

PILATES ON TOUR® 2018

Continuing Education for Pilates Professionals

Istanbul

SEPTEMBER 21-23, 2018

Istanbul Marriott Hotel Asia
Kayisdagi Caddesi No 1/1
Atasehir, Istanbul 34750, Turkey

Istanbul continues to be a bright light in the Pilates world. Full of passionate, innovative and creative instructors, Balanced Body is proud to bring international and local presenters together for the best Pilates conference in Turkey. Join us for our fifth year with new presenters, exciting topics and everything you need to keep your practice fresh and your clients coming back for more.

PRE AND POST CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
PRE-CONFERENCE		
Balanced Body Movement Principles	\$395	\$450
POST-CONFERENCE		
Anatomy in Three Dimensions Instructor Training	\$395	\$450

*Early registration ends on 8/10/2018.

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$280	\$325
2 Day	\$360	\$425
3 Day	\$440	\$525

*Early registration ends on 8/10/2018.



Contact Us
1-800-PILATES | +1-916-388-2838
pilates.com | education@pilates.com

Courses at a Glance

PRE & POST CONFERENCE

PRE-CONFERENCE (EXTRA FEE)
SEPTEMBER 18 - 19, 9:30AM TO 6:30PM

Balanced Body Movement Principles

Nora St. John

POST-CONFERENCE (EXTRA FEE)
SEPTEMBER 24 - 25, 9:30AM TO 6:30PM

Anatomy in Three Dimensions Instructor Training

Joy Puleo

FRIDAY, SEPTEMBER 21

MORNING WORKSHOPS:
9:30 AM – 12:30 PM

Balanced Body Intelligent Reformer Programming

Nora St. John

Anatomy Exercises: Spinal Articulation Progressions

Shari Berkowitz

CoreAlign

Hakan Erol

Mat for Strength, Grace and Balance

Viktor Uygan

FRIDAY, SEPTEMBER 21

LUNCHTIME WORKOUTS:
1:15 PM – 2:15 PM

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

The Upper Core

Taha Erpulat

Rotated and Twisted Pelvises: It's Simpler than you Think

Shari Berkowitz

Pilates for Clients with Sway Back Posture

Chrissy Romani-Ruby

Balanced Body Programming: Designing Awesome Chair Classes

Joy Puleo

Courses at a Glance

SATURDAY, SEPTEMBER 22

MORNING WORKOUTS:
8:00 AM – 9:00 AM

MORNING WORKSHOPS:
9:30 AM – 12:30 PM

Creating Konnections on the Reformer
Viktor Uygan

Training Professional Basketball Players with Pilates (Working with the NBA)
Troy McCarty

Anatomy Exercises: Hip and Leg Strength Progressions
Shari Berkowitz

Training Fascia using MOTR and Bodhi
Joy Puleo

Mat with Small Props
Ertan Durak

SATURDAY, SEPTEMBER 22

LUNCHTIME WORKOUTS:
1:15 PM – 2:15 PM

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

Reformer – Tower Combination
Melih Çatalyürek

The Complete System: Advanced Progressions, Variations and Cross-Over
Troy McCarty

Breast Cancer: Training to Heal
Joy Puleo

The Group CoreAlign Class
Chrissy Romani-Ruby

Mat for Men
Viktor Uygan

SUNDAY, SEPTEMBER 23

MORNING WORKOUTS:
8:00 AM – 9:00 AM

MORNING WORKSHOPS:
9:30 AM – 12:30 PM

Pregnancy and Pilates
Ayşe Erpulat

Thoracolumbar Fascia: The Second Brain of Movement
Shari Berkowitz

Pilates Logic
Troy McCarty

Pilates and the Foam Roller: The Perfect Combination for Muscle Balance
Chrissy Romani-Ruby

Courses at a Glance

SUNDAY, SEPTEMBER 23

LUNCHTIME WORKOUTS:

1:15 PM – 2:15 PM

AFTERNOON WORKSHOPS:

2:30 PM – 5:30 PM

YUR BACK: Osteoporosis of the Spine

Chrissy Romani-Ruby

Reformer Challenge

Taha Erpulat

Cueing Accuracy

Troy McCarty

Archival Mat and Standing Exercises

Shari Berkowitz

Pre-Conference Courses

TUESDAY - WEDNESDAY, SEPTEMBER 18 - 19

ALL DAY WORKSHOPS: 9:30AM TO 6:30PM
(EXTRA FEE REQUIRED)

Balanced Body Movement Principles

The Balanced Body Movement Principles form the foundation of Balanced Body Education. They include the most important information on anatomy, assessment, biomechanics and foundational exercises needed to become a successful Pilates teacher, personal trainer or movement educator. The course mixes information on how the body works with basic exercises to illustrate the information in movement. Broken down into five categories: Whole Body Movement, Trunk Integration, Lower Body Strength and Power, Upper Body Strength and Balance and Dynamic Flexibility, Rest and Relaxation, the Movement Principles provide a solid foundation for training in any environment, with any equipment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance. The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.

Instructor: Nora St. John

Post-Conference Courses

MONDAY - TUESDAY, SEPTEMBER 24 - 25

ALL DAY WORKSHOPS: 9:30AM TO 6:30PM
(EXTRA FEE REQUIRED)

Anatomy in Three Dimensions Instructor Training

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: Joy Puleo

Main Conference Courses

FRIDAY MORNING, SEPTEMBER 21, 2018

MORNING WORKSHOPS: 9:30 AM – 12:30 PM

Class 1

Balanced Body 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 Balanced Body 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 Balanced Body 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 instructors.

Instructor: Nora St. John

Class 2

Anatomy Exercises: Spinal Articulation Progressions

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

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

Appropriate for comprehensively trained instructors.

Instructor: Shari Berkowitz

Class 3

CoreAlign

The spine is designed to keep the human body upright, and it needs muscles with sufficient conditioning to stand up properly. Vertical core exercises are ideal for strengthening core muscles, thus protecting vertebral discs and all other spinal elements.

Appropriate for all instructors.

Instructor: Hakan Erol

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

FRIDAY AFTERNOON, SEPTEMBER 21, 2018

LUNCHTIME WORKOUTS: 1:15 PM – 2:15 PM
AFTERNOON WORKSHOPS: 2:30 PM – 5:30 PM

Class 1:

The Upper Core

The upper core includes the shoulders and thorax. It is the part of the body that is the most complex, and the most inclined to dysfunction and getting hurt. Learning how to exercise the upper core successfully can make a great difference in one's performance. In this workshop, the aim is to find out the ways to create a strong and flexible "upper core" by focusing on how to improve mobilization and stabilization of the parts of the upper core.

Appropriate for all instructors.

Instructor: Taha Erpulat

Class 2:

Rotated and Twisted Pelvises: It's Simpler than you Think

Whether it's from scoliosis or just life, most people have a rotation of the pelvis. That rotation leads to compensatory imbalances. Strong here, weak there...it's no joke. However, it's far easier to manage and rebalance than most people think. The world has told you it's complicated, I am here to tell you it's not complicated at all. Let me teach you what you need to do and why.

Appropriate for comprehensively trained instructors.

Instructor: Shari Berkowitz

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 comprehensively trained instructors.

Instructor: Chrissy Romani-Ruby

Class 4:

Balanced Body Programming: Designing Awesome Chair Classes

The Pilates Chair is a wonderfully small and self-contained whole-body exercise machine. Using the Balanced Body 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 to create optimum strength, flexibility and functional movement patterns. The Balanced Body Programming 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 Chair session. An illustrated handout is included.

Appropriate for comprehensively trained instructors.

Instructor: Joy Puleo

Main Conference Courses

SATURDAY MORNING, SEPTEMBER 22, 2018

MORNING WORKOUTS: 8:00 AM – 9:00 AM

MORNING WORKSHOPS: 9:30 AM – 12:30 PM

Class 1

Creating Konnections on the Reformer

Pilates is designed to train the whole body, to create balanced muscle development and to build coordination to help clients improve their daily and athletic activities. Learn Viktor's unique and evolving method for training integrated, whole body movement using the Reformer. Movement sequences for enhancing the connections between the mind and the body, right and left and the legs, torso and arms will be taught. You will come away with a richer understanding of how the body works and how to connect it.

Appropriate for reformer and apparatus instructors.

Instructor: Viktor Uygan

Class 2

Training Professional Basketball Players with Pilates (Working with the NBA)

Come and explore the exercises we use to train the players from the Cleveland Cavaliers. From footwork to advanced exercises, we will be discussing exercises for jumping, bracing the torso and coordination. We will also explore how we manually cue, verbally cue and motivate these high-level athletes. This workshop comes with a color detailed manual.

Appropriate for experienced, comprehensively trained instructors.

Instructors: Troy McCarty

Class 3

Anatomy Exercises: Hip and Leg Strength Progressions

Hip Flexors, Quadriceps, Hamstrings, Adductors/Inner Thighs all need to be strong and supple. But what is "get out of your hip flexors" and why do hip flexors cramp? Should knees really be "soft"? What is a locked joint? What do we really need to teach and do? It's time for an education of biomechanics and functional anatomy...applied to Pilates exercises. We'll go through each exercise related to leg and hip flexor strength to understand the progression.

- » Learn which muscles need to be strengthened and which need to be stretched for exercises with leg action or support to work.

- » See how to recognize what is weak when an exercise "fails"
- » Walk away with the ability to apply this knowledge to Pilates exercises: a true understanding and ability to help your client (and yourself) strengthen and stretch so that Hip Flexion and Leg strength/stretch are easier to accomplish earlier in your Pilates life.

Appropriate for reformer and apparatus instructors.

Instructor: Shari Berkowitz

Class 4

Training Fascia using MOTR and Bodhi

The science of training the neuromyofascial system is still evolving. The MOTR provides an unstable surface and an open environment for working myofascial chains in many different vectors while the Bodhi Suspension System activates reflexive core training to stimulate balance, agility and coordination. Learn and experience fascial training from two different perspectives and in two very different environments in this illuminating workshop.

Appropriate for all instructors.

Instructor: Joy Puleo

Class 5

Mat with Small Props

This workshop will provide you with diversity and new variations to add to your mat exercises. You will learn how to use equipment such as small balls, ultra-fit circles, and therabands in mat exercises.

Appropriate for all instructors.

Instructor: Ertan Durak

Main Conference Courses

SATURDAY AFTERNOON, SEPTEMBER 22, 2018

LUNCHTIME WORKOUTS: 1:15 PM – 2:15 PM

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

Class 1

Reformer – Tower Combination

In this workshop, we will look at the traditional Pilates repertoire, as well as the reformer and tower exercises from a different angle. You will be provided with an alternative repertoire for your clients who have benefitted from using the reformer and tower together and separately.

Appropriate for all instructors

Instructor: Melih Çatalyürek

Class 2

The Complete System: Advanced Progressions, Variations and Cross-Over

Tactile and manual cues will be covered on the reformer and trap. 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 comprehensively trained instructors.

Instructor: Troy McCarty

Class 3

Breast Cancer: Training to Heal

A diagnosis of breast cancer can leave a person feeling abandoned by their body. The onslaught of doctors, medical decisions, surgeries and their physical aftermath greatly impacts the body's resiliency. The biomechanical functioning of the shoulder is one part of assisting a client on their path to restored health after breast cancer surgery. However, the mobility and pliability of the ribcage is often overlooked and of great importance to the overall healing process. Through breath and simple floor exercises we will explore how to assess shoulder girdle and ribcage mechanics and to gently create change that will leave your clients feeling a renewed sense of physical self-confidence.

Appropriate for apparatus instructors.

Instructors: Joy Puleo

Class 4

The Group CoreAlign Class

Core align classes are fun and challenging and add another great revenue source for the Pilates studio. In this workshop learn how to put together a fun and challenging class and how to bring your group Pilates clients into the mix. We will cover everything from choreography to marketing to increase your bottom line.

Appropriate for CoreAlign instructors.

Instructor: Chrissy Romani-Ruby

Class 5

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 MORNING, SEPTEMBER 23, 2018

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

Class 1

Pregnancy and Pilates

Pilates is an irreplaceable exercise method during pregnancy. Gain knowledge about the protocols on which exercise planning for such a period depends on, while also learning about physical and hormonal changes during pregnancy.

Appropriate for all instructors.

Instructor: Ayşe Erpulat

Class 2

Thoracolumbar Fascia: The Second Brain of Movement

You've heard much about Fascia and perhaps have touched on the Thoracolumbar Fascia. Through my years of research and applying research to movement, the thoracolumbar fascia proves itself to be what I have coined "The Second Brain of Movement". In the effort of developing efficient balance of the human musculoskeletal system, accessing the thoracolumbar fascia is the key to unlocking the doors of dysfunction and returning balance to the entire system, not just the musculoskeletal system, but to the entire body. There is nothing simplistic about it but the techniques are simple and easy with the correct understanding and practice. You already have all of the exercises to use, now it's time to learn how to apply them. This is the missing link in nearly all modalities. In this workshop you will learn how to understand the thoracolumbar fascia and apply it to your current Pilates work so you can be 100% effective every time.

Appropriate for comprehensively trained instructors.

Instructors: Shari Berkowitz

Class 3

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 comprehensively trained instructors.

Instructor: Troy McCarty

Class 4

Pilates and the Foam Roller: The Perfect Combination for Muscle Balance

Muscle balance is one of the most important goals for injury prevention for athletes of any kind. Old or young, professional or recreational in any sport from Track and Field to Golf, the key to staying well is muscle balance. Pilates offers excellent techniques for creating matching muscle length and strength that is important for posture and healthy movement patterns. In this workshop we will cover several common imbalances in the hip and shoulder that can be balanced with the use of Pilates exercise on the foam roller. Excellent choreography for your group classes and for home exercise recommendations.

Appropriate for all instructors

Instructor: Chrissy Romani-Ruby

Main Conference Courses

SUNDAY AFTERNOON, SEPTEMBER 23, 2018

LUNCHTIME WORKOUT: 1:15 PM – 2:15 PM
AFTERNOON WORKSHOPS: 2:30 PM–5:30 PM

Class 1

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 comprehensively trained instructors.

Instructor: Chrissy Romani-Ruby

Class 2

Reformer Challenge

Add some innovation to your repertoire of strength, balance and mobilization with alternative exercises to use with your clients.

Appropriate for all instructors.

Instructor: Taha Erpulat

Class 3

Cueing Accuracy

Tactile and manual cues will be covered on the reformer and trap table. Using your hands and your voice to help your clients reach their full movement potential.

Appropriate for comprehensively trained instructors.

Instructor: Troy McCarty

Class 4

Archival Mat and Standing Exercises

There are many more versions of Mr. Pilates' exercises than we see today. Variations, modification, combinations of multiple exercises in one! Fascinating, challenging and all the rest! These versions should not just live in the memories of those of us who

had access to them years ago. They ought to be living, breathing exercises for those who need the modification or challenge! Experience this material, then teach it so we never lose track of these great exercises!

Appropriate for all instructors.

Instructor: Shari Berkowitz

Presenters

Shari Berkowitz

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

Melih Çatalyürek

He graduated from Marmara University-School of Physical Education and Sports faculty. He was the trainer in many international conventions. He has experience in management and coaching in many sports clubs. At present, he is the technical committee member in Turkish Gymnastics Federation , teaching assistant in Marmara University- School of Physical Education and Sports faculty and the member , the manager, and a Master Instructor for Balanced Body Pilates.

Ertan Durak

BALANCED BODY MASTER INSTRUCTOR, PILATES POINT STUDIO, BALANCED BODY MASTER TRAINER

About 25 years I am actively working in the fitness sector. I am graduated from Marmara University at the Department of Physical Education and Sport in 1995. After I finished my undergraduate education; I start to work as tennis, fitness

and squash teacher. Besides being a teacher, I experienced management and consultancy at some of the famous sport complex in Istanbul. I am one of the first step teacher belongs to Reebok team in Turkey. In addition, I was dealing with broadcast television shows about sports and health. Last 8 years to now I am working at administration of Pilates Point Studio, of which I am one of the founder , as well as I am already a Pilates coach in my Studio. The instruction programs that taken; Physical Therapy, Rehabilitation and Massage Class, Balance Body Reformer 1,2,3, Ladder Barrel Chair Course. Pilates Coach Course, Trapeze-Cadillac Course, West Coast Pilates Mat Education, Realisakoviç Workshop, Deborah Workshop and also I took some other workshops from famous teachers such as Tracy Mallet.

Hakan Erol

BALANCED BODY MASTER INSTRUCTOR, LUCE PILATES, COREALIGN MASTER TRAINER

He graduated from Marmara University Physical Education and Sports Teaching School. During 1992, he became a trainer in Volleyball, Tennis and Fitness. He attended different seminars on general trial methods and met Pilates-Based Exercises after which he started to enhance himself on this area. He is working on Pilates-Based Exercises now as a trainer in his studios. Because he is the first trainer who achieved CoreAlign Master Trainer degree in Turkey, CoreAlign training is important for him and he is aiming to inform others about the benefits of CoreAlign exercises. He is collaborating with physicians from different expertise in order to support his idea which says that exercise is important for people not only for appearance but also for a healthy body.

Ayşe Erpulat

BALANCED BODY MASTER INSTRUCTOR, BAPS PILATES STUDIO, BALANCED BODY MASTER TRAINER

She graduated from Yıldız Technical University, Department of Architecture. Being into exercises for more than 10 years, Ayşe started training students at Baps after completing the Balanced Body certificate program successfully. She attended many conferences on weight management and nutrition. Besides, she completed the ACE (American Council of Exercise) personal training certificate programme and Booty Barre certificate programme.

Taha Erpulat

BALANCED BODY MASTER INSTRUCTOR, BAPS PILATES STUDIO, BALANCED BODY MASTER TRAINER

He graduated from Marmara University School of Physical Training and Sports in 1995. Having the Turkey Aerobic Championship, Taha Erpulat has also took part in many organizations as a trainer. He represented our country with great success in the European and Balkan Championships in the branch of Sportive Aerobics. During his almost 20 years of experience in fitness, he worked as a trainer of fitness and aerobics and also as a manager at the outstanding sports clubs of Turkey. Working only as a pilates trainer for 12 years, he has been training pilates instructors with the title of Training Director and Master Trainer of Balanced Body University-Turkey. In his classes, he does not only instruct pilates exercises, but also provides both his students and the pilates trainers with the necessary information and understanding on rehabilitation of various spine and joint disorders, the pregnant and those who suffer osteoporosis. In addition, he attended various conferences in the States and in several cities in Europe, on human anatomy and pilates. He had trainings from the first and second generation pilates trainers such as Ron Fletcher, Romana, Lolita San Miguel, Elizabeth Larkam within these conferences, including 2007 PMA Orlando, 2008 Pilates On Tour-Rome-Italy, 2009 Pilates on Tour-Rome-Italy, 2010 PMA Long Beach, 2011 Mentor Program-Costa Mesa- LA , and 2011 Basi Master

Program - Costa Mesa - LA. He is now the coordinator of Bebek, Anadoluhisari and Erenköy branches of Body Arts Pilates Studio (BAPS)- which he founded- and gives pilates trainings.

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.

Joy Puleo

In July of 2013, Joy moved, with her family, from New York to Sacramento, California to join Nora St. John and the rest of the Balanced Body team to work on developing curriculum and educational programming. Joy has been teaching Pilates teachers since 2002 and in the health and wellness industry since 1996. Joy earned her masters degree from Columbia University in Applied Physiology. As a lecturer she presents at conferences and studios across the country and abroad and with Balanced Body, she is a regular at most Pilates on Tours. In addition to her degree Joy is PMA certified, A.C.S.M. certified and is able to provide ACE credits for students who take her classes. She is a fully qualified Balanced Body Pilates Instructor and teacher trainer, CoreAlign and Bodhi Suspension System master trainer and a graduate of the PhysicalMind

Institute. Joy was also trained on the GYROTONIC,® Level I and the Ladder.

In 2011 Joy founded Body Wise Connection, a not-for-profit which works with women newly diagnosed with breast cancer. Body Wise Connections sole purpose is to remind women that even in the throws of a diagnosis and treatment for cancer the body can heal and strengthen. Body Wise Connection works to restore physical self awareness and empowerment through gently, rhythmic Pilates based movements. Though Joy is no longer in New York, Joys work has expanded to include all cancer patients regardless of the primary cancer diagnosis.

Joy believes that movement changes lives and that education is the key to unlocking potential. Joy is thrilled to be working with Balanced Body on the shared mission of elevating mindful movement as a component to long term health and wellbeing.

Chrissy Romani-Ruby

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..

Nora St. John

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

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, 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.