

Movement Tour[™]

Charleston



Schedule

Nov 7-8

- 3 Intro
- 4 How It Works
- 5 Day 1 (Saturday, Nov 7)
- 10 Day 2 (Sunday, Nov 8)

A woman with dark hair in a braid, wearing a brown patterned sports bra and light pink leggings, is performing a Pilates exercise. She is lying on her back with her arms extended forward, and her legs are raised and bent at the knees, with her feet flat on the floor. The background is a light beige color with a large, faint circular graphic element.

Movement Tour™ Charleston

Balanced Body® invites you to Movement Tour Charleston, an intimate Pilates education experience hosted at Longevity Club in the heart of Charleston.

Movement Tour Charleston brings world-class presenters and rich curriculum together, creating space for deep connection with presenters, meaningful conversation with fellow movement professionals, and hands-on learning that feels less like a conference and more like a community gathering.

Move through a curated selection of workshops spanning rehabilitation, athletic conditioning, and mindful movement, all taught by leading voices in the Pilates industry. Whether you're looking to expand your teaching toolkit, earn continuing education credits, or simply reconnect with what drew you to Pilates in the first place, Movement Tour Charleston offers an inspiring, low-key alternative to the traditional conference experience — Southern hospitality included.

How it Works

As you start considering which workshops to register for, keep the following organization in mind:

The morning, early afternoon, and late afternoon sessions are each 2 hours long. Every day is organized to include a variety of workshops that are movement science focused, programming focused, inspirational, and movement oriented.

Each session will be labeled with the primary focus, level, and equipment used. In addition, the workshop offerings each day are set up to include:

- **General Sessions or Drop-in Workouts**
Available for all attendees.
- **Saturday – Balanced Body® 50th Anniversary**
Available for all attendees.

Saturday, Nov. 7

7:00a – 8:00a

Registration

8:00a – 8:45a

Workouts (Drop-In)

9:00a – 9:45a

Keynote

10:00a – 12:00p

Morning Workshops

12:00p – 1:00p

Lunch (Catered)

1:15p – 3:15p

Early Afternoon Workshops

3:30p – 5:30p

Late Afternoon Workshops

Saturday Evening

Balanced Body® 50th Anniversary Party

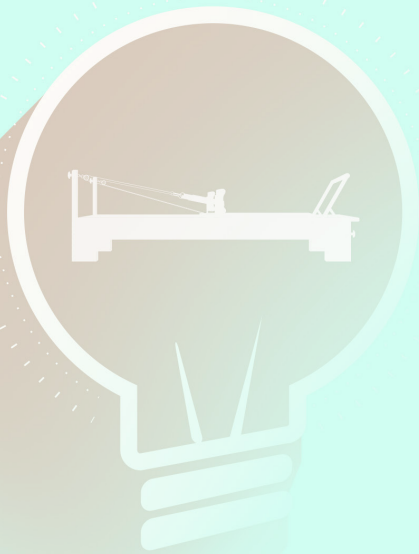
Keynote General Session

9:00 – 9:45 EST

Welcome and 50 Years of Balanced Body

Ken Endelman and Joy Puleo

In the half century since Ken started building the Reformer, the Pilates industry has grown from a well-kept secret to worldwide phenom. What was just a handful of studios, today is in the tens of thousands. Join Ken as he shares the changes that he has witnessed, and had a hand in shaping, the secret sauce that is Pilates, and his hopes for the future.



10:00a – 12:00p

The Secret Sauce to Building a Thriving Studio That People Never Want to Leave

Jennie Brooks

What separates a good fitness business from one that becomes an indispensable part of its members' lives? It isn't just great programming or beautiful facilities, it's the intentional culture and systems that shape every interaction. In this workshop, we will explore the Four Cs, the foundational pillars of building a sustainable, service-driven wellness destination. Whether you are opening your first studio, leading an established club, or developing the next generation of fitness professionals, this workshop will provide practical strategies for creating an exceptional member experience and a business built for long-term success.

Equipment: N/A

Appropriate for: All Instructors

Workshop Level: Beginner to Advanced

10:00a – 12:00p

Menopausal Renaissance

Joy Puleo

In the 1800s menopausal women were considered to be 'hysterical'. In the 1950s menopause was referred to as 'the change'. Today, understanding the natural progression of menopause allows us to embrace life between 45 and 65 years of age as an opportunity to explore our changing and adapting bodies. Join Joy for a workshop full of movement, play and learning. Through the exploration of the physiology behind menopause we can realize the possibilities of fitness and Pilates inspired movement training to empower our body's ability to stay strong, healthy and vital throughout life.

Equipment: Reformers

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate

10:00 – 12:00p

Neuro Aerobics: Adding Brain Training to Pilates

Erika Quest

We all know that exercise improves SO much within our physical body. From a better looking exterior, to pain mitigation, well "oiled" joints and more, Pilates-based movement is most certainly a fundamental need for a well lived life! Did you know that boosting neurogenesis through neuro aerobics and neuro plasticity is just as important? Join in this workshop and learn simple ways to take yourself, clients and classes through strategies and games to impact and improve brain health!

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Intermediate

10:00 – 12:00p

Butt, Legs and More Legs

Chrissy Romani-Ruby

Whether you are recovering from an injury, attempting to get into shape, preparing for sport, or fighting age; having strong flexible legs is a goal. Everyone thinks of Pilates as a core workout, "butt" the core needs legs! In this workshop we will explore the many ways to incorporate leg focused exercise into your reformer workouts. This workshop includes multiple combinations on the jump board that are sure to encourage the perfect butt and legs.

Equipment: Reformers with Connectors

Appropriate for: Reformer Instructors

Workshop Level: Intermediate

1:15p – 3:15p

Breast Cancer: Training to Heal

Joy Puleo

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 over looked 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.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained instructors

Workshop Level: Intermediate

1:15p – 3:15p

Fascia and Functionality of the Low Back and Hip

Matt McCulloch

Fascia can impact our movement in many ways. Explore how to address fascial limitations of the lumbar spine and hip through increasing joint mobility and strength in dynamic environments. The reformer will be used during this workshop. The Kane School core principles will be resourced as a framework to inform programming strategies.

Equipment: Reformers

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate to Advanced

1:15p – 3:15p

Movement Arcs in Action: Reverse Engineering Advanced Exercises for Group Programming

Bonnie Benesh

This workshop reverse engineers advanced Pilates exercises, breaking them down into their essential components and rebuilding them into smart, teachable sequences for group classes. Using movement arcs and updated curriculum concepts, we shift the focus from what exercises look like to the journey it takes to get there—building strength, coordination, and capacity along the way. Participants leave with clear progressions they can immediately apply and the confidence to teach advanced work with intention, not guesswork.

Equipment: Wall Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

1:15p – 3:15p

Slings in Motion: Journey from Horizontal to Vertical Planes

Viktor Uygan

Discover the power of slings in motion with an innovative workshop that guides you through a journey from horizontal to vertical planes. We start horizontally using the Konnector Reformer and end vertically with the Konnections Band. This workshop explores the natural pathways of muscle slings, connecting and coordinating the entire body in powerful, functional movement patterns. Experience how each tool uniquely activates the slings, enhancing balance, core stability, and body awareness.

Equipment: Reformers with Konnectors

Appropriate for: Reformer Instructors

Workshop Level: Beginner to Intermediate



3:30p – 5:30p

Radical Rotation

Erika Quest

Did you know that rotation is one of the most important aspects of training for strength, longevity, and performance? While we think of rotation mainly coming from the spine, many of our joints are built to rotate and mobilize, which helps support a healthy trunk. Rotation, mobility, and flexibility establish the roots and fundamental needs of skill building into strength and power protocols, and should be a regular part of a whole-body integrated Pilates-based format. Join this workshop, get awesome ideas and flows related to rotation, mobility, and flexibility to share in various formats, classes, and client sessions.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained instructors

Workshop Level: Beginner to Intermediate

3:30p – 5:30p

Pilates for Pregnancy and Beyond

Chrissy Romani-Ruby

This workshop prepares the Pilates instructor or personal trainer to adapt Pilates exercises for those who are pregnant or post-partum. Learn to choose exercises that will assist with common postural problems that occur with the changes during pregnancy and caring for a newborn. Learn strategies for maintaining exercise through the last trimester and re-entering the exercise program after delivery.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Intermediate

3:30p – 5:30p

Beyond the Rep: Expanding Layered Cueing and Thematic Teaching in Pilates

Khetanya Henderson

This workshop explores how Pilates teachers can expand their cueing beyond mechanics to create layered, purposeful instruction that educates, engages, and resonates. Participants will learn how to build cues that evolve throughout a class and anchor them to a clear theme, allowing teaching to move beyond “what to do” and into “why it matters. Using Classical Pilates exercises as the foundation, this session offers practical tools for refining language, enhancing presence, and supporting deeper client connection while maintaining clarity, safety, and integrity of the work.

Equipment: Mat & Props

Appropriate for: Experienced Instructors

Workshop Level: Intermediate

3:30p – 5:30p

Upper Body Strength, Control and Conditioning

Viktor Uygan

Join Viktor for an exclusive workshop focusing exclusively on advanced upper body techniques using the reformer with Konnector. Learn innovative exercises to target the shoulders, arms, and upper back, promoting muscular balance and stability. This workshop will equip you with tools to elevate your teaching and bring new vitality to your Pilates classes!

Equipment: Reformers with Konnectors

Appropriate for: Reformer Instructors

Workshop Level: Intermediate



Sunday, Nov. 8

7:00a – 8:00a

Registration

8:00a – 8:45a

Workouts (Drop-In)

9:00a – 9:45a

Keynote

10:00a – 12:00p

Morning Workshops

12:00p – 1:00p

Lunch (Catered)

1:15p – 3:15p

Early Afternoon Workshops

3:30p – 5:30p

Late Afternoon Workshops

Keynote General Session

9:00a – 9:45a EST

Community & Education – A Beautiful Partnership

Jennie Brooks and Joy Puleo

Join Jennie and Joy for an inspiring conversation on how community and education intertwine to elevate the Pilates profession. Drawing on their combined experience, they'll explore how meaningful connections between teachers, studios, and students create a stronger, more sustainable industry.



10:00a – 12:00p

The Ankle and Foot

Matt McCulloch

The foot and ankle are two of the most evolved and complex structures in the body. Yet we seem to not give them the attention they deserve. Join Kinected studio director Matt McCulloch as he covers assessment strategies of the foot and ankle utilizing the equipment as well as non-equipment based assessments.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

10:00a – 12:00p

Where Should I Be Feeling This?

Bonnie Benesh

A look into precise cueing and set up techniques to commonly taught Pilates reformer exercises. You will learn teaching techniques and cues to get your students to know EXACTLY where they should be focusing during an exercise.

Equipment: Reformers

Appropriate for: Experienced Reformer Instructors

Workshop Level: Beginner to Intermediate

10:00 – 12:00p

Right Side Up / Upside Down

Erika Quest

A look at the familiar supine exercises and how they support and provide the foundation for skill building in attaining the more complex and challenging inversions and inverted exercises. We will explore the basics of supine from ab curls to bridges and then bridging the gap to the inversion exercises like rollover, bicycles, and jackknife on the Mat and the Equipment.

Equipment: Wall Towers & Mats

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

10:00 – 12:00p

Combating the Postural Changes of Aging Bodies with Pilates

Chrissy Romani-Ruby

Posture affects everything that we do, and our posture relies on the ability of the neurological and muscular systems to function in synergy. As we age these systems go through normal changes that will affect this synergy and ultimately result in postural instability that for many will decrease function, cause injury and even death. In this workshop we will discuss the recommended goals and exercises in each decade that evidence-based research demonstrates will combat these changes. Explore how Pilates can be adapted to support aging clients with balance, bone health, flexibility, and strength. This session offers strategies for safe and effective long-term programming. Exercises will be presented using mat and equipment-based options. Leave with a decade-by-decade Pilates recipe for success.

Equipment: Reformers with Konnectors

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate



1:15p – 3:15p

Unlock The True Core: The Balance of Stability & Mobility

Erika Quest

Delve deeper into what “core” training really means during this workshop. As a HOT topic, the core is not going anywhere, so come learn the WHY behind the importance of core training, the balance of mobility and stability in the trunk and fun, functional and unique strategies and exercise sequences to add to your sessions! You’ll leave with applied knowledge of how you are impacting your clients and classes, as well as with plug and play fresh class choreography.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained instructors

Workshop Level: Intermediate

1:15p – 3:15p

Thoracic Mobility, a Key to Pain Free Movement

Chrissy Romani-Ruby

We begin to lose thoracic mobility as early as 16 years old. Once lost, something as simple as driving can be a risk for spine or shoulder injury. Pilates offers multiple tools and exercises to maintain and promote thoracic mobility. Explore these techniques and learn to create mobilization and joint movement through muscle energy using the Pilates equipment and concepts.

Equipment: Reformers with Connectors

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate to Advanced

1:15p – 3:15p

Pilates PUMP

Bonnie Benesh

In this workshop, we will be bringing weights to the reformer with creative and functional sequencing. Gain knowledge around strength-based protocols from a personal training perspective. Learn to build sequences that incorporate strength training progressions in a functional way that can be adaptable for all levels. Paired with Pilates work on the reformer, this workshop is designed to enhance overall strength, balance and control.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Beginner to Intermediate



1:15p – 3:15p

Voice as Technique: Sustainable, Clear, and Expressive Teaching

Khetanya Henderson

Pilates teachers rely on their voice for hours at a time, often teaching back-to-back classes with little attention to vocal health, sustainability, or expressive range. This workshop focuses on protecting the vocal cords while freeing and strengthening the voice through embodied, evidence-informed techniques drawn from Linklater voice work, the Alexander Technique, grounding practices, and functional speech training.

Participants will explore how breath, posture, and tension patterns directly impact vocal quality, endurance, and clarity. Through guided movement and vocal exercises, teachers will learn how to avoid strain, reduce fatigue, and move away from robotic or habitual delivery. Emphasis will be placed on operative words and intentional speech patterns that highlight each teacher's unique vocal quality, allowing their authentic voice to come forward with confidence and precision. This workshop invites teachers to reflect on how they truly express themselves verbally in both small studios and large class environments, and how conscious voice use can elevate presence, authority, and connection.

Equipment: Mat & Props

Appropriate for: Experienced Instructors

Workshop Level: Intermediate



3:30p – 5:30p

Piriformis Friend or Foe

Matt McCulloch

The piriformis muscle is often viewed as an adversary when it comes to movement, especially to the active mover. In this workshop, Kinected studio director and Kane school co-director, Matt McCulloch, will deep dive on strategies on how to manage the overall function of this muscle, avoid overuse and also explore how it can enhance performance. These strategies will include specialized exercises as well as releases on the pilates apparatus.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained instructors

Workshop Level: Intermediate to Advanced

3:30p – 5:30p

Diving Deeper into Pilates Essentials on the Reformer: Progress Your Client's Practice with Purpose

Jennie Brooks

In this workshop, we will explore the purpose behind common Reformer exercises and how Pilates Essentials serve as the foundation for creating meaningful, effective movement experiences for your clients. Move beyond teaching choreography and deepen your understanding of why we choose the exercises we do and how to build mindful connection to the movement. Leave with practical cues and creative ways to elevate your Reformer programming for all levels.

Equipment: Reformers

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate

3:30p – 5:30p

The Pelvic Floor

Joy Puleo

Ask your client to activate the pelvic floor and they will often raise their eyebrows both in confusion and hope that what they are feeling is what you are asking. While pelvic floor research is often confusing and contradictory, one thing is certain, movement and exercise is beneficial for maintaining pelvic floor health. In this course you will learn practical and effective exercises designed to address the pelvic floor and to maintain healthy pelvic floor tone. Using the wall tower we will explore the pelvic floor through movement and learn how to address many common pelvic floor issues and dysfunctions.

Equipment: Wall Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate

3:30p – 5:30p

Creating Connections on the Reformer

Viktor Uygan

Pilates is designed to train the whole body, create balanced muscle development, and 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 with Konnector. 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.

Equipment: Reformers with Konnectors

Appropriate for: Reformer Instructors

Workshop Level: Intermediate

