

Pilates On Tour®

 NEW YORK



Schedule

March 6-8

- 3 Intro
- 4 Day 1 (Friday, March 6)
- 8 Day 2 (Saturday, March 7)
- 16 Day 3 (Sunday, March 8)



Pilates On Tour[®]

 NEW YORK

Pilates On Tour is coming to the School of American Ballet at Lincoln Center.

We could not be more excited! Join us as we move, network and share the spirit of Pilates with the very same dance company that embraced the Pilates potential from its inception. Join leaders in Pilates and Pilates education, for this informative and inspiring event. Transform your practice and uplift your mind with Pilates on Tour, New York.

Friday, March 6

12:00pm – 1:00pm

Registration

1:00pm – 2:00pm

Keynote: Welcome and Pilates for all Bodies with Joy Puleo

2:15pm – 3:15pm

Workouts (Drop-in)

3:30pm – 5:30pm

Workshops

5:30pm – 7:00pm

Welcome Networking Cocktail Reception

Keynote General Session

1:00pm – 2:00pm EST

Welcome and Pilates for all Bodies

Joy Puleo

Let's look together at the trajectory of Pilates, its accessibility, and its impact on health, general wellness and fitness. We may not have a crystal ball to see the future, but we can shape the future by understanding our past and setting a vision where Pilates is accessible, available and speaks to all bodies.



3:30pm – 5:30pm

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 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. Come away from this workshop with relevant teaching tools that you can use immediately to create transformative workouts for your clients.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

3:30pm – 5:30pm

Dynamic Konnections: Journey from Horizontal to Vertical Planes

Viktor Uygan

This workshop explores how the body’s sling systems connect movement across planes, starting horizontally on the Reformer and progressing into vertical standing work with the Konnections Band. Through this progression, participants experience how resistance reveals cross-body pathways that improve balance, coordination, and dynamic stability. Best of all, the principles can be applied with any Reformer—no Konconnector required—making it easy to integrate into any studio. By blending the Reformer with the Konnections Band, you’ll discover fresh strategies to bring whole-body awareness and seamless transitions from floor to standing repertoire.

Equipment: Reformers with Konnectors & Konnections Bands

Appropriate for: Reformer Instructors

Workshop Level: Beginner to Intermediate

3:30pm – 5:30pm

Knee Me – A Relationship Between the Foot and Hip

Lesley Powell

The knee is a vulnerable, challenged joint. Incorrect alignment, lack of proper training and injury can cause the knees to become painful as the ligaments, joints and muscles are strained. Join Lesley to explore leg anatomy, leg organization in flexion versus extension and how to enhance physicality of the leg through the Pilates repertory to upright standing. Furthermore, we will explore how the foot and hips influence the function of the knees.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

3:30pm – 5:30pm

Dynamic Fascial Stretching for Flexibility and Health

Tom McCook

Learn how to stretch effectively to move better for life! Expand your understanding and ability to improve functional flexibility and structural balance. You’ll learn the importance of alignment, joint mobility, dynamic eccentric activation, proper breathing, verbal and hands-on cuing. This interactive workshop will begin with a Franklin Method Myofascial release sequence for the shoulder girdle and neck and active fascial stretching techniques. This workshop will give you an elevated understanding of how to improve flexibility and teaching skills to bring into your private sessions, classes and personal practice.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Beginner



3:30pm – 5:30pm

Our Dynamic Trunk

Irene Dowd

The very dynamic and adaptive relationship between our rib cage and pelvis, upper and our lower spine, arms and legs is required in our daily life activities: walking, running, cooking, dancing, cleaning, playing sports, dancing and both teaching and performing Pilates. All the joints and muscles of our body can be involved in sustaining a dynamic trunk.

In this workshop, we will focus on the muscles of the spine, abdomen, anterior neck, and hip joints particularly. Learn a series of highly effective and adaptive physical practices to ensure that all these muscles are ready to do what we need of them. Irene will teach protocols that involve Pilates equipment and also which require no equipment. We will consider how our relationship with gravity, springs and straps can all affect the intensity and the muscle emphasis involved in each practice.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate



Saturday, March 7

7:00am – 8:00am

Registration

8:00am – 8:45am

Keynote: History of Pilates and #WIN with Ken Endelman

9:00am – 11:00am

Early Morning Workshops

11:00am – 11:15am

Break

11:15am – 1:15pm

Late Morning Workshops

1:15pm – 2:15pm

Lunch Break

2:15pm – 3:00pm

Workouts (Drop-in)

3:15pm – 5:15pm

Afternoon Workshops

Keynote General Session

8:00am – 8:45am EST

History of Pilates & #WIN

Ken Endelman

Join Ken Endelman, CEO and founder of Balanced Body, as he welcomes you and shares his History of Pilates. If you know Ken, you know a few things: he loves building things, he loves sharing knowledge, and he is a really nice guy! You won't want to miss this.



9:00am – 11:00am

Reform your Reformer: Tips for the Ideal and Challenge Exercises that we all Need Help On

Gina Papalia

Does your reformer need a little more something? Look no further. This workshop will work on the trickier Classical Ideal Exercises that Joseph Pilates created and will focus on why you are doing this exercise, when it comes in the order, and what you, and your clients, to dig deeper. We will look at common mistakes and how to help you and the client get into the movement from a strong and safe place. Tips and tricks included to get you to the next level. Be ready to move and be challenged.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

9:00am – 11:00am

Foot Focused Reformer

Blossom Leilani Crawford

Blossom will share techniques she has curated over the years to strengthen, realign and stretch the feet. The movements come from her own experiences teaching, working with Kathy Grant and other Pilates teachers. We will use our eyes, hands, rubber balls and most of all the Reformer to connect to the feet while investigating their role in balance and strength. We will also examine how the feet play a role in traditional Pilates exercises on the Reformer to better incorporate the feet into your everyday Pilates teaching.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Beginner to Intermediate

9:00am – 11:00am

Spirals, Biotensegrity and Integrated Movement

Rebekah Rotstein

This workshop explores how we integrate movement. Through the concept of bio-tensegrity you will learn how to apply volume, support, fluidity and ease to your cueing and how to see the moving body and anatomy through the lens of spirals and tension. Join Rebekah as she utilizes the Pilates environment to truly explore full body connectivity for better function and performance.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Advanced

9:00am – 11:00am

Creating a Balance! Integrating the Franklin Method and Standing Conditioning with Pilates Mat

Tom McCook

The demands of modern life often mean we are sedentary for many hours, and we sit too much. In the workshop Tom will show you how to combine a progression of Franklin Method mobility and alignment exercises with standing conditioning exercises to improve posture, strength in the lower body, balance and full body integration. While applying specifically to the Pilates Mat, you will see how universal many of the exercises are and adaptable across the Pilates environment. Join Tom and enhance your teaching skills and effectiveness.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Intermediate



9:00am – 11:00am

Movement Analysis and Retraining of the Dancer

Marimba Gold-Watts & Andrea Zujko

A dancer's posture and alignment is often the end result of the way they utilize, condition, and train their bodies. This is true for all athletes and sport as well. Repetitive movements and alignment need when performing may reinforce movement dysfunction and less-than-optimal postural patterning. Use of the Pilates equipment and repertoire can aid in assessing and mitigating the movement compensations, injury and aid recovery. This is an excellent workshop for all athletes and applicable to all clients in the Pilates environment.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

11:15am – 1:15pm

The Perfect Preparation: Skill Building for Full Expression in your Pilates Practice

Cara Reeser

Join Cara Reeser for an immersive course exploring movement concepts, imagery, and protocols designed to deepen both the performance and teaching of Pilates exercises. Drawing from the work of her teacher and mentor, Kathy Grant, as well as movement practices she has developed over many years, Cara will guide students through exercises that cultivate physical coordination, skill acquisition, and heightened body awareness. With her deep understanding of biomechanics, Cara will break down the traditional Pilates repertoire, focusing on the subtleties of timing, spatial awareness, direction, and force. These foundational skills will not only enhance your Pilates practice but also enrich your ability to guide movement in other disciplines such as yoga and dance.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate

11:15am – 1:15pm

From Barre to Center: Standing Cross-Sling Training with the Konnector Reformer

Viktor Uygan

This workshop re-imagines ballet center repertoire through the lens of the Konnector Reformer's one-rope system. Participants step into standing sequences using the Reformer straps, exploring movements that replicate barre and center combinations. Resistance highlights cross-sling activation and contralateral coordination, building stability, dynamic control, and whole-body connectivity. Discover how to transform traditional standing repertoire into athletic, functional training that benefits both dancers and the wider Pilates community.

Equipment: Reformers with Konnectors

Appropriate for: Reformer Instructors

Workshop Level: Intermediate

11:15am – 1:15pm

Hand It to Me – Connecting to the Spine

Lesley Powell

Improving the distal connection, the hand, can make changes to your spine. In closed chain movements, the physicality of the hand to forearm influences the alignment of the arm and connections to the torso. In this workshop, we will explore the anatomy of the hand and forearm, explore how to improve its function and apply it to Pilates repertory. We will particularly focus on the weight bearing exercises, the plank variations, as improved function of the hands and forearms changes the exercise.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

11:15am – 1:15pm

Kathy Grant's Before the Hundred and Beyond

Maria Earle

Cats, sand tunnels, weathervanes, whistles, and hums – get creative and go deeper into the work in this workshop that will illuminate the teaching of Kathy Grant through the lens of long-time student Maria Earle. Kathy Grant studied closely with Joe Pilates in the 1950s and 1960s. Over the five decades that followed she developed her own sophisticated and highly intuitive approach to his method. You will come away from this workshop with movement protocols and ideas that provide a unique approach to the Pilates Method through the use of sound, imagery and props.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate



2:30pm – 5:00pm

The Ankle and Foot

Matt McCulloch & Jinny McGivern

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 and Certified Functional Manual Therapist Jinny McGivern as they cover 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



3:15pm – 5:15pm

Dynamic Pre-Pilates to Transform your Teaching

Chaz Knight

Pre-Pilates is loose collection of ideas that most teachers missed in their initial certification. In this workshop Chaz Knight shares a comprehensive program accessible to any teacher from any lineage that will transform how you approach the building of a basic body. Exercises link supine, seating and standing positions for clear progressions that create dynamic alignment that can be applied to all pieces of apparatus as well as the mat work.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate

3:15pm – 5:15pm

Fascia and Functionality of the Low Back and Hip

Matt McCulloch & Kelly Kane

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 Konnector and other Pilates apparatus will be used during this workshop. The Kane School core principles will be resourced as a framework to inform programming strategies.

Equipment: Reformers with Konnectors

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate

3:15pm – 5:15pm

The Pelvis Spine Connection

Cara Reeser

As Pilates practitioners and teachers, we know how important a supple, well-articulated spine is for movement and overall well-being. In this course, we will explore how the movement of the pelvis on the femurs plays a vital role in freeing the spine for fluid motion—whether in flexion, extension, lateral bending, or rotation. Through a clear, approachable review of the spine's joints and the pelvis-femur connection, you will deepen your understanding of how these structures work together. We will then explore simple, effective preparatory movements that encourage healthy, coordinated spinal articulation, so you can bring greater ease, freedom, and precision to the Pilates repertoire.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

3:15pm – 5:15pm

Supporting the Kyphotic Client

Carolyn Anthony

This workshop provides movement professionals with a comprehensive approach to working with clients who present with thoracic kyphosis. Through a combination of myofascial release, corrective exercise, and alignment-based strategies, participants will learn techniques to reduce discomfort, improve mobility, and support postural balance. The aim is not to “fix” posture but to alleviate pain, restore function, and empower clients to move with greater ease and awareness.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Intermediate

3:15pm – 5:15pm

Our Adaptable Music-Making Feet

Irene Dowd

Our feet are our primary interface with the ground, thus whatever we do with our feet will affect the rest of our body. They must support our upright movement in many ways, and their exquisitely adaptable architecture allows them to perform multiple functions. We will focus on three of these functions and how we can effectively achieve them through a variety of movement practices that involve using Pilates equipment as well as ones that can be done solo without equipment (allowing person to practice at home or on vacation).

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate



Sunday, March 8

7:00am – 8:00am

Registration

7:00am – 8:00am

Panel: Dance & Pilates (Joy Puleo, Viktor Uygan,
Marimba Gold-Watts, Cara Reeser)

9:00am – 11:00am

Early Morning Workshops

11:00am – 11:15am

Break

11:15am – 1:15pm

Late Morning Workshops

Panel

8:00am – 8:45am EST

Dance & Pilates

(Joy Puleo, Viktor Uygan, Marimba Gold-Watts, Cara Reeser)

At the American School of Ballet, the training and development of dancers is key to future dance opportunities and longevity, and Pilates is a part of that development. At this event, we are fortunate to have brought together many current and former dancers who have utilized the tool of Pilates conditioning to support themselves throughout their careers. Come and hear some of their tricks, tips, and Pilates trade secrets.



9:00am – 11:00am

Reformer and Tower Combo Class

Gina Papalia

The Pilates method is a mindful movement practice and is a system of movement. In this workshop you will learn how to utilize the Reformer and Tower to create combo workouts that maximize the strength of the Pilates system. In classical work, there is a reason for the order and the systematic approach to training the body. Join Gina and learn the why and the how from a deeply rooted classical perspective.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate

9:00am – 11:00am

Improving Health and Function with the Franklin Method and Reformer

Tom McCook

In this workshop we will combine a Franklin Method lesson of experiential anatomy of the pelvis, spine and shoulders to support better understanding, cueing, motor learning and movement efficiency. This class will cover functional exercises to improve alignment, muscle activation, strength and balance. We will combine these exercises with hands-on skills to improve your teaching and effectiveness, helping you to support your client's positive changes!

Equipment: Reformers with Konnectors

Appropriate for: Reformer Instructors

Workshop Level: Intermediate

9:00am – 11:00am

Safe, Stress-Free Strategies for Spinal Extension

Cara Reeser

In this course, we will explore safe, effective, and stress-free strategies for achieving well-executed spinal extension in your Pilates practice. With a focus on proper alignment and precise timing of the back, posterior hips, neck, and shoulders, you will discover how to make extension exercises more accessible for the wide variety of bodies you work with every day. Our goal is to build both confidence and skill in spinal extension while enhancing mobility and function. By integrating extension protocols into your Pilates repertoire, you can help counteract the common forward-slump posture and support the long-term health of the aging spine. Together, we will work with a blend of traditional Pilates exercises and innovative, non-traditional movements designed to expand your teaching toolkit and inspire your practice.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

9:00am – 11:00am

Containing the Hypermobile Body

Carolyn Anthony

This workshop is designed to equip movement professionals with the knowledge and practical skills to work safely and effectively with hypermobile clients. Hypermobility presents unique challenges in movement, alignment, strength, and proprioception, which require a thoughtful, evidence-based approach. Drawing on over a decade of experience, we introduce six key strategies that clarify what the hypermobile client faces when exercising and how to design progressive sessions that lead to optimal outcomes. These strategies serve as guiding principles for both Pilates Matwork and Equipment programming.

Equipment: Mat & Props

Appropriate for: Experienced Instructors

Workshop Level: Intermediate to Advanced



9:00am – 11:00am

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



11:15am – 1:15pm

Arm Spring Power: From Supine to Standing

Chaz Knight

Enhance your clients' athletic performance through the dynamic use of arm springs. Join Chaz as he immerses you in the journey of the arm spring repertoire. Chaz will guide you through essential techniques and progressions to effectively layer the arm spring exercises into your clients' sessions. This workshop is invaluable for teachers of all backgrounds looking to deepen their understanding of these often-neglected Pilates exercises. Enhance your skills, refine your approach, and equip your clients with newfound strength and flexibility. Join us for "Arm Spring Power" and harness the full potential of your Pilates practice!

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

11:15am – 1:15pm

Group Reformer Programming- Back Line Activation

Ann Toran

Our proprioception and everything we see is oriented in front of us, so no wonder back body activation is not often emphasized in training. Instead, clients often focus on chest, abs, and quads. The purpose of this workshop is to give you, and your clients, a new perspective on the back body and the meaning of "back extension". Join Ann and discover another lens with which to teach your Reformer classes with the emphasis on the backline of the body.

Equipment: Reformers with Connectors

Appropriate for: Reformer Instructors

Workshop Level: Beginner

11:15am – 1:15pm

Cheater Anonymous: Adductors and Iliopsoas

Rebekah Rotstein

You know the client that looks great but is cheating their way through exercises, bypassing efficiency and key stabilizers. One of the biggest cheats in everyday activity, sport and dance, is to bypass key myofascial connections of the adductors and iliopsoas. This may potentially lead to compensation up and down the kinetic chain. Join Rebekah and train your eye to look beyond what seems right for what is most effective and retrain the body to move from performing an exercise to managing load in both stable and unstable environments. Instead of cheating, your clients will be learning how to adapt, respond, and meet the demands in any movement circumstance.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

11:15am – 1:15pm

Grounded Port de Bras: Anchored Below, Free Above

Viktor Uygan

Using the Konnections Band, this workshop transforms simple upper-body sequences into powerful, full-body experiences. By engaging all four limbs through resistance, dancers and Pilates practitioners alike discover how the band anchors the lower body while freeing the upper body for expressive, grounded port de bras. The result is enhanced proprioception, strength, and fluidity—bringing new awareness to the artistry of movement while deepening the mind-body connection.

Equipment: Mat & Konnections Band

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate



11:15am – 1:15pm

Return to Breath

Maria Earle

Reconnect with the fundamental principle of Pilates by rediscovering the transformative power of breath. We will delve into various breathing techniques, discovering how breath can deepen the connection to movement. Utilizing props, you will explore ways to access a deeper integration of breath and movement, enriching both your personal practice and our teaching methodology. Learn strategies and protocols to engage and strengthen the respiratory system through fluid muscular sequencing and dynamic three-dimensional movements of the trunk. Throughout the workshop, emphasis will be placed on the pivotal role of breath in guiding, supporting, and informing our movements, offering a unique perspective on the execution of Pilates exercises.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

