploring The Spontaneous Activation of The Pelvic Floor, Abdominal Wall and Diaphragm

This workshop will focus on recent case studies regarding intentional cueing of the pelvic floor, mechanical displacement with breath, and spontaneous organization through proper alignment. Participants will be involved in discussion of ways to better cue and facilitate spontaneous organization of the pelvis and trunk. Anderson will use RTUS (Real Time Ultrasound) with participants to demonstrate if you are like 45% of the Pilates teachers we've studied who think they are lifting their pelvic floor, when in reality they are pushing it down. Be part of this exciting research and discover how good alignment and proper load can be the best cuing available for spontaneous organization of the lumbo-pelvic and trunk neuro-muscular-fascial systems (NMFS)

Appropriate for all instructors

Instructor: Brent Anderson

Main Conference Courses

SATURDAY AFTERNOON, APRIL 8, 2017

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

Class 1

Mobilizing the Thoracic Spine on the Reformer

Course description coming soon...

Appropriate for Reformer and Apparatus instructors.

Instructor: Brent Anderson

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 and Kinected Functional Manual Therapist Elliot Fishbein PT as they utilize 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 and Elliot Fishbein

Class 3

Fascial Tensioning and Lengthening in Pregnancy

By using all the Pilates apparatus, in combination with the Sling system we will explore how to work smart and creatively to balance the myofascial system in our pre-natal clients. Pregnancy is a crucial moment in life where great emphasis must be put on balanced tensioning, lengthening and lubrication of the fascial web. We will explore unwinding the pelvis from the feet and the legs and from the shoulder girdle and torso to create an easier pregnancy, labor, delivery and recovery.

Appropriate for all instructors.

Instructors: Jennifer Gianni

Class 4

"Postural Restoration Integration for Pilates" Re-training Asymmetrical Breathing and Postural Patterns to Restore Balanced Movement

Introduction to the concepts of the Postural Restoration Institute (PRI) of addressing the asymmetrical breathing and postural patterns of the human body. Participants will gain an appreciation for PRI principles as applied in the Pilates and rehab environment.

Appropriate for all instructors.

Instructors: Donna Parise Byrne and Sarah Petrich

Class 5

Training your clients for Life: Functional Movement via the Sling Systems

In today's world, everyone has heard of the term "functional movement". And most movement practitioners probably believe they are functionally training their clients. But are they? This workshop will review functional movement through the lens of Diane Lee's four sling systems of the body. After reviewing the sling systems, you will learn how to create exercise programs to address the specifics of human functional movement. You will learn specific exercises to address imbalances in each of the four sling systems. In this way, you will learn to train your clients not just for the clinic, but for the demands of life. Includes exercises using Pilates equipment, CoreAlign, MOTR and the Bodhi Suspension system.

Appropriate for all instructors.

Instructor: Meghan Bubnis

Main Conference Courses

SUNDAY MORNING, APRIL 9, 2017

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

Class 1

YUR HIP: The Full Story on Hip Osteoarthritis

Research predicts that one in four people will develop hip osteoarthritis in their lifetime. Hip osteoarthritis leads to significant disability and often surgery. In this workshop, we will review the common symptoms and movement patterns of those with hip osteoarthritis to help identify it early and possibly prevent its progression in our clients. Gain assessment skills as Pilates programming that incorporates recent research findings that will keep your clients pain free and active in the Pilates studio.

Appropriate for all instructors.

Instructor: Chrissy Romani-Ruby

Class 2

More Than Core: Building a Better Relationship

Ever work with a client who is an exercise beast? Strong, great cardio, experienced....Yet, when beginning their Pilates program, you discover they lack core awareness, both during movements and between the exercises. They may have limited understanding of the relationship between their core and overall strength. During this session, we will discuss and practice exercises that can help your advanced clients rediscover and fine tune their relationship between strength, movement and overall posture.

Instructors: Karen Sanzo

Class 3

Ask the Expert: 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 co-founder Matt McCulloch. 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: Matt McCulloch

Class 4

Human Gait: The Essentials

Have you wanted to know more about the mechanisms behind the human gait (walking)? This workshop will introduce you to the essential terminology, phases, muscle firing patterns and joint interactions of the lower extremities and pelvis during the human gait cycle. Using a progressive Pilates mat series, you will learn basic exercises that will begin to harness the postural control required for normal gait.

Appropriate for all instructors.

Instructor: Diedra Manns

Class 5

Revolutionize your CoreAlign Repertoire - Rotator Disks Meet CoreAlign

In this course, we will explore the advantages of adding the disks to standard CoreAlign exercises in order to exercise and engage different parts of the body. At the conclusion of the workshop, participants will be able to demonstrate exercises for the upper extremity using the rotator disks, exercises for the lower extremity using the rotator disks, as well as demonstrate examples of core exercises using the rotator disks.

Appropriate for CoreAlign instructors.

Instructor: Carrie Lamb

Main Conference Courses

SUNDAY AFTERNOON, APRIL 9, 2017

AFTERNOON WORKSHOPS: 1:30 PM–4:30 PM

Class 1

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 2

Pilates for Clients with Sway Back Posture

Sway Back posture or what is often called "the sitting man's posture" is a common factor in clients with Back Pain and other chronic syndromes. In this course, learn about the characteristics and problems in sway back posture and review concepts surrounding the causes and effects of this posture. Then go to the lab with Chrissy to perform the postural evaluation and Pilates based exercise program. Exercises shown are on the mat, reformer, trapeze table, and chair.

Appropriate for all instructors.

Instructor: Chrissy Romani-Ruby

Class 3

Gait Control

This workshop is designed for movement practitioners who have a basic understanding of the components of the human gait cycle. Using a movement systems model we will connect the muscular, skeletal, nervous and the respiratory systems to gain an understanding of how these connections produce automatic movement patterns during gait. You will be introduced to muscle imbalances that can create common gait deviations and will begin to hone your observational skills to recognize them. Participants will learn a Pilates circuit that connects the movement systems to normalize gait.

Morning workshop Human Gait: The Essentials recommended prior to taking this workshop, unless very familiar with basic components of gait cycle.

Instructor: Diedra Manns

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

Objectives:

- » To review anatomy of specific regions of the body impacted by injury
- » To explore the pathology of disc herniation, nonspecific back pain, rotator cuff tear, meniscal injuries, hip osteoarthritis
- » To explore how to modify traditional pilates exercises for these special populations
- » Learn assessment skills utilizing palpation

Instructor: Matt McCulloch

Class 5

Healing Diastasis Rectus Abdominis: How to Retain or Regain Fascial Tensioning

Untold numbers of women, men and children have a disconnect of tissue synchronization at the Abdominal wall which at its most severe can result in A Diastasis Rectus Abdominis. Even though the research in this area is small, we all know that an integrated Ab wall is essential for musculoskeletal, urogenital and pelvic organ support and health. The research does show more than half of adult women have pelvic floor dysfunctions such as loss of bladder control, bowel pain, pubic symphysis pain and prolapse. Most of these dysfunctions include a Diastasis Rectus Abdominis which is the telltale sign of fascial loosening in the core cylinder. Put your foundational Pilates skills and biomechanical knowledge to work to learn simple and effective strategies to prevent and heal Diastasis and dysfunctions that go along with the unraveling of this connective tissue. Learn creative and cutting edge sequences for healing and advancing the DRA client and strategies on how to best work in conjunction with doctors and physical therapist.

Appropriate for all instructors.

Instructor: Jennifer Gianni

Presenters

Brent Anderson, PhD, PT, OCS POLESTAR PILATES EDUCATION

Brent Anderson PhD, PT, OCS, President and CEO Brent received his degree in Physical Therapy at University of California, San Francisco in 1989 and his PhD in Physical Therapy at the University of Miami in 2005. His doctoral thesis explored the impact of Pilates rehabilitation on chronic low back pain using psycho-emotional wellness and quality of life measures. He is currently adjunct faculty at the University of Miami, Division of Physical Therapy. In addition, he owns and operates Polestar Physical Therapy and Pilates Center in Miami, FL, which serves as a model for the use of Pilates for rehabilitation. From his extensive background in rehabilitation and movement science, Brent has applied critical reasoning skills and supportive scientific research to Joseph Pilates revolutionary mind-body work. He also brings to the Polestar curriculum an investigation of the effects of psychology and energy systems on motor control and motor learning.

Cameron Angus, MSc, MCSP, MMACP ERGOTONICS

Cameron 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-José 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.

Meghan Bubnis, PT, DPT, PMA®-CPT

MINDFUL MOVEMENT LLC

Meghan Bubnis is an experienced Pilates instructor, Balanced Body Master Instructor, and a licensed physical therapist. She has experience treating a wide variety of orthopedic issues in people of all ages and abilities.

Meghan earned her B.S. in Mathematics from the University of Notre Dame in

2001, and began working as an actuary. Holding fitness certifications through ACE and AFAA and a Pilates mat certification through Physical Mind, she also continued to work in the fitness world. After two years as an actuary, Meghan realized she was better suited for a career in physical therapy where she would be able to combine her teaching skills with her love of sports, fitness and movement.

Meghan earned her Doctorate in Physical Therapy in May of 2006 from Drexel University. She also completed her comprehensive Pilates training for Rehabilitation through Polestar Pilates® the same year. Her Physical Therapy training combined with her Pilates training have given her a great understanding of the benefits of mindful movement used as a modality in the healing process.

Meghan has worked as a Pilates based physical therapist in the outpatient orthopedic setting ever since, specializing in the treatment of sports injuries, post-surgical rehabilitation and spinal instability. Desiring to provide holistic, quality, personalized care to her patients, Meghan opened her own Pilates based physical therapy clinic, Core Vitality, in Moorestown, NJ in 2010.

As an endless learner and lover of mindful movement, Meghan completed several trainings at Balanced Body in Sacramento, CA over the next several years. She now serves as Balanced Body faculty instructing teacher trainings in CoreAlign®, Bodhi Suspension Training®, MOTR®, and Pilates.

In September of 2015, Meghan closed her studio in Moorestown, NJ and moved to Allentown, PA where she is eager to open her new studio, Mindful Movement, in the spring of 2016.

Meghan is grateful for the support and love of her wonderful husband and her three beautiful children. In addition to all forms of mindful movement, she enjoys playing and watching sports, and any opportunity there is to be outside and moving with her family.

Allyson Cabot, MPT

CORE CONDITIONING

Allyson L. Cabot, PT holds a B.S. in Physical Therapy from CSULB, and a B.S. in Kinesiology from UCLA. She is PMA gold-certified in Pilates and certified in Gyrotonic®. Allyson has been practicing Physical Therapy since 1991 and has specialized in the areas of women's health, dance medicine, mind-body healthcare and craniosacral therapy. She is an active member of the APTA. She has developed and continues to teach educational programs for health care professionals, integrating Pilates and rehabilitation, both nationally and internationally. She currently teaches a comprehensive teacher training program as a Master Instructor for Balanced Body under the tutelage of Nora St. John. She has been co-owner of Core Conditioning since its inception in 2003.

Dr. Bruce S. Crawford, MD

PFILATES

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.

Angela Crowley LMT, NMT, GCFP

A well-respected leader in the healthcare industry, Angela Crowley has presented her work in the US, England, France, Italy, Brazil, and Australia. Her course, GYROTONIC® for High Level Athletes was featured at the International Educational

Conference at the Olympic Training Center in Rome. A recent presenter for the PMA, Angela was also honored as a Keynote speaker for the Complimentary Alternative Medical Conference at the convention center in Los Angeles and a primary presenter for Polestar Education International Conferences. She is frequently been referenced by industry publications such as Pilates Style Magazine and Alternative Medicine Magazine. Her writing was published by The Pilates Method Alliance.

Angela is one of a few instructors worldwide who is authorized to conduct final licensing exams for GYROTONIC® as well as offering instructor training in GYROTONIC®, GYROKINESIS®, and GYROTONIC® Specialized Equipment. She is also credited with the creation of a number of courses such as Principles of Intelligent Movement, Evolution of Movement Systems, and Pathways of The Shoulder, Hip, and Spine.

Angela's private practice is admired for her success in training athletes, injury rehabilitation, and resolution of chronic pain through her unique blend of manual and movement techniques. A former gymnast and dancer Angela was seriously injured in a car accident that led to her understanding of the healing process. Angela integrates current science and state of the art movement systems such as Gyrotonic, Pilates, and Feldenkrais. Angela is a licensed massage therapist certified by NCMBT. Her professional studies have included neuromuscular therapy, myofascial release, acupressure and oriental medical theory as well as advanced studies in nutrition and herbology.

Angela was trained in classical Pilates by Romana Kryzanowski and is a Certified Feldenkrais Practitioner. She has been training instructors for over twenty years. Angela established the celebrated Phoenix Center For Health Excellence in Denver, Colorado, an innovative center known for its integrative approach to health and wellness specializing in advanced movement therapies.

Angela Crowley and Yannis Brunet recently opened GYROTONIC® CORAL GABLES

where they are available for private sessions in a tropical setting.

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Elliot Fishbein, PT, OCS, CFMT, FAAOMPT

FISHBEIN PHYSICAL THERAPY

Elliot Fishbein 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.

Jennifer Gianni

FUSION PILATES

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.

Beth Kaplanek, RN, PMA®-CPT

Beth A. Kaplanek, 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".

Dr. Carrie A. Lamb, PT, DPT, OCS

CORE ALIGN MASTER INSTRUCTOR PILATES INSTRUCTOR

Dr. Carrie Lamb is a CoreAlign Master Instructor, an experienced Pilates instructor, and a board-certified orthopedic physical therapist with 14 years in practice. She has experience treating a wide variety of orthopedic issues in people of all ages and abilities. Her initial Pilates certification was attained through Polestar Pilates in 2006 and she recently completed Balanced Body's bridge program. These two programs have given her a comprehensive understanding of the integration of mind, body and movement and have compelled her to further explore the potential of the human body to adapt and heal with skilled intervention.

Carrie earned a Master's of Physical Therapy degree at the University of Colorado Health Sciences Center in 2000 and completed her transition Doctor of Physical Therapy degree from Regis University in May of 2012. Her practice has taken her from Portland, OR to Aspen, CO, and back home to Denver, CO.

In April of 2012 she became a Core Align Master Instructor after years of coursework and practice. Use of the CoreAlign enabled her to see the potential for use in her role as a physical therapist to both analyze and re-train movement. The results she achieves with patients have been remarkable and she is currently working to publish a series of case studies highlighting the effectiveness of this machine in the rehabilitation setting. This work led to a collaboration with Balanced Body to develop a rehabilitation-specific curriculum for CoreAlign.

In addition to her CoreAlign teaching schedule, Dr. Lamb is currently practicing with the University of Colorado outpatient physical therapy department. She also serves as affiliate clinical faculty at the University's physical therapy school and has lectured locally and internationally. Carrie is grateful for the support and love given by her fantastic husband and three beautiful children. She enjoys running, cycling, hiking, skiing, gardening... any opportunity there is to get outside with her family and enjoy all that Colorado has to offer.

Diedra Manns, PT

MONARCH WELLNESS GROUP

Has had a wide variety of clinical experiences since entering the physical therapy profession in 1997. She has completed extensive postgraduate training programs and has received a certification in orthopedic manual therapy (COMT). Recently, Dr. Manns returned to her passion for treating through movement and completed Kaiser Permanente's Movement Science Fellowship, spearheaded by Dr. Clare Frank, PT, DPT. Diedra has been a Pilates Practitioner for 10 years and is certified through the Pilates Method Alliance. She has presented her research on enhancing postural stability through Pilates at multiple professional conferences and is a part of the Educator community for Polestar® Pilates International. Diedra has served as an Instructor in the Physical Therapist Assistant Program's at New York University and Concorde Career College, Los Angeles. Today, Diedra serves as the Director of the Monarch Wellness Group, Inc. a consulting, wellness and rehabilitation company based in Los Angeles, CA

Matt McCulloch

KINECTED

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 psychiatry 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.

Marika Molnar

Marika Molnar is a pioneer in Dance Medicine having been the first physical therapist on-site with the New York City Ballet since 1980. She is founder and president of Westside Dance Physical Therapy and developed the Dance Medicine Practicum, an interdisciplinary program of education for practitioners working with dancers. She was instrumental in the development of the International Association for Dance Medicine and Science in 1990 and was the President from 1999-2001 and has held numerous positions in the organization. In 2015 she was awarded the title of Fellow of IADMS. She is actively involved with curriculum development for PhysicalMind Institute and has been their Clinical Consultant and continuing education instructor for almost 20 years. In 2014 she developed the Parasetter program of recovery and restoration for the New York City Ballet, which was presented at the IADMS conference in 2015. She is actively engaged in using the Parasetter and the latest addition, the Minis, as an integral part of the dancers tool kit for prevention and rehabilitation of injuries for all dancers.

Sarah Petrich

Sarah's interest in movement and the human body began at a young age with her love of dance. This interest propelled her to obtain her Bachelors of Science in Exercise Science and her Masters and Doctorate of Physical Therapy from St. Catherine's University in Minnesota. She continued her education with the Postural Restoration Institute gaining her certification (PRC) in 2011. Sarah is also a Polestar Rehabilitation trained Pilates Practitioner certified through the Pilates Method Alliance (PMA®-CPT). Sarah works in a primary cash-based practice both as a physical therapist and Pilates instructor. She has been combining Postural Restoration concepts with her Pilates classes for years to help re-train neuromuscular patterns and help clients progress to their fullest potential. She is currently privileged to be developing an affiliate course with the Postural Restoration Institute: PRI Integration for Pilates.

In Sarah's spare time she can be found presenting locally on a variety of dance medicine and Pilates topics and has traveled nationally instructing healthcare professionals on how to utilize Pilates in a rehabilitation setting. She is also a founding member of Minnesota Dance Medicine Foundation where she runs their non-profit free clinic for under-insured dancers.

Chrissy Romani-Ruby, PT, DEd, MPT, ATC, PMA®CPT

PHI PILATES

Christine is an experienced Pilates professional and international presenter with a strong background in physical therapy and fitness. She is the founder and director of PHI Pilates and PHI Pilates Studio based in Pittsburgh, PA, an associate professor at California University of Pennsylvania, and a member of the faculty at the Ballet Academy of Pittsburgh. Gold certified in Pilates through the PMA and serving on the PMA certification commission, she has contributed to the Pilates community with the publication of six books, 13 DVD's, and multiple articles, podcasts and international workshops and presentations. Chrissy holds a masters degree in physical therapy from Slippery Rock University and has practiced as an orthopedic and sports PT for 20 years. She holds bachelor's degrees in both exercise science and natural science and a certificate in athletic training. Presently she is a doctoral candidate in education at Indiana University of PA. Christine has incorporated Pilates into her practice as a physical therapist for over 13 years and she is known by teachers around the world for unselfishly sharing her ideas and techniques for the benefits of clients and patients. Her 4,000 square foot Pilates studio in Pittsburgh is well known to clients for rehabilitation and conditioning and to teachers for continuing education.

Karen Sanzo, MS, PT

PILATES UNLIMITED

Pilates instructor, teacher trainer, and physical therapist Karen Sanzo is internationally recognized for her innovative approaches to the Pilates

method. Her comprehensive knowledge of anatomy and biomechanics and years of experience as a master teacher have shaped wellness programs across the nation.

At Pilates Unlimited, her studio in Dallas, Texas, and in her physical therapy practice, Karen sees clients of all ages and fitness levels, utilizing Pilates as an adjunct to therapy and as the next level of self care for her patients. Her passionate belief that Pilates is appropriate for every body is borne out by her clientele. It includes a Dallas Cowboy recovering from injuries, a corporate executive improving his golf swing, a young dancer perfecting her posture, and a new mother getting back into shape. D Beauty, a publication of D Magazine of Dallas, included Pilates Unlimited in their 2008 list of Best Places to Work Out.

Karen conducts Pilates certification workshops all over the U.S., teaching teachers how to demystify Pilates, making it accessible to everyone. Her highly effective method of working with beginners, communicating with precision, and demonstrating the fundamentals of movement are invaluable lessons for every Pilates instructor.

Karen also shares her unique approach to Pilates in manuals, CDs, and DVDs for professionals and the public. Her award-winning instructional DVD, Pilates for All Bodies: Getting Started is a two-DVD set that explains and demonstrates the basic exercises, then presents a thirty-minute mat class conducted by Karen. Awarded "Best Beginners DVD" by Pilates Style magazine in the January/February 2008 issue, it was touted in their review as "perfect for those just starting out, with a clear, in-depth tutorial on principles, moves and beginner modifications." Karen is a licensed Physical Therapist and holds numerous Pilates certifications including Glenn Studio, The Professional Health and Fitness Institute, and The Pilates Center of Austin's CoreConnections

Master's degree in Physical Therapy from USC. She is PMA gold certified in Pilates and certified in Gyrotonic®. Gabrielle has been practicing Physical Therapy since 1994 and has specialized in the areas of neurologic disorders, orthopaedics and woman's health. She is an active member of the APTA. She is NDT certified and has completed a comprehensive course in the Australian approach of manual therapy. She has developed and continues to teach educational programs for health care professionals, integrating Pilates and rehabilitation, both nationally and internationally. She currently teaches a comprehensive teacher training program as a faculty member for Balanced Body University under the tutelage of Nora St. John. She has been co-owner of Core Conditioning since its inception in 2003.

Gabrielle Shrier, MPT

CORE CONDITIONING

Gabrielle Shrier, MPT graduated with a B.S. in Kinesiology from UCLA and holds a