



Classical to Contemporary

Joseph H. Pilates believed his system of Contrology would one day change the world. Today, we know he was not far from the truth as Pilates is a renowned system of exercise promoted, endorsed and supported by mind-body practitioners, fitness enthusiasts and rehabilitation specialists around the world. Today the Pilates Method has evolved to embrace all styles of practice from the original work to contemporary applications to rehabilitation. Join us as we celebrate the roots of Contrology and the branches of Contemporary techniques in this virtual Best of Pilates on Tour event.

DAY ONE

SATURDAY, NOVEMBER 6 2021

7:00 AM PT | VIRTUAL DOORS OPEN

7:30 AM - 8:00 AM PT | OPENING REMARKS

Ken Endelman • Al Harrison • Nora St. John • Joy Puleo

WORKOUTS – CHOOSE ONE

8:00 AM - 9:00 AM PT | MAT WORKOUT

Classical Intermediate Mat

Katie Yip

Dive right in with this classical workout. Roll, pulse and breath with Katie Yip as she takes you through many of Mr. Pilates intermediate Contrology mat exercises.

8:00 AM - 9:00 AM PT | REFORMER WORKOUT

Ideal Reformer Workout with Transitions

Gina Papalia

Transitions on the Reformer are one of the hallmarks of classical Reformer work. Let Gina Papalia move you through the ideal Reformer workout transitions and all.

WORKSHOP 1 – CHOOSE ONE

9:15 AM - 11:45 AM PT

Lolita Shares her Mat

Lolita San Miguel

Lolita San Miguel is a connection between the roots of the Pilates Method and its modern-day growth. Come and experience pre-mat and mat work as Lolita shares her experiences of the early days of the Pilates. Lolita is a treasure whose story, woven through movement, gives students from all traditions a historical look at how the Pilates Method has become the powerful mindful movement tool that it is today.

Equipment: Mat • Appropriate for: All instructors

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9:15 AM - 11:45 AM PT

Isolate, Target, Prep

Alycea Ungaro

In this session we will explore preparatory movements in conjunction with isometric holds, mounts, and dismounts. We will play with load, de-stabilization and more as entry points for multiple exercises and as tools to expand your repertoire and inspire your approach to each client.

Equipment: Full Studio • Appropriate for: All Instructors

11:45 AM - 12:45 PM PT | LUNCH AND BREAKOUT ROOMS

WORKSHOP 2 – CHOOSE ONE

12:45 PM - 3:15 PM PT

Healthy Hips, Happy Back

Lisa Graham

Empowering clients to move well is an amazing experience, but human movement is complicated and bad habits can be challenging to break. In this workshop we will explore how inefficient hip mechanics can often be an underlying cause of non-specific back pain. We'll learn to identify faulty movement patterns, play with corrective exercises, and progress clients into creative and challenging applications of these concepts.

Equipment: Progressing from Mat to Studio Suite • Appropriate for: All instructors

12:45 PM - 3:15 PM PT

One Continuous Chain of Movement, Transitions on the Classical Reformer

Andrea Maida

Transitions connect Joe Pilates' exercises into one continuous movement of dynamic stretching – which requires great strength and control. Transitions consist of everyday pedestrian movements for which your Pilates workout diligently prepares you. You'll get up, get down, kneel, balance and turn, step up and down, reach and lift objects. You will strive for efficiency in these movements creating a deliberate but brisk moving tempo to your workout.

Equipment: Reformer • Appropriate for: Intermediate level students and teachers

WORKSHOP 3 – CHOOSE ONE

3:30 PM - 6:00 PM PT

Addressing Bias: Teaching Every Body

Tonya Amos • Nora St John

All of us bring judgement, biases, aesthetic preferences and beliefs to our teaching. Sometimes they serve us well, other times they get in the way of honestly seeing the person in front of us, their humanity, and their true potential. In this workshop, Tonya Amos and Nora St. John will take you on a journey to uncover some of your biases and how they are or are not serving your clients. In the process we will explore how certain body types are given value as an "ideal Pilates body" while others are often dismissed and how you can widen your understanding of the beautiful variety of the human body to provide a safer, more welcoming environment, and more effective teaching for all your clients.

Equipment: Studio equipment used for demonstration • Appropriate for: All instructors

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3:30 PM - 6:00 PM PT

Connecting to your Thass™

Lesley Logan

Helping our clients work from their entire center is key. Teaching our clients how to move their arms and legs from their center can be tricky. Especially when they hear and feel that "hip click." Too often people skip an exercise or shorten the range of motion to avoid the click. But, what if we could teach them how to connect to their Thass™, you know that spot where their thigh meets their booty. Using the Reformer, Cadillac, and a few more goodies we will cover how you can connect them to their Thass™ and challenge them beyond the basics.

Equipment: Reformer and Cadillac • Appropriate for: All instructors

6:00 PM - 6:30 PM PT | JOIN US FOR SOME POST EVENT FUN, RAFFLES AND PRIZES.

DAY TWO

SUNDAY, NOVEMBER 7 2021

7:00 AM PT | VIRTUAL DOORS OPEN

7:30 AM - 8:00 AM PT | OPENING REMARKS

Ken Endelman • Al Harrison • Nora St. John • Joy Puleo

WORKOUTS – CHOOSE ONE

8:00 AM - 9:00 AM PT | MAT WORKOUT

Classical Mat Fun with the Magic Circle

Ana Caban

Join Ana Caban for this classical mat workout with the magic circle. Discover what puts the magic in the circle as Ana explores some of the original intention behind this small but very versatile invention.

8:00 AM - 9:00 AM PT | REFORMER WORKOUT

Energizing Reformer with Blane

Blane Ashby

Let's have an invigorating and moving session with the Reformer. We'll explore movement on and off the carriage incorporating creative body weight sequences with traditional Reformer exercises.

WORKSHOP 1 – CHOOSE ONE

9:15 AM - 11:45 AM PT

Unlock the True Core

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: Reformer, optional equipment: long box, theraband, a band/small stability ball (10-12")

Appropriate for: All instructors

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9:15 AM - 11:45 AM PT

Longevity, The Brain and Pilates

Dr. Nicole Marcione

Longevity isn't just a buzz word for Pilates teachers, we live it everyday. Our clients entrust us to help empower them to have the freedom to have mobility and vibrancy in their daily lives, with each passing year, whether they're 35 or 85. This workshop will give you tools to not only feel confident in your teaching, no matter what your Pilates background is, but also to have an evidence-based foundation on why this method works and gain the confidence of your clients. Part theory AND part practical application, you will be able to implement this knowledge right away in your teaching.

Equipment: Reformer (some wunda chair), all pieces of equipment will be discussed • Appropriate for: All instructors

11:45 AM - 12:45 PM PT | LUNCH AND BREAKOUT ROOMS

WORKSHOP 2 – CHOOSE ONE

12:45 PM - 3:15 PM PT

Creative Combinations on the Chair

Carrie Pages

In this workshop you'll learn creative exercise combinations and transitions for a new approach to the chair work. We will look at how sequencing the exercises and limiting spring changes will make teaching classes on the chair flow more easily and deliver powerful results.

Equipment: Chair with handles, if possible • Appropriate for: Instructors with chair experience

12:45 PM - 3:15 PM PT

Absolute Beginners

Jay Grimes • Karen Frischmann

Jay Grimes will be teaching first sessions to three very different students. Watch how a master instructor designs and develops individual programs for new students based on their abilities and fitness levels in the classical system.

Equipment: Full Studio • Appropriate for: All interested • Designed for: Teachers and apprentices

WORKSHOP 3 – CHOOSE ONE

3:30 PM - 6:00 PM PT

Develop Your Art of Teaching Contrology

Joel Crosby

Contrology consists of skill-based exercises. Joel shares his 30 years of successful teaching techniques for optimal results. This workshop is certain to take your teaching to the next level. Understanding how the brain and body learn will be discussed. Regression and progression methods of teaching will be demonstrated. You will learn how to empower your clients and free your teaching ability with proven methods.

Equipment: Studio Suite • Appropriate for: All instructors

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3:30 PM - 6:00 PM PT

Group Reformer Programming – Back Line Activation

Ann Toran

Pilates often gets the reputation of being too flexion biased. However so much of Pilates is about activation of the back line. Finding the power in the hamstrings and glutes supports the core while the postural support of the back body are the antigravity muscles we need to move effortlessly. Join Ann Toran as she explores how to dynamically train the back line in a group setting.

Equipment: Reformer • Appropriate for: All instructors

6:00 PM – 6:30 PM

Celebration of Community!

After a long day let us raise a glass to celebrate our inspirational community. With the challenges we have faced this past year and a half, we are a community that is going strong inside of an industry that continues to grow. So much of this is because we are committed to helping others and holding fast to the belief that movement changes lives! Of course, it would not be a Balanced Body celebration without raffles and prizes!



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