



Pilates On Tour[®]

△ LONDON

Schedule

10-12 April

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4	How It Works
5	Pre-conference
8	Day 1 (Friday, 10 April)
13	Day 2 (Saturday, 11 April)
18	Day 3 (Sunday, 12 April)



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We are thrilled to announce that Pilates on Tour is back in London after a three-year break—bigger, broader, and more dynamic than ever.

This year's event reflects the evolution of Pilates itself, with expanded programming that includes training focused one-on-one session with post-rehabilitation clients to group oriented integration within fitness. As always, we are proud to bring together world-class presenters from across the Pilates industry united by a shared mission to make Pilates accessible, inclusive, and impactful for all. In addition, to commemorate a special milestone, we invite you to join us in celebrating 50 years of Balanced Body—five decades of innovation, education, and dedication to the Pilates community worldwide.



How it Works

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

The AM and PM sessions are each 2.5 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.
- **Friday – Networking Cocktail Reception**
Available for all attendees, Pilates professionals and guests.
- **Friday – Pilates Returns to Life Documentary**
Available for all attendees, Pilates professionals and guests.
- **Saturday – Balanced Body® 50th Anniversary**
Available for all attendees.

Pre-Conferences

Wednesday/Thursday 8-9 April

8:00am – 9:00am

Registration & Breakfast

1:00pm – 2:00pm

Lunch

9:00am – 6:00pm

All Day Workshop

9:00am – 6:00pm

Anatomy in Three Dimensions

Joy Puleo

Learn the structure and function of bones, joints, muscles, tendons, and ligaments, and the origin, insertion, and action of the major muscles of movement, by building them yourself on our skeleton. This course covers the torso, hip, thigh, shoulders, upper arms, and spine. Includes full color manual with video support.

Equipment: Anatomy in Three Dimensions Skeletons, Clay and Tools

Appropriate for: All instructors; No prerequisites

Workshop Level: Intermediate



9:00am – 6:00pm

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Appropriate for: All instructors; No prerequisites

Workshop Level: Intermediate

9:00am – 6:00pm

YUR BACK in the Pilates Studio

Chrissy Romani-Ruby

Back pain will affect 80% of adults at some point in their lifetime and at times it does not completely go away. These clients need a workout that keeps them healthy and strong but does not risk further injury or discomfort. In this workshop learn the YUR BACK fitness without fear technique. You will leave this course and have some great ideas for helping those with low back pain of any kind. We will also discuss and offer exercise options for clients with osteoporosis of the spine.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Intermediate



Friday, 10 April

7:00am – 9:00am

Registration

7:30am – 8:15am

Workouts (Drop-in)

8:00am – 9:00am

Breakfast

9:00am – 9:45am

Keynote

10:00am – 12:30pm

Morning Workshops

12:30pm – 1:30pm

Lunch

1:30pm – 2:15pm

Lunchtime Workouts (Drop-In)

2:30pm – 5:00pm

Afternoon Workouts

5:00pm – 7:00pm

Welcome Networking Cocktail Reception

5:30pm – 6:30pm

Pilates Returns to Life Documentary,
Presented by Pilates Anytime

10:00am – 12:30pm

What the Neck! How to Integrate the Neck in the Pilates Repertoire

Roberto Cerini

Even though Mr. Pilates used to say that every exercise is for the whole body, we often avoid the neck out of concern or fear. However, the original repertoire, and the more evolved variations, include movements that strengthen the cervical spine and address the integration of the head. While most of our clients complain of pain, aches and soreness in the neck and upper shoulders, computers and electronic devices lead us to a lot of misuse and troubles. Let's review anatomy and biomechanics and put together series, drills and cues to integrate and connect our neck to the rest of the body.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

10:00am – 12:30pm

Scoliosis – A Treatment Plan

Mary Thornton

This workshop examines the pathology and etiology of Scoliosis and how to use modified Pilates exercises to help your scoliotic client manage and move with ease and comfort. We will explore movement strategies and examine the effects Scoliosis has on breathing and diaphragm function. The outcome of the workshop is to provide you with exercise tools and simple steps toward approaching movement and developing a training program for clients with Scoliosis.

Equipment: Pilates Equipment Suite

Appropriate for: Experienced, Comprehensively Trained Instructors

Workshop Level: Advanced

10:00am – 12:30pm

Maximizing Mobility: From the Ground Up

Christine Crooks

Getting up from and lowering down to the ground is a key part of health and longevity. Mobility of the lower limb, controlled spinal movements, and upper limb integration are all involved getting all the way down and rising back up. In this workshop we will explore how to utilize Pilates chairs and small props to develop the skills needed to help people feel and discover their own best pathways for getting down and back up! Strategies learned here are excellent for clients with mobility issues, active agers, and clients with balance and coordination challenges.

Equipment: Pilates Chairs

Appropriate for: All Instructors

Workshop Level: Beginner

10:00am – 12:30pm

The Art of Teaching Large Groups

Brett Starkowitz & Adam Ridler

As Pilates continues to diversify and the popularity of large group classes grows, a different style of teaching is required. Instructors must learn how to structure classes efficiently, ensure that the client's movement is economical and safe, allow for quick transitions while also creating fitness challenges, deepen the Pilates experience and maintain group engagement. Effective teaching in this context relies on the strategic use of visual, verbal, tactile, and gestural cues. Also, understanding how to layer instruction is essential. Brett and Adam have extensive experience training instructors to lead large group reformer Pilates classes of ten or more participants and specialize in teaching the essential, often intangible, skills needed to succeed in these dynamic environments.

Equipment: Reformers

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate



10:00am – 12:30pm

Reading a Body

James Shaw

Say Less and Get More!

Join this immersive cueing workshop that delves into the transformative power of concise cueing in Pilates coaching. In this specialised session, we will explore how to “read a body” and choose bespoke cues to correct form and deepen connections to challenge our clients. Discover the profound impact of effective internal and external cues, allowing instructors to streamline communication and maximise client performance.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate



2:30pm – 5:00pm

The Powerhouse: Keeping the Essence of Pilates in a Fitness Environment

Pete Pallai & Christine Crooks

Pilates is athletic by nature! Social media, and even at conferences like these, will often look outside Pilates for creativity and answers, and fitness, as it continues to embrace Pilates, is seeking these avenues for programming ideas. But what if the answer was in front of us all along? Join Christine Crooks & Pete Pallai in exploring 'the Powerhouse'. By re-examining the 'powerhouse' Christine and Pete will show you how to elevate your fitness while maintaining the essence of Pilates.

Equipment: Reformer with Towers

Appropriate for: Comprehensively Trained instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

Breathing and the Core

Eric Franklin

Learn how breathing works & what it means to breathe well. With easy-to-do imagery, touch, voice and movement exercises we will explore the mechanics and physiology of breathing and discover the dynamic three-dimensional patterns of breathing that involve muscles, bones and organs. Through embodiment, you will learn how the diaphragm, ribs, lungs and abdominal muscles collectively strengthen and free the body and the mind. Not only will you feel more present, calm, and energized from within but you will also understand how impactful a good breath can be to spine, rib cage, pelvic floor health and overall wellness.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

The First Session

Alan Herdman

Pilates master instructor Alan Herdman will show you how to assess a new client and construct an exercise plan to address the client's particular needs. Using students from the class as case examples, Alan will walk you through the first session from intake to initial assessment to treatment plan. Take advantage of this opportunity to see a master Pilates teacher in a real-life situation.

Equipment: Pilates Equipment Suite

Appropriate for: Comprehensively Trained instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

Rebounding from Pelvic Floor Injury

Claire Sparrow

90% of women who have given birth have experienced some form of a birth injury which can result in pelvic organ prolapse, bladder or bowel incontinence, sciatic pain, low back and hip pain, pain during intimacy and more. As Pilates teachers we are in the gifted position of having exceptional tools to support women who have these symptoms. In this workshop, Claire will define the primary injuries and ways to adapt your teaching approach to support, inform and aid women. You will explore cues and images which help create lasting life-changing balance through the pelvis, and the body as a whole. The Reformer is the ideal location to begin. The support from the springs coupled with infinite movement options, provides the perfect environment to improve the key whole Body Pelvic Health Concepts of breath, tension release, range of movement and coordination of core control.

Equipment: Reformers

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate to Advanced

2:30pm – 5:00pm

Flowing Through the Classics

Gaby Noble

Explore the foundational exercises whilst connecting movements seamlessly. In this workshop you will challenge your strength and stamina whilst refining techniques and transitions for maximum effectiveness and optimal results. Explore how the Contrology Reformer will challenge and inform you as you flow through the traditional order.

Equipment: Contrology Classical Reformers

Appropriate for: Reformer Instructors

Workshop Level: Intermediate

Saturday, 11 April

7:00am – 9:00am

Registration

7:30am – 8:15am

Workouts (Drop-in)

8:00am – 9:00am

Breakfast

9:00am – 9:45am

Keynote

10:00am – 12:30pm

Morning Workshops

12:30pm – 1:30pm

Lunch

1:30pm – 2:15pm

Lunchtime Workouts (Drop-In)

2:30pm – 5:00pm

Afternoon Workouts

Time and Location TBD – Balanced Body UK 50th Anniversary Party

10:00am – 12:30pm

Progressing 3-Dimensionally

Keeley Craigie

In this workshop you will focus on improving movement patterns in all planes of motion while also safety and effectively advancing clients toward more challenging exercises. The advanced movements from the Tower – Parakeet, Advanced Swan, and Advanced Mermaid – are compound exercises that open the entirety of the advanced Tower repertoire. Join Keely and enhance your own practice by embodying these advanced exercises, while also learning how to develop the three-dimensional strength your clients need to progress their programs.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Advanced

10:00am – 12:30pm

Scapula Mon Amour

Roberto Cerini

The shoulder blades, arms and entire upper body are not easy paths for the teacher. Every client is unique, and too much mobility or too much stability is never the ultimate answer. To find balance requires a good map. Through our repertoire, and through different pre-Pilates traditions and other techniques, you will learn how to draw a new map for every client, tailoring new exercises and adaptations for thousands of new movement options.

Equipment: Pilates Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

10:00am – 12:30pm

Menopause Pilates Workshop

Mary Thornton

During this workshop we will explore the stages of menopause and how to adapt Pilates to support women during this life stage. We will examine the different stages of menopause and its many symptoms, paying particular attention to pelvic, bone and muscle health alongside fatigue. The outcome of this workshop is to provide the teacher with an overview of this life stage and essential tools to incorporate into their Pilates teaching to support their clients.

Equipment: Mat & Props

Appropriate for: Experienced Instructors

Workshop Level: Intermediate

10:00am – 12:30pm

Dynamic Reformer Pilates

Brett Starkowitz & Adam Ridler

Dynamic Reformer Pilates classes—a modality that blends traditional Pilates principles with strength and conditioning training – is a growing trend which introduces Pilates to new audiences. Skilled dynamic instructors offer the best of both worlds: they ground their teaching in sound Pilates principles while building toward the compound, high-energy exercises today's clients often expect. In this workshop learn how to structure classes that honor foundational Pilates exercises while integrating fitness-oriented movements, maintain intensity, sequence exercises effectively, and ensure smooth transitions to keep the class dynamic and engaging.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Beginner

10:00am – 12:30pm

Classical Concepts to Contemporary Classes

Lesley Logan

Double up on the number of tools in your teaching tool bag by bringing some classical concepts to how you teach classes and small groups. Learn how to create autonomy, increase clients progress and ditch burnout.

Equipment: Contrology Equipment Suite

Appropriate for: Experienced Comprehensively Trained Instructors

Workshop Level: Intermediate

10:00am – 12:30pm

Incorporating the Organs into Pilates to Enhance Posture, Flexibility and General Well-Being

Eric Franklin

The organs of the body are generally not considered when it comes to training and exercising. This workshop will demonstrate how becoming aware of the organs inform joints and learning to move from the organs can benefit our movement quality, strength and flexibility. Using Franklin Method (TM) techniques such as touch, voice and imagery focused movement exercises, you will explore how the organs move three dimensionally inside the body. This can serve as a practical inroad into, among others, activating our parasympathetic nervous system, improving our posture, range of movement and the quality of our rest and regeneration. Enhanced feelings of well-being, inner strength and peace is a byproduct and result of the explorations in this workshop.

Equipment: Mats & Props

Appropriate for: Experienced Instructors

Workshop Level: Intermediate to Advanced



2:45pm – 5:45pm

Pilates Infused Teaching

Christine Crooks

With the interest in the Pilates Reformer at an all-time high, the desire to appease new clients with the “Instagr@m” moment can be tempting! But how can we instill the heart of Pilates practice out there in the wild? In this workshop you will explore ways to infuse the essence of the Pilates method by learning how to create physical skill building sequences that offer variety, creativity and challenges but remain entrenched in the unique value add that is Pilates.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner

2:45pm – 5:45pm

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 injuries, some of which may lead to death. In this workshop we will discuss the recommended goals and exercises in each decade that evidence-based research demonstrates will combat these changes. Leave with a decade-by-decade Pilates recipe for success.

Equipment: Pilates Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

2:45pm – 5:45pm

Let’s Have Fun with the 34 Classic Mat Exercises

Alan Herdman

Get creative with the 34 Classic Pilates Mat exercises without losing the principles or the integrity of the exercises. Explore changing the order, creating dynamic, flowing sequences and adding choreographic variations to keep your classes fresh and your student’s minds engaged and growing. Alan has been teaching Pilates Mat for almost 40 years and continues to find satisfaction and creativity in the work. Come and learn this invaluable skill from a true Pilates Master.

Equipment: Mats & Props

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate

2:45pm – 5:45pm

Spinal Flexion and Rotation on the Reformer

Antonio Leon Rodriguez

Pilates programming is often built from related exercises and progressive augmentation of skills. The addition of certain flexion and rotational movements can be the augmentation that challenges the clients and inspires change. This workshop introduces flexion and rotational moves as variations on traditional Pilates exercises. These exercises create challenges for core stability, are essential to functional movement, and are useful modifications for common structural and functional imbalances.

Equipment: Reformers

Appropriate for: Reformer instructors

Workshop Level: Beginner to Intermediate

2:45pm – 5:45pm

Turning Upside Down – Cadillac Workshop

James Shaw

In this workshop we will build the foundations and practice the skills and connections needed to perfect inversions. Together we will explore exercises and movements essential to set clients up for success. We will also review how to build the skills and abilities required for seamless lift and weightlessness. This workshop will challenge the whole body as it also prepares you and your clients to organize while performing an exercise upside down.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Advanced

2:45pm – 5:45pm

Elasticizing the Body

Bea Eggiman

Elasticity is a unique fascial movement quality that adds structural resilience to the body, buoyancy to everyday activities, efficiency to athletic performance, and – based on experience – uplifts the mood. Best of all, it can be (re)trained and enhanced to sustain or bring back a youthful feel of inner spring.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Intermediate



Sunday, 12 April

7:00am – 9:00am

Registration

7:30am – 8:15am

Workouts (Drop-in)

8:00am – 9:00am

Breakfast

9:00am – 9:45am

Keynote

10:00am – 12:30pm

Workshops

12:30pm – 1:30pm

Lunch

10:00am – 12:30pm

The Wheels of Motion, The Essentials of Spinal Motion

Joy Puleo & Keeley Craigie

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 Keeley as they share with you 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: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate

10:00am – 12:30pm

Pre- & Postnatal FAMO (Fascia Movement) – Enhance Pelvic & Core Health

Bea Eggiman

Pregnancy and postnatal recovery are extraordinary times in a woman's life, with the body—especially the fascia—performing miracles. This transformative journey deserves our utmost care and attention. Are you a professional working with pregnant women or those in postnatal recovery? Do you want to enhance their well-being with innovative FAMO Fascia Movement training techniques? Join Bea for an empowering workshop that delves into the art and science of FAMO Fascia Movement, specifically tailored for pregnancy and postnatal recovery. Discover the profound benefits of selected FAMO exercises, and learn how to deepen, internalize, and optimize them for your clients.

Equipment: Mat & Props

Appropriate for: Experienced Instructors

Workshop Level: Intermediate to Advanced

10:00am – 12:30pm

Fun & Functional Workshop using the Wunda Chair

Gaby Noble

Discover the joy of working out on this small but mighty piece of apparatus as well as enhancing functional movement patterns. This workshop promises to inspire and get you diving deeper into the work whilst having fun!

Equipment: Contrology Wunda Chairs

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate

10:00am – 12:30pm

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 jumpboard that are sure to encourage the perfect butt and legs.

Equipment: Reformers

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate



10:00am – 12:30pm

How to teach Multi Level Apparatus Classes

Lesley Logan

Teaching multiple levels of clients at the same time might seem challenging, but it can be done successfully and will increase your impact. Learn key strategies to safely, effectively, and successfully teach small groups of new & experienced clients simultaneously. Earn more per hour while easily scheduling multiple clients at a time without having to have similar levels or duplicate equipment.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

