



# Pilates On Tour<sup>®</sup>

 TAIWAN

**Schedule**  
July 17-19

- 3 Intro
- 4 Day 1 (Friday, July 17)
- 7 Day 2 (Saturday, July 18)
- 10 Day 3 (Sunday, July 19)



# Pilates On Tour<sup>®</sup>

 TAIWAN

## Pilates for Performance & Wellness

Join us for Balanced Body's first Pilates on Tour event in Taiwan as we bring together industry leaders from diverse backgrounds for a focused exploration of performance and rehabilitation. This event provides cutting-edge, hands-on workshops and practical strategies for training a range of clients, from the high performing athlete to the post-rehab individual. Celebrate the depth and innovation of the Pilates community across Asia while building connections and skills you can use immediately. Set in the state-of-the-art, Jungle Center, this event highlights Taiwan's vibrant Pilates scene and regional collaboration.

In honor of Balanced Body's 50th anniversary, join us for a special celebration on Saturday evening - a festive highlight that brings together educators, practitioners, and friends to toast five decades of movement excellence.



10:00am – 12:30pm

## Upright and Energized

M Valentin

Tired of chronic back pain, low energy, and stiffness holding you back? Poor posture can affect nearly every system in your body, from your muscles and joints to your breathing and digestion. This full body mat workshop is your opportunity to reclaim your body's natural alignment, boost your well-being, and move through life and space with newfound extraordinary precision and exceptional confidence.

**Equipment:** Pilates Mats & Props

**Appropriate for:** All Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30pm

## No Sitting Allowed

Shelly Power

The Chair is the ideal piece of Pilates equipment to practice functional movements for day-to-day living, for improving postural awareness, and to work hard while having fun. Join Shelly for an exciting look at traditional and creative Chair exercises. Learn how to improve your practice and teaching on the Chair and be able to apply the information into your practice immediately.

**Equipment:** Pilates Chairs

**Appropriate for:** All Instructors

**Workshop Level:** Beginner

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30pm

## The Wheels of Motion, The Essentials of Spinal Motion

Joy Puleo

It is almost a hundred years since Joseph Pilates asserted that we are 'only as young as our spine is flexible'. As the idea of modern-day Pilates explodes in the consciousness of the world, let us take a moment to root ourselves deeply in his original essence. Join Joy and explore the new Balanced Body Pilates Essentials. The Wheels of Motion are a snapshot of our exciting new Essentials course and are learning tools designed to explore and experience the movement ability of the spine in the Pilates environment.

**Equipment:** Pilates Springboards & Trapeze Table

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30pm

## Dynamic Athletic Fitness: Reverse Engineering your 'Ta-Da' Moment

Portia Page

This workshop teaches you how to take a big, sexy, show-off moves like 'Snake' or 'Tendon Stretch' - and reverse engineer them using the Movement Principles' pre-Pilates, skill building, and foundational cueing. You'll learn how to layer fundamentals with athletic challenges so that every class builds toward a clear, achievable "TA-DA" moment.

**Equipment:** Reformers with Towers

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate to Advanced

**Language:** This workshop will be presented in English and translated to Mandarin



2:30pm – 5:00pm

## Pilates Mat with Ball Fusion

Tracey Mallett

Work through Pilates & floor barre sequences with the small ball for challenge as well as assistance. This workshop is done to the beat of the music, for a fun, energizing session. You will learn how to add the ball to classic Pilates moves plus variations to add a twist to your mat Pilates classes.

**Equipment:** Pilates Mats & Props

**Appropriate for:** All Instructors

**Workshop Level:** Intermediate to Advanced

**Language:** This workshop will be presented in English and translated to Mandarin

2:30pm – 5:00pm

## All Hands-on Deck: The Fundamentals of Assisted Stretches in Pilates

Nico Gonzalez

When should you assist someone during a stretch? How much pressure is too much? This workshop will show you the essentials on “how to” perform assisted stretches on your client during Pilates sessions. Learn the five fundamental stretching principles and how they apply within Pilates. Walk away with “feel good” techniques that will keep your clients asking for more!

**Equipment:** Pilates Chairs

**Appropriate for:** All Instructors

**Workshop Level:** Beginner to Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

2:30pm – 5:00pm

## Spiraling the Hip, Activating the Floor – Decoding the Functional Synergy of Hip Rotators and the Pelvic Core

Daniel Chang

In functional movement the pelvic floor does not operate in isolation. This course delves into the sophisticated myofascial continuity between the hip and the pelvic basin, focusing on a critical anatomical landmark: the Arcus Tendineus Levator Ani (ATLA).

The ATLA, a specialized thickening of the obturator fascia, serves as the vital bridge connecting the Obturator Internus to the Levator Ani. By mastering “Spiraling” hip mechanics, practitioners can leverage the ATLA to transmit force from the lower limb into the pelvic floor, effectively “waking up” the deep core through functional tension.

**Equipment:** Pilates Springboards & Trapeze Table

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in Mandarin and translated to English.

2:30pm – 5:00pm

## Discover the Essence of Pilates

Shelly Power

The essence of Pilates is what retains clients, fills classes and creates the sense of community within a studio and facility. Join Shelly as she teaches you how to utilize the whole of the Pilates system to discover, move and examine its essence. Learn progressions, from elementary mat to advanced apparatus exercises. Through discussion and practical work, you will have the tools to train all clients of all skill-levels, and learn how to create change, enhance the mind body relationship, and apply exercises that relate to functional, real-life movements.

**Equipment:** Reformers with Towers

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin





10:00am – 12:30am

## The Shape of Strength: Geometry in Pilates

M Valentin

In this workshop, participants will learn how geometric principles such as lines, angles, and shapes, apply to Pilates exercises. Use geometric imagery through a geometric mental “lens” to improve precision and alignment. Achieve a deeper mind-body connection by focusing on the “energy lines” radiating through the body as you draw the movement: tall, round, arched, side bent or twist!

**Equipment:** Pilates Mats & Props

**Appropriate for:** Experienced Pilates Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30am

## POWERful Lower Body Pilates

Erika Quest

It's time to hustle for that muscle. Let's get up to get down together as we journey into strength and performance of the lower body, its simplicity, along with its profound importance. It's time to find the meaning in the muscle and bring the balance into the legs and backside. Often in “Pilatesland” we think that leg and footwork is the holy grail of the lower body work. But, training the lower body is SO much more and involves squatting, hinging, lunging, ankle mobility, and training the hip in various ways. In this workshop, we'll explore creative and functional ways to bring lower body POWER into your sessions.

**Equipment:** Pilates Chairs

**Appropriate for:** All Instructors

**Workshop Level:** Beginner to Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30am

## The Dynamic Shoulder in 360°

Joy Puleo

Creating strength and balance of the upper body in our Pilates environment involves understanding the structure and anatomy of the shoulder complex, the relationship of the shoulder girdle with the trunk, and the shoulder joint itself. Join Joy and take a 360° journey around the shoulder. In this fun, quick paced workshop you will apply exercises to the anatomy and discover through exercise application how muscle, bone, and connective tissue work together to give the dynamic shoulder its strength and functionality.

**Equipment:** Pilates Springboards & Trapeze Table

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate to Advanced

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30am

## Pilates Contemporary Flows

Tracey Mallett

Learn to sequence classic and contemporary flows together whilst covering ways to move on limited amount of spring changes for a seamless class. Designed for group Pilates mat classes that addresses keeping the class moving without compromising quality and control of the movements. A Pilates Ball will be used for some of the flows for added variety and intensity.

**Equipment:** Reformers with Towers

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Advanced

**Language:** This workshop will be presented in English and translated to Mandarin



2:30pm – 5:00pm

## Beyond the Mat Repertoire

Shelly Power

Shelly brings a fresh approach and offers a new perspective on the traditional and more contemporary mat exercises. In this workshop, we will work on movement to create the ultimate healthy body for ourselves and our clients plus explore how to integrate and progress exercises for all abilities. Each of the different movements will be used to prepare the body for more advanced movement on the Mat and apparatus. You will be able to use these tools and ideas immediately.

**Equipment:** Pilates Mats & Props

**Appropriate for:** All Instructors

**Workshop Level:** Beginner to Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

2:30pm – 5:00pm

## The Core in 360°

Joy Puleo

Our core is much more than just our abdominal muscles. It is where forces are transferred through the body and out to the limbs. It is also how we organize, coordinate, and facilitate movements of the spine. In this workshop we will explore the expanded core structures, including the psoas, the diaphragm, the TrA, and the thoracolumbar fascia. We will play with movement on the Pilates chairs which highlight the interconnectivity and dynamically strengthen our core. You will walk away with a new perspective and exercises that are immediately applicable to all clients at all levels.

**Equipment:** Pilates Chairs

**Appropriate for:** Experienced Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

2:30pm – 5:00pm

## The Complete Circle: A Full-Body Circumduction Workshop

M Valentin

Let's add to flexion and extension! Explore the natural, ergonomic potential of your body through circumduction through a variety of joints—the movement of limbs and body parts in a circle. This workshop takes a joint-by-joint approach to building circular strength and mobility. Learn to seamlessly link these movements into a coordinated Pilates flow that improves joint health, enhances natural movement patterns, and builds functional fitness you can carry into your daily life.

**Equipment:** Pilates Springboards & Trapeze Table

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

2:30pm – 5:00pm

## Unlocking Mobility for Stronger Movement: Innovative Pilates Equipment Techniques

Nico Gonzalez

This workshop is designed to deepen your expertise as a Pilates trainer by moving beyond traditional approaches of “stretch this, then work that.” Learn practical mobility techniques that seamlessly integrate into existing training sessions on the reformer and tower. Additionally, you will discover a variety of homework exercises to assign to your clients that can be performed off the Pilates equipment. You will leave with a repertoire of dynamic movement sequences specifically designed for mobility then immediately into strength. Expand your toolkit and empower your clients to achieve greater mobility and strength!

**Equipment:** Reformers with Towers

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate to Advanced

**Language:** This workshop will be presented in English and translated to Mandarin





10:00am – 12:30pm

## Athletic Weighted Mat Class

Tracey Mallett

Pilates Mat work performed with weights, incorporating total body sequences with an athletic approach to all levels of mat work. Starting with basic moves then moving swiftly into intermediate and advanced repertoire. Exercises are from the original repertoire with a contemporary flare plus movements taken from reformer work brought onto the mat.

**Equipment:** Pilates Mats & Props

**Appropriate for:** Experienced Pilates Instructors

**Workshop Level:** Advanced

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30pm

## Chair + Mat: Power Limbs

Portia Page

A targeted strength workshop that pairs the versatility of the Pilates Chair with the grounding of Mat work. The focus is clean, deliberate limb strengthening—upper and lower—with smart progressions and plenty of unilateral loading. Participants will walk away with fresh combinations, improved teaching strategies, and a toolkit for building strong, resilient arms and legs in any class setting.

**Equipment:** Pilates Chairs

**Appropriate for:** All Instructors

**Workshop Level:** Beginner to Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30pm

## Training for Longevity

Erika Quest

Training for longevity means we are working with a heterogeneous population of clients and movers these days, and our goal is to keep them thriving in life for as long as possible. We'll discuss specific research-backed strategies associated with longevity training, what it entails, discuss neurogenesis, and its importance and much more.

We'll then provide creative and FUNCTIONAL ways to help your clients and classes move better to live better for a long time to come!

**Equipment:** Pilates Springboards & Trapeze Table

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

10:00am – 12:30pm

## Beyond the Reformer Repertoire

Shelly Power

Create the ultimate healthy body for yourself and your clients with Pilates. Each exercise explored in this workshop creates an opportunity to challenge yourself and your client to achieve more of the advanced work on all of the apparatus in the Pilates environment. Shelly's unique perspective on the traditional and contemporary Pilates exercises feels fresh and new and the tools and ideas presented are practical, accessible, and applicable.

**Equipment:** Reformers with Towers

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Beginner to Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin



2:30pm – 5:00pm

## Mat w/ Props: Rock & Roll Revival

Portia Page

This workshop dives deep into the art of rolling with the help of supportive and playful props. Using balls, rollers, circles, and towels, participants refine spinal articulation, timing, and controlled momentum.

Expect creative variations, smarter regressions and progressions, and a newfound ease in classic rolling exercises that often get rushed or avoided.

**Equipment:** Pilates Mats & Props

**Appropriate for:** All Instructors

**Workshop Level:** Beginner to Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

2:30pm – 5:00pm

## Chair, Evolved – Intelligent Full-Body Flow on the BOSU

Nico Gonzalez

Our core is much more than just our abdominal Step beyond traditional Chair work and discover how the BOSU can transform familiar exercises into dynamic, full-body experiences. In this workshop, you'll explore thoughtfully crafted Chair sequences that integrate the BOSU to enhance neuromotor coordination, balance, and proprioceptive awareness—without sacrificing intention.

By challenging the body in new and supportive ways, the BOSU encourages deeper whole-body engagement, helping clients connect strength, stability, and control from the inside out. You'll learn how strategic BOSU placement builds confidence, improves movement efficiency, and empowers clients to move with greater ease both on and off the Chair.

**Equipment:** Pilates Chairs, BOSU's

**Appropriate for:** Experienced Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

2:30pm – 5:00pm

## 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 Springboards & Trapeze Table

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Intermediate

**Language:** This workshop will be presented in English and translated to Mandarin

2:30pm – 5:00pm

## Don't Get Bent Out of Shape!

M Valentin

Join Valentin for a practical, engaging and fun workshop tailored specifically for seniors interested in enhancing their posture and stability. As we age, maintaining strong balance and good alignment becomes crucial for independence and quality of life. This workshop is designed to help participants understand the intricate connection between proper posture, the inner ear vestibular system, and the body's ability to maintain equilibrium and react quickly to prevent falls. Learn how these systems integrate in the brain to control your center of mass and improve your stability in daily life.

**Equipment:** Reformers with Towers

**Appropriate for:** Comprehensively Trained Instructors

**Workshop Level:** Advanced

**Language:** This workshop will be presented in English and translated to Mandarin

