

Movement Tour™ Spain



Schedule

13-14 June

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- 8 Day 1 (Saturday, 13 June)
- 13 Day 2 (Sunday, 14 June)



We are excited to bring Balanced Body's Movement Tour to Spain. Join us for an event hosted in two beautiful studios that showcase Spain's rich diversity—

Movement Tour™ Spain

a Pre-Conference, hosted in vibrant metropolitan Madrid, and a beachfront Main Conference in picturesque A Coruña. This special, intimate event celebrates the strength and spirit of the Spanish Pilates community. Join us as we bring international Pilates presenters together in one place and explore anatomy, functional movement, and inspirational topical workshops designed to innovate practice. On Saturday, join us for a spectacular beachside party celebrating Balanced Body's 50th anniversary! Tickets are sure to sell quickly, so book your spot for this unforgettable blend of education, community, destination, and movement.



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 labelled 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.
- * All workshops presented in English will be translated to Spanish. Workshops presented in Spanish (Maria Earle & Antonio Leon Rodriguez) will only be presented in Spanish without English translation.

Pre-Conference

HYGGE Pilates Madrid

Calle Velázquez, 119, 1b, Salamanca, 28006 Madrid, Spain

Thursday, 11 June

8:00 – 9:00

Registration

9:00 – 18:00

All Day Workshop



9:00 – 18:00

CoreAlign – The Missing Link

Joy Puleo

When I first got on the CoreAlign I knew that it was the perfect complement for any movement training practice. If you have a CoreAlign, or are contemplating adding the CoreAlign to your clients' programs or class offerings, join Joy and explore safe and effective programming using the CoreAlign. We will explore unique standing exercises to strengthen the lower body, train gait mechanics, and upper body exercises which strengthen the shoulder joint while also enhancing mobility. Finally, we will play with the resistance and learn how to integrate the limb action through the core. Come to learn how the CoreAlign puts the fun in functional. It really is the missing link!

Equipment: CoreAligns

Appropriate for: All instructors

Workshop Level: Intermediate



Main Conference

HYGGE Pilates A Coruña

Av. de Pedro Barrié de la Maza, 33, Entreplanta A 15004 A Coruña, Spain

Saturday, 13 June

8:00 – 9:00

Registration

9:00 – 9:45

Keynote

10:00 – 12:00

Morning Workshops

12:00 – 14:00

Lunch Break

13:00 – 13:45

Workouts (Drop-In)

14:00 – 16:00

Early Afternoon Workshops

16:15 – 18:15

Late Afternoon Workshops

Evening

Balanced Body 50th Anniversary Party

Andén de Riazor S/N 15011, A Coruña - Spain

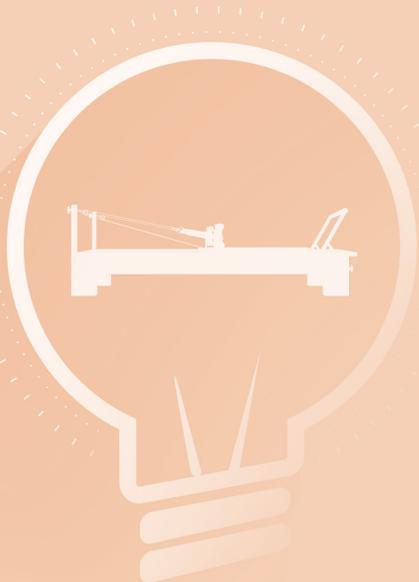
Keynote General Session

9:00 – 9:45 CEST

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.



10:00 – 12:00

Hormone Changes Through the Life Span Require Customization of Pilates Movement to Optimize Health Span

Elizabeth Larkam

Over the age of 30 you lose between 3% and 8% of your muscle mass every decade. Less muscle means metabolic slowdown, increase risk of falls and fractures and eventually loss of independence. Preserving your strength is one of the best ways to be healthier now and protect the quality of your life as you age. Research over the past ten years on Fascia and Hormonal Health suggests how sex hormones affect fascia. The sex hormones affect the elasticity and rigidity of fascia by changing the different types of collagen in the dense fascia. In this workshop, learn how fascia influences mobility, strength, coordination, motor learning and focus. Learn to personalize movement programs to facilitate safety, reduce the risk of injury, and respect intervals for recovery. Learn guidelines for Pilates mat, prop and apparatus programs for clients in all phases of life including adolescence, young adulthood, pre-natal, post-natal, peri menopause, andropause, post menopause and older adults.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

10:00 – 12:00

Using Pre-Pilates as a Safe Introduction to Pilates Mat and Apparatus

Alan Herdman

Poor posture, muscle imbalance, kyphosis, lordosis, are a few of the issues that, if not addressed before attempting the traditional Pilates mat and apparatus regime, could cause problems for new clients who are starting their Pilates journey. Pre-Pilates, with simple but targeted exercises, will help the client/student understand how their body works and which areas of that body need more attention and help. The exercises are designed so that they can be used as homework and warmup.

Equipment: Springboards, Trapeze Table, Reformer and Chairs

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate

10:00 – 12:00

Everything Plank: A Movement Practice Study Group

Cara Reeser

Join Cara in a guided movement practice devoted to improving “Everything Plank” in your practice. Front, back and side plank variations will be explored as well as head and handstands. Cara will teach a variety of preparatory exercises that will help you understand and acquire the skills needed for these tasks in Pilates. These skills include building control in our thoracic lumbar junction, strengthening our serratus anterior, managing full hip extension and learning when to push and pull with our hands and feet.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Intermediate

14:00 – 16:00

Pilates Movement Analysis

Karen Clippinger

This workshop applies a movement analysis schema to classical Pilates exercises on the Reformer and Tower. This schema delineates the primary muscle groups utilized to execute a given movement, as well as key muscles used to stabilize the body and promote optimal technique. The roles of gravity, positioning, and spring settings are addressed. This movement assessment will then be used as a basis to address the risk, effectiveness, modification, cueing and progression of selected Pilates repertoire.

Equipment: Reformer with Towers

Appropriate for: Comprehensively Trained instructors

Workshop Level: Intermediate to Advanced

14:00 – 16:00

Deep Principles on the Mat

Alan Herdman

Using case studies from the class as a starting point, Alan will assess the client and discuss mat-based exercises that would be appropriate for correcting the postural or movement patterns for the client. Learn how to see common patterns and plan a program quickly and efficiently through observing a Pilates master at work.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate

14:00 – 16:00

Smart Moves for Successful Movers

Maria Earle

In this workshop you will learn teaching strategies to unlock the movement potential of your clients at any level. Discover ways to build confidence and autonomy in your clients by building movement skills progressively from a strong foundation. You will gain insights and a new perspective of the Pilates method as we break exercises down into “movement bites” and uncover the interrelationship between exercises on different apparatus in the method. You will also learn how to teach the body in front of you with cuing techniques based on preferred learning styles. Come away from this workshop with relevant teaching tools that you can use immediately to create transformative workouts for your clients.

Equipment: Springboards, Trapeze Table, Reformer and Chairs

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate



16:15 – 18:15

Group Reformer Fitness Classes: Teach with Intelligence, Intention, and Integrity

Elizabeth Larkam

Having pioneered group Reformer classes in 1999, for the original Balanced Body Allegro Reformer, Elizabeth finds herself circling back to the group space, teaching 15 group Reformer fitness classes each week, this time bringing with her recent fascia research, neuroscience and humor to the Pilates environment. Elizabeth sees the current enthusiasm for group Reformer fitness classes as a valuable opportunity to bring the benefits of Pilates to a wide range of individuals. In this workshop you will learn to order exercises that satisfy Pilates principles and criteria for fascia-informed movement. She will discuss spring settings and spring tension in relationship to tendon, ligament, cartilage, muscle and bone. Together you will explore the role of spatial orientation and rhythm as tools to engage your students with movement, music, curiosity, community, and optimism. She will also discuss verbal and touch cues to create reassurance trust, proprioceptive acuity, and alignment.

Equipment: Reformer with Towers

Appropriate for: Comprehensively Trained instructors

Workshop Level: Intermediate to Advanced

16:15 – 18:15

Return to Breath

Maria Earle

In this workshop, participants will learn strategies and protocols to engage and strengthen the respiratory system through fluid muscular sequencing and 3-dimensional movements of the trunk. As we jump between mat and apparatus, an emphasis will be made on alignment, biomechanics and making connections between other exercises in the repertory. The breath will guide, support, and inform familiar (and not so familiar) exercises and invite us to experience a new approach to how we perform the Pilates exercises. In this workshop, you will learn several breathing techniques and use props to help you access a deeper connection between breath and movement.

Equipment: Springboards, Trapeze Table, Reformer and Chairs

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

16:15 – 18:15

The Perfect Preparation: Skill building for Pilates Performance

Cara Reeser

Join Cara Reeser for a workshop on the mat where students will explore a variety of movement concepts, images and protocols that serve to inform the performance and teaching of the Pilates exercises. Cara will teach a variety of exercises that come from the work of her teacher and mentor Kathy Grant along with movement practices that she has crafted over many years to help students develop physical coordination, skill acquisition and body awareness. Sharing her understanding of biomechanics, Cara will break down the components of the traditional Pilates exercises with attention to the subtleties of timing, spatial awareness, direction, and force. These skills are the building blocks that enable us to better guide our own bodies and the bodies of others in formal practices like Pilates, yoga, and dance.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Intermediate



Sunday, 14 June

8:00 – 9:00

Registration

9:00 – 9:45

Keynote

10:00 – 12:00

Morning Workshops

12:00 – 14:00

Lunch Break

13:00 – 13:45

Workouts (Drop-In)

14:00 – 16:00

Early Afternoon Workshops

16:15 – 18:15

Late Afternoon Workshops



Keynote General Session

9:00 – 9:45 CEST

The Power of Community

Antonio León Rodríguez and Joy Puleo

One of the things that Pilates spaces and studios do best is build community! Join us as we start our day together to discuss the ways in which we can create spaces that are welcoming, open, and foster a deep sense of community and belonging.



10:00 – 12:00

Low Back Pain and Pilates: Flexion Based Programs

Karen Clippinger

Low back pain is prevalent, and the same Pilates exercise can aid or aggravate different clients. This workshop will focus on understanding the common low back conditions of lumbar sacral strain, spinal stenosis, and spondylolisthesis, as well as why spinal flexion can aid while spinal extension aggravate them. Participants will learn novel Pilates-based exercises and modifications for classical Pilates exercises designed to build necessary three-dimensional core strength that emphasize flexion and neutral positions, while avoiding excessive spinal hyperextension.

Equipment: Reformers with Towers, Trapeze Table

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

10:00 – 12:00

The Shoulder in 360°

Joy Puleo

This dynamic workshop explores muscular balance, coordination, strength and flexibility of the shoulder. We will literally journey 360° around the Springboard as we examine exercises from all positions to facilitate optimal functioning of the shoulder complex. We will look at the relationships of the anatomy of the shoulder to function, and integrate the function of the shoulder with thoracic mobility and ultimately to whole body movement. Come and learn shoulder focused exercises that are safe, practical and immediately applicable to practice in both private, semi-private and group settings.

Equipment: Springboards, Anatomy in Three Dimensions Skeletons

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

10:00 – 12:00

The Evolution of the Wunda Chair: From a Simple Seat to Joseph Pilates' "Mini Reformer"

Antonio León Rodríguez

In this workshop, we will explore the fundamental role of the Chair within the original Pilates system and understand why this seemingly simple apparatus is a key tool for developing strength, stability, and control. We will examine its historical evolution, the logic behind its design, and how each exercise on the Chair becomes both accessible and deeply challenging. You will also discover its remarkable versatility; the Chair allows you to work with students of all levels, offering everything from foundational options to advanced progressions that challenge even the most experienced practitioners. This workshop is essential for teachers who want to deepen their knowledge of the repertoire, enrich their classes, and make the most of this unique piece of Pilates equipment.

Equipment: Pilates Chairs

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate

14:00 – 16:00

Low Back Pain and Pilates: Extension Based Programs

Karen Clippinger

This workshop will focus on understanding the common low back conditions of disc injury, flat back, and osteoporosis, as well as why spinal flexion can exacerbate these conditions. Participants will learn novel Pilates-based exercises and modifications for classical Pilates exercises designed to build necessary core strength to promote a healthy back that emphasize the use of extension and neutral positions, while avoiding excessive flexion.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

14:00 – 16:00

Postural Assessment and Correct Muscle Recruitment for Pilates Exercises

Alan Herdman

This workshop will help the teacher to look at individual postures and body types and find ways of preparing the client for a safe and correct performance of the exercises.

Equipment: Mats & Props

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate

14:00 – 16:00

The Core in 360°

Joy Puleo

Let's build the core! Joy will guide you on a fun and informative walk through the core using the Anatomy in Three Dimensions skeleton. With clay, you will build the expanded core structures, including the psoas, the diaphragm, the TrA, and the thoracolumbar fascia. You will also explore and play with movement on the Springboards which will highlight the interconnectivity of the structures you just built.

Equipment: Springboards, Anatomy in Three Dimensions Skeletons

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate



16:15 – 18:15

The Advanced Reformer

Cara Reeser

In this course, we will take a “building blocks” approach in learning to meet the demands of the advanced Reformer repertoire. These exercises require a high level of motor control, coordination, balance, strength, and flexibility. We are asked to finely tune our efforts in a changing relationship to gravity and our base of support. Instructors will learn valuable tools for performing and teaching the advanced work on the Reformer, and will have an opportunity to try it all in a safe and non-judgmental environment.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Advanced

16:15 – 18:15

The Hip in 360°

Joy Puleo

This dynamic workshop explores muscular balance, coordination, strength and flexibility of the pelvis and hip joint. We will literally journey 360° around the Springboard as we examine exercises from all positions to facilitate optimal functioning of the pelvis and hip. We will look at the relationships of the anatomy of the pelvis and hip to the function of the spine and rib cage above and the knee, ankle and foot below, and integrate the pelvis and hip into whole body movement. Come and learn hip-focused exercises that are safe, practical and immediately applicable to practice in both private, semi-private and group settings.

Equipment: Springboards, Anatomy in Three Dimensions Skeletons

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate

16:15 – 18:15

Interoception and Proprioception in Mat Teaching

Elizabeth Larkam

Neuroscience research on interoception illuminates teaching techniques that facilitate mindful movement in Pilates practice. The most interesting sensory function of fascia is its role in interoception, the ability to receive, appraise and respond to momentary bodily sensation. Disorders of disembodiment may occur when interoception is compromised. Both interoception and proprioception are involved during mindful Pilates movement. In order to facilitate mindful movement an effective Pilates teacher/movement educator must develop the ability to support a client’s interoception as well as their proprioception. Learn the mechanisms of interoception. Learn cueing practices that facilitate the integration of interoception and proprioception in support of safe, functional mindful movement practices. These include verbal cues, touch cues, cueing tempo and rhythm, and exercise sequencing. Practice these cueing techniques in movement sequences on the reformer, reformer tower, chairs and barrels.

Equipment: Mats & Props

Appropriate for: Experienced Instructors

Workshop Level: Intermediate to Advanced