

Pilates on Tour® 2017

CONTINUING EDUCATION FOR PILATES PROFESSIONALS

Seoul

MAY 5-7, 2017

COEX Convention and Exhibition Center
58, Teheran-ro 87-gil, Gagnam-gu, Seoul

Pilates on Tour Seoul brings the best presenters to the Korean Pilates community for education, inspiration and creativity. International Pilates master instructors with backgrounds in physical therapy, post rehabilitation, dance and fitness travel to Korea to provide high quality continuing education not found anywhere else. Whether you are interested in learning new moves for your classes or gaining experience in working with special populations, this conference will deliver. Join Elizabeth Larkam, MS, Chrissy Romani-Ruby, PT, Nora St John, MS and many others in a weekend filled with Pilates, mindful movement, dynamic workouts and classes on Balanced Body's exciting new products.

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$325	\$395
2 Day	\$495	\$595
3 Day	\$645	\$745

*Early registration ends on 3/6/2017.

PRE-CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
CoreAlign® 1 Foundations Instructor Training	\$575	\$645
MOTR™ Instructor Training	\$575	\$645

All courses include a manual.

Courses at a Glance

WED - THUR, MAY 3-4

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

CoreAlign 1: Foundations Instructor Training

Nora St. John

MOTR Instructor Training: Core, Cardio, Balance, Fun

Portia Page

FRIDAY, MAY 5

WELCOME AND INTRODUCTION: 9:00 AM – 9:30AM

ALL DAY WORKSHOPS: 9:30 AM – 12:30 PM AND 2:30 PM – 5:30 PM

LUNCHTIME WORKOUTS/ DEMOS: 1:15 PM – 2:15 PM

NETWORKING RECEPTION: 5:30 PM – 7:00 PM

ThinkFit: Intelligent Reformer Programming

Nora St. John & Valentin

Fascia-Focused Pilates

Elizabeth Larkam

Pilates for the Swinging Athlete

Chrissy Romani-Ruby

Mat Challenge: Pilates + Props

Portia Page & Joy Puleo

SATURDAY, MAY 6

MORNING WORKSHOPS: 9:00 AM – 12:00 PM

LUNCHTIME WORKOUTS/DEMOS: 1:00 PM – 2:00 PM

Reforming Flexibility

Viktor Uygan

The Complete System: Advanced Variations, Progressions and Cross Over

Troy McCarty

Healthy Hips! Pilates and the Franklin Method

Tom McCook

Mat Spectrum - Really Basic to Really Advanced

Elizabeth Larkam

Courses at a Glance

SATURDAY, MAY 6

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

Rhythms of the Reformer

Valentin

Experiential Anatomy of the Shoulder and Neck with Pilates Repertoire

Tom McCook

Pilates for Clients with Sway Back Posture

Chrissy Romani-Ruby

Mat for Strength, Grace and Balance

Viktor Uygan

SUNDAY, MAY 7

MORNING WORKSHOPS: 9:00 AM – 12:00 PM

LUNCHTIME WORKOUTS/DEMOS: 1:00 PM – 1:45 PM

The Unstable Reformer

Portia Page & Joy Puleo

Pilates Logic

Troy McCarty

Enhancing Spinal Mobility in the Pilates Studio

Nora St. John

Bringing Movement to Mind

Tom McCook

SUNDAY, MAY 7

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

Long Box, Short Box, Thinking Outside the Pilates Box

Troy McCarty

Hip-Notizer on the Reformer Tower

Viktor Uygan

YUR BACK: Osteoporosis of the Spine

Chrissy Romani-Ruby

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

Elizabeth Larkam

Pre-Conference Courses

WEDNESDAY - THURSDAY, MAY 3-4, 2017

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

CoreAlign 1: Foundations Instructor Training

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

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

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

Appropriate for anyone with a strong movement background.

Instructor: Nora St. John, MS

MOTR Instructor Training: Core, Cardio, Balance, Fun

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

Appropriate for anyone with a strong movement background.

Instructor: Portia Page

Main Conference Courses

FRIDAY, MAY 5, 2017

WELCOME AND INTRODUCTION: 9:00 AM – 9:30AM

ALL DAY WORKSHOPS: 9:30 AM – 12:30 PM AND
2:30 PM – 5:30 PM

LUNCHTIME WORKOUTS/DEMOS: 1:15 PM – 2:15 PM

NETWORKING RECEPTION: 5:30 PM – 7:00 PM

Class 1

ThinkFit: Intelligent Reformer Programming

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

Appropriate for reformer and apparatus instructors.

Instructor: Nora St. John & Valentin

Class 2

Fascia-Focused Pilates

Although Pilates movement principles can be considered a subset of fascia oriented training, the design of Fascia-Focused Movement programs in the Pilates environment requires new consideration of all elements of Pilates program design. Research on fascia suggests new criteria for exercise sequencing, new choices of movement tempo and rhythm and different language for verbal cueing as well as clarification of the quality and direction of touch cues. An overview of the current research and publications on fascia in motion prepares Pilates teachers to apply these findings to the practice and teaching of mat, reformer and studio sequences. Videos of client case studies illustrate sequencing of Fascia-Focused Movement in the contemporary Pilates environment.

Appropriate for apparatus instructors

Instructor: Elizabeth Larkam

Class 3

Pilates for the Swinging Athlete

The swinging motion requires a very complex series of movements involving the lower and upper extremities as well as the spine. Whether it is a golf, tennis, hockey or baseball swing, it is critical that the transfer of kinetic energy takes place from the lower extremity to the upper extremity. Typically, the legs and trunk act as the force generators while the upper extremity regulates that force. However, before this exchange of force can occur, the spine must perform the appropriate thoracolumbar movement. It is no surprise that injuries such as elbow tendonitis often have their roots in long standing spine stiffness, lower extremity weakness, or poor kinetic timing. Pilates can be a very effective training ground for creating spine mobility, core and extremity strength and better timing. In this workshop gain the tools you need to identify the weak link and the Pilates exercises to correct it.

Appropriate for all instructors.

Instructor: Chrissy Romani-Ruby

Class 4

Mat Challenge: Pilates + Props

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

Appropriate for all instructors.

Instructor: Portia Page & Joy Puleo

Main Conference Courses

SATURDAY MORNING, MAY 6, 2017

MORNING WORKSHOPS: 9:00 AM – 12:00 PM
LUNCHTIME WORKOUTS/DEMOS: 1:00 PM – 2:00 PM

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

The Complete System: Advanced Variations, Progressions and Cross Over

Take a close look at teaching, modifying and progressing advanced exercises in this fun and challenging workshop. Learn modifications and progressions as well as teaching tips from a master for taking clients through challenges they may not have thought possible. Includes understanding key Pilates exercise families and how one exercise, when taught on different pieces of equipment can target different movement skills.

Appropriate for apparatus instructors.

Instructors: Troy McCarty

Class 3

Healthy Hips! Pilates and the Franklin Method

In this workshop, you will develop a refined understanding and experience of the design and function of the Pelvis and how to improve movement ability and well-being. This lesson will also inform and direct our verbal, visual and hands-on cuing for better results from our exercise routines. You'll learn self-massage techniques to release tension, relax and align the pelvis and spine prior to more demanding conditioning exercises. You'll learn how the pelvic bones dynamically move to absorb and transfer force for movement efficiency, vital to our upright posture. Following the lesson, we'll use the Pilates Reformer and Chair with relevant exercises to deepen the learning. Come prepared to learn and have an insightful movement experience.

Appropriate for mat and apparatus instructors.

Instructor: Tom McCook

Class 4

Mat Spectrum - Really Basic to Really Advanced

Advance your understanding of how to build effective, engaging mat sequences that are simple yet not easy, challenging yet not complicated. Learn when each prop can be used to improve function and when each is contraindicated. Props include the wall, ring, roller, 4-inch diameter ball, rotator disc, and Orbit.

Appropriate for all instructors.

Instructor: Elizabeth Larkam

Main Conference Courses

SATURDAY AFTERNOON, MAY 6, 2017

AFTERNOON WORKSHOPS: 2:30 PM – 5:30 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 breathe in rhythm and move as one to experience a winning Pilates class experience for both student and teacher.

Appropriate for reformer instructors.

Instructor: Valentin

Class 2

Experiential Anatomy of the Shoulder and Neck with Pilates Repertoire

Experience, understand and teach optimum function using the Pilates repertoire and the Franklin method for health and performance in this workshop. You will learn through touch, movement and interactive lecture, the bone and muscle relationships of the shoulder girdle and cervical spine for tension release, postural improvement, strength, flexibility and greater efficiency of movement. We will combine the lessons with related Pilates repertoire, using the Tower, Pilates Arc, Mat and Chair in this full day experience.

Appropriate for comprehensively trained Pilates instructors.

Instructor: Tom McCook

Class 3

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 4

Mat for Strength, Grace and Balance

Experience new sequences and creative progressions in this Mat workshop designed to help you and your clients stand tall and move with strength and grace. Using a variety of small props, Viktor will teach you how to refine your cueing, train your eye and expand your repertoire to create mat classes that are truly inspiring.

Appropriate for all instructors.

Instructor: Viktor Uygan

Main Conference Courses

SUNDAY MORNING, MAY 7, 2017

MORNING WORKSHOPS: 9:00 AM – 12:00 PM
LUNCHTIME WORKOUTS/DEMOS: 1:00 PM – 1:45 PM

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 & Joy Puleo

Class 2

Pilates Logic

A logical look at cuing, imagery and choreography. Troy takes us through his creative approach to teaching traditional and non-traditional exercises on the reformer and Cadillac. This workshop will add to your repertoire of exercises. All attendees will receive a detailed manual with photos.

Appropriate for apparatus instructors.

Instructor: Troy McCarty

Class 3

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

Class 4

Bringing Movement to Mind

True change happens through paying attention. Deepen your experience and understanding of mindful movement using imagery, the Franklin Method, Pilates, meditation and Yoga. Learn teaching skills, cueing and self-management to improve your ability to reach your clients at a deep level and to create true, lasting change in their mind, body and spirit. Teaching your clients to move with awareness will make your teaching more effective, efficient and enjoyable and keep clients coming back for more. This workshop will inspire you to a deeper level of commitment in your teaching and your personal practice.

Appropriate for all instructors.

Instructor: Tom McCook

Main Conference Courses

SUNDAY AFTERNOON, MAY 7, 2017

AFTERNOON WORKSHOPS: 1:30 PM–4:30 PM

Class 1

Long Box, Short Box, Thinking Outside the Pilates Box

Refresh your focus, challenge your creativity, be inspired with 30 year veteran Troy McCarty. Explore new ideas, and creative movements and inspirations. This workshop will explore the Reformer, Cadillac and the Arm Chair. This seminar provides you with a detailed manual and flash video. Advanced exercises will be videoed and posted on my me.com account and you will receive access to view the movements.

Appropriate for apparatus instructors.

Instructor: Troy McCarty

Class 2

Hip-Notizer on 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.

Instructors: Viktor Uygan

Class 3

YUR BACK: Osteoporosis of the Spine

In the United States alone, approximately 10 million individuals have osteoporosis and an estimated 34 million have low bone density. The spongy bone of the spine is the most susceptible to fracture with over 550,000 fractures reported annually. This has heightened the public's awareness of the benefits of physical exercise for musculoskeletal health. There are now many generalized and cookie cutter programs offered that are aimed at clients with Osteoporosis. In this workshop, learn about torque and how some of these recommended activities may exceed the biomechanical competence of the spine. Arm yourself with what the most recent research reports that you need to know to keep your clients safe and successful. Leave with Pilates based exercises that produce less of a risk for fracture, and encourage an increase in bone density.

Appropriate for all instructors.

Instructor: Chrissy Romani-Ruby

Class 4

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

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

Appropriate all instructors

Instructor: Elizabeth Larkam

Presenters

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.

Nora St John, MS,

BALANCED BODY EDUCATION PROGRAM DIRECTOR

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

BALANCED BODY MASTER INSTRUCTOR, KONNECT PILATES STUDIO

Viktor is the Co-Owner of Konnect Pilates and the inventor of the Balanced Body Connector. The Connector 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 Connector. 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, Graham, 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.

Portia Page

BALANCED BODY EDUCATION PROGRAM MANAGER

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

BALANCED BODY FACULTY, EDUCATION PROGRAMMING MANAGER

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.

Chrissy Romani-Ruby

PHI PILATES

An internationally renowned teacher with 26 years of experience in clinical practice, Dr. Ruby has successfully integrated physical therapy and Pilates to create innovative rehabilitation and wellness programs for conditions such as back pain and sport specific programs for professional athletes. Founder of PHI Pilates studio and teacher training in Pittsburgh, PA, Christine guides clients in the study of their own movement to improve posture and reduce pain and risk of injury. Dr. Ruby holds Bachelor of Science degrees in both exercise science and natural science, a Master of Science degree in physical therapy and a doctorate in education. In addition to being a full professor at California University of Pennsylvania, Dr. Ruby is regularly sought after to speak at national and international conferences and works daily in her clinic with clients including NFL athletes, ballerinas, and clients recovering from injuries or illness. Dr. Ruby is known for her YUR™BACK program. This program allows clients with back pain to regain health and

wellness through Pilates without risking an increase in their back pain. Dr. Ruby has published 6 books and 18 DVD's on Pilates.

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.

Elizabeth began her study of Pilates in 1985 while teaching dance at Stanford University. A Gold Certified Pilates Method Alliance teacher, she was educated by the first generation Pilates teachers Ron Fletcher, Eve Gentry, Carola Trier, Romana Kryzanowska, Bruce King and Alan Herdman. Elizabeth is a guild-certified Feldenkrais practitioner, certified Gyrotonic® and Gyrokinesis™ instructor, Franklin Method teacher and OM Yoga instructor. She received her bachelor's and master's education at Stanford University. Elizabeth worked as a Pilates and Dancemedicine Specialist with the San Francisco Ballet and Cirque de Soleil, a lecturer at the University of San Francisco in Exercise and Sports Science and a Reebok Master Trainer. She is a mind-body spokesperson for the American

Council on Exercise and a contributor to PilatesStyle.

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

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

Troy McCarty

My career in Pilates began as a young dancer. I was a pioneer for Pilates introducing it to the Midwest and have been teaching it for the past 21 years. Since 1989 I've established three successful studios in the Cleveland area and have been fortunate enough to study under Romanna Kryzanowska, Bruce King, and Jullian Littleford.

I have taught Pilates for the Hong Kong Academy of Performing arts in Hong Kong, for the Cleveland Indians, Cleveland San Jose Ballet, members of the Cleveland Cavs, Cast of Show Boat, and also taught the Cast of Phantom of the Opera. I teach ballet regularly to professionals mixing both classical technique and the Pilates Method.

I am passionate everyday about instructing and working with my clients to help them achieve their personal goals and learn the true art of Pilates. This dedication and passion is at the heart of any successful Pilates studio.

Tom McCook

CENTER OF BALANCE, BALANCED BODY MASTER INSTRUCTOR

Tom McCook, founder and director of Center of Balance is a nationally recognized fitness and movement specialist. Beginning his full-time career in personal training in 1984, Tom designs programs for health and life performance for working professionals, people rehabilitating from injuries and world class athletes including Olympic Gold Medal swimmers Natalie Coughlin, Jenny Thompson and Misty Hyman. Teaching Pilates since 1995, Tom's approach integrates a range of training disciplines including Yoga, Shiatsu, stretching, The Franklin Method and Pilates in order to broaden his effectiveness in designing programs for optimal health. In 2003, Tom produced "Yoga and Pilates for Balance" an exercise video that brings together the benefits of Pilates and Yoga.