

PILATES ON TOUR® 2018

Continuing Education for Pilates Professionals

Boston

SEPTEMBER 29-30, 2018

Boston Body Pilates
14 Newbury St. Floor 4
Boston, MA 02116
Phone: 617.262.3333
Website: www.bostonbody.com

Balanced Body Studio Tours highlight amazing studios and vibrant Pilates communities around the country and the world. Join us for the second year in a row at Boston Body Pilates in the heart of Boston, Massachusetts for a celebration Pilates in New England. Workshops, workouts and networking with friends and colleagues in a beautiful space will inspire your teaching, reignite your passion and leave with you tools you can use

PRE CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
Balanced Body Movement Principles	\$475	\$525

*Early registration ends on 8/15/2018.

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$295	\$365
2 Day	\$485	\$545

*Early registration ends on 8/15/2018.

Courses at a Glance

PRE CONFERENCE

PRE-CONFERENCE (EXTRA FEE)
SEPTEMBER 27, 9:00AM TO 6:00PM

Balanced Body Movement Principles

Nora St. John & Zayna Gold

SATURDAY, SEPTEMBER 29

WELCOME AND INTRODUCTION:
8:AM-8:15AM

MORNING WORKOUTS:
8:15AM – 9:15AM

MORNING WORKSHOPS:
9:30AM – 12:30PM

Advanced Reformer: Layers & Preps

Zayna Gold

Balancing the Psoas

Joy Puleo

Correcting Misalignment of the Hips, Knees, Ankles and Feet

Nora St. John

LUNCH TIME WORKOUTS:
1:15PM – 2:15PM

AFTERNOON WORKSHOPS
2:30PM – 5:30PM

Invigorating Pilates Reformer with Small Stability Balls

Erika Quest

Fun + Function + Flow on The Mat

Christy McCabe

Breast Cancer: Training to Heal

Joy Puleo

SUNDAY, SEPTEMBER 30

MORNING WORKOUTS:
8:15AM – 9:15AM

MORNING WORKSHOPS:
9:30AM – 12:30PM

Pre and Post Natal Pilates Mat and Reformer

Melissa Connolly

Pilates Strategies for the Active Ager

Erika Quest

Reducing Low Back Pain

Zayna Gold

LUNCH TIME WORKOUTS:
1:15PM – 2:15PM

AFTERNOON WORKSHOPS
2:30PM – 5:30PM

Dynamic Jumping

Christy McCabe

Balanced Body Programming: Creating Awesome EXO Chair Classes

Portia Page

AI3D for the Pelvic Floor

Joy Puleo

Pre-Conference Courses

THURSDAY, SEPTEMBER 27, 2018

ALL DAY WORKSHOP – 9:00AM – 6:00PM

Balanced Body Movement Principles

The Balanced Body Movement Principles form the foundation of Balanced Body Education. They include the most important information on anatomy, assessment, biomechanics and foundational exercises needed to become a successful Pilates teacher, personal trainer or movement educator. The course mixes information on how the body works with basic exercises to illustrate the information in movement. Broken down into five categories: Whole Body Movement, Trunk Integration, Lower Body Strength and Power, Upper Body Strength and Balance and Dynamic Flexibility, Rest and Relaxation, the Movement Principles provide a solid foundation for training in any environment, with any equipment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance. The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.

Appropriate for all instructors.

Instructor: Nora St. John & Zayna Gold

Main Conference Courses

SATURDAY MORNING, SEPTEMBER 29, 2018

WELCOME AND INTRODUCTIONS – 8:00AM – 8:15AM

MORNING WORKOUTS – 8:15AM – 9:15AM

MORNING WORKSHOPS – 9:30AM – 12:30PM

Class 1

Advanced Reformer: Layers & Preps

In today's evolving Pilates industry many trainers don't have the opportunities to master the skills to teach much of the most advanced Reformer repertoire. The advanced exercises must be taught with the proper rhythm, apparatus settings and precise cues to be effective and safe.

This workshop will provide you with step by step layers, from basic to advanced, for advanced reformer repertoire. Teaching with layers & preps is the only effective way to teach multilevel classes in which your more experienced clients are challenged while the newer clients are kept safe and confident.

Some of the exercises covered will be Stomach Massage; Snake & Twist; Advanced Rowing; Long Spine Massage; Teaser on Long Box; Horseback on Long Box. Each of these exercises is attainable for you as an instructor and in your own practice. You will leave the workshop more confident and ready to incorporate these wonderful exercises into your daily practice and teaching.

Appropriate for comprehensively trained instructors.

Instructor: Zayna Gold

Class 2

Balancing the Psoas

The psoas connects three dynamic areas of the body, the spine, pelvis and femur. It is the connection point between the upper and lower body and in this role, it can become imbalanced or dysfunctional due to imbalanced movement patterns, postural deviations or structural challenges. Understand the anatomy, structure and functions of the psoas and how to balance it using mat based exercises with small props and toys. Balancing the psoas can improve many common issues related to lower back pain, hip pain and other conditions.

Appropriate for comprehensively trained instructors.

Instructor: Joy Puleo

Class 3

Correcting Misalignment of the Hips, Knees, Ankles and Feet

Misalignments in the lower body create muscle imbalances and joint stresses that can easily lead to injury. In this workshop we will review common misalignments in the lower body and strategies for improving them. Topics covered include imbalances in hip rotation, hip flexion/extension and hip adduction/abduction as well as genu varum, genu valgum, hyperextended knees, pronation and supination. Pilates studio equipment as well as small props will be used.

Appropriate for reformer and apparatus instructors.

Instructor: Nora St. John

Main Conference Courses

SATURDAY AFTERNOON, SEPTEMBER 29, 2018

LUNCH TIME WORKOUTS – 1:15PM – 2:15PM
AFTERNOON WORKSHOPS – 2:30PM – 5:30PM

Class 1

Invigorating Pilates Reformer with Small Stability Balls

The small stability ball is the perfect retrofit & prop for the Pilates Reformer carriage. Experience this total body, progressive, integrated and flowing workout/workshop on the reformer with focus on lengthening and postural elements, while strengthening with progressive spring tension. The small ball will be featured and utilized on the sliding reformer carriage to enhance flow, dimensionalize and challenge classic Pilates while continually offering dynamic and new Pilates inspired repertoire.

Appropriate for reformer instructors.

Instructor: Erika Quest

Class 2

Fun + Function + Flow on The Mat

Let's take a few hours to step off the Reformer and explore the fun to be had on the mat! The focus will be on utilizing and integrating your body from head to toe to achieve flow and function in your mat work practice. We will get into how important breath is to the function and flow in your movement practice on the mat and how it can improve your concentration whilst moving. We will also explore smooth, intuitive and creative ways to transition from one exercise to the next to inspire you with ways to both enhance your personal practice and your group mat classes.

Appropriate for all instructors.

Instructors: Christy McCabe

Class 3

Breast Cancer: Training to Heal

A diagnosis of breast cancer can leave a person feeling abandoned by their body. The onslaught of doctors, medical decisions, surgeries and their physical aftermath greatly impacts the body's resiliency. The biomechanical functioning of the shoulder is one part of assisting a client on their path to restored health after breast cancer surgery. However, the mobility and pliability of the ribcage is often over looked and of great importance to the overall healing process. Through breath and simple floor exercises we will explore how to assess shoulder girdle and ribcage mechanics and to gently create change that will leave your clients feeling a renewed sense of physical self-confidence.

Appropriate for apparatus instructors.

Instructor: Joy Puleo

Main Conference Courses

SUNDAY MORNING, SEPTEMBER 30, 2018

MORNING WORKOUTS – 8:15AM – 9:15AM
MORNING WORKSHOPS – 9:30AM – 12:30PM

Class 1

Pre and Post Natal Pilates Mat and Reformer

In this workshop for the pre-and post-natal client, we will explore ways to modify and develop programs based on the specific needs during each trimester. We will go over basic anatomy, posture and alignment during each trimester and learn the benefits of proper exercises to keep the client and baby healthy. You will leave the course with sample Pilates workout ideas to help the client relieve any discomfort, to maintain functional movement and strength, and how to slowly regain strength following the pregnancy.

Appropriate for all instructors.

Instructor: Melissa Connolly

Class 2

Pilates Strategies for the Active Ager

Learn exercises, sequences, drills and skills perfect for the independent / gentle exerciser and active aging market that use Pilates equipment / props. Moving through many of the body's functional positions for activities of daily life, this workshop will explore how Pilates can provide assistance, resistance, cushioning and stimulus to amplify the impact for this important and growing market of exercisers.

Help your clients build functional strength, face their fear of falling with dynamic gait training which incorporates the unique and science backed element of layering in neuroplasticity skills. You'll also learn various ways to get up and down, move more efficiently through the entire kinetic chain, and ultimately make all of their daily movements easier to do!

Appropriate for all instructors.

Instructor: Erika Quest

Class 3

Reducing Low Back Pain

Lower back pain affects most adults at some time in their lives. The pain can be temporary or can become a chronic limitation that restricts daily activities, causes stress and even forces changes in lifestyle.

There are two key areas that will be addressed. First, we must build strength in the muscles that support our spine – both the deep inner core and the outer muscles/units of the body. Secondly, we must understand how to achieve a safe and stable neutral spine and pelvis.

You will leave this workshop with specific exercises progressions that are simple and easy to follow. You will be able to use these progressions with your clients to achieve desired results. Mat and reformer versions will be given.

Note: Pilates Instructors do not diagnose or prescribe. Each client with joint issues should first see their doctor or medical practitioner and get clearance to work with a Pilates trainer.

Appropriate mat and reformer instructors.

Instructors: Zayna Gold

Main Conference Courses

SUNDAY AFTERNOON, SEPTEMBER 30, 2018

LUNCH TIME WORKOUTS – 1:15PM – 2:15PM
AFTERNOON WORKSHOPS – 2:30PM – 5:30PM

Class 1

Dynamic Jumping

Jumping is commonly seen as the cardio of Pilates. While jumping on the Reformer definitely gets the heart rate up, it also provides an opportunity to challenge the muscles and joints in a very powerful, dynamic and symbiotic way. Let's explore and enjoy utilizing the dynamic possibilities of the reformer Jumpboard! We will get the entire body involved in this high energy workshop that focuses on jumping with more than just your legs. This will be an experience that will energize, revitalize and hopefully ignite a newfound passion for jumping, in you and your clients

Appropriate for all instructors.

Instructor: Christy McCabe

Class 2

Balanced Body Programming: Creating Awesome EXO Chair Classes

Balanced Body has designed a revolutionary programming system designed to make class programming simple, creative and effective. Use this system on the EXO Chair to explore exercises for every part of the body and every type of client. Portia will take you through specifically designed sequences using the full capabilities of the EXO Chair with resistance bands. A detailed handout is included.

Appropriate for instructors with chair experience.

Instructors: Portia Page

Class 3

AI3D for the Pelvic Floor

Learn the anatomy of the Pelvic Floor by building the muscles using the Anatomy in Three Dimensions™ system then learn how to exercise it effectively to create pelvic balance, improve pelvic function and recover from pregnancy and childbirth. This experiential workshop will give you a new understanding of this critical area

Appropriate for all instructors.

Instructor: Joy Puleo

Presenters

Christy McCabe

Pilates entered Christy's life whilst she was studying Dance Education at Towson State University. Though it sparked a deep interest and curiosity, her path led her to becoming a hairstylist for TV, movies and the fashion industry in NYC. Her connection with, and dedication to, movement, dance and body mechanics remained alive. After a fruitful career in the hairstyling world, she was drawn back to her passion for teaching movement through Pilates. Christy studied the Stott Pilates Method at John Garey Pilates in Long Beach, CA. Christy has a contemporary and creative approach which always keeps things interesting and lively, whilst still honoring the form and function of the classical Pilates method.

Melissa Connolly

Melissa Connolly was first introduced to Pilates as a dancer. Her passion for movement was a perfect match to become a Pilates, Barre, Yoga and fitness instructor. She has been teaching Pilates mat work since 1998 and equipment based sessions since 2000. She is Pilates certified through Pilates Method Alliance, Balanced Body, Physical Mind Institute, Julian Littleford Pilates, ACE (American Council on Exercise) and is a certified pre and post natal specialist through The Center for Women's Fitness. Melissa has been faculty for Balanced Body instructing and certifying teacher trainees in both Pilates and Barre since 2010. She directed the Balanced Body teaching certification program at JL Body Conditioning in Del Mar, California under the direction of her late mentor, Julian Littleford. Melissa then moved back to her home of Massachusetts and became staff at Boston Body with Zayna Gold, instructing classes, private lessons, and Balanced Body teacher trainings. As the founder and owner of The Pilates Barre Oxford, Melissa brought a host site for Barre instructor training courses and Pilates Mat to central Massachusetts. Melissa's classes are focused on proper technique, creativity, flow, inspiration and balanced muscular development.

Melissa's work can be viewed on the popular California based website Pilates Anytime instructing 20 classes in Pilates mat, dance based flow, stretch, reformer, tower, and chair with the background of the beautiful Pacific Ocean.

Melissa practices what she preaches and inspires students to enhance not only their strength but provide balance and confidence in all aspects of their life. Her positive nature is contagious and you are sure to leave your session feeling stronger in your body, taller in your posture, and motivated for your day.

Zayna Gold

Zayna Gold is founder and co-owner of Boston Body Pilates and Boston Body Barre -with five locations in the Greater Boston area.

She was awarded the Next Pilates Instructor by Pilates Anytime in 2011 and is a Visiting Instructor on www.pilatesanytime.com.

Since 1989 Boston Body has been known for its relaxed and friendly atmosphere for all fitness levels. Great instructors are the key to Boston Body's success. For the past 20 years Zayna has enjoyed teaching them how to inspire and retain clients while maintaining a unique style to elevate their training to the next level. Her success in bringing out the best in each instructor has helped Boston Body Pilates to become a top studio.

Zayna is faculty for Balanced Body Education, Anatomy in 3D and the creator of Balanced Body Barre. Boston Body Pilates has been awarded Top Domestic Host Site for Balanced Body Education since 2008. Zayna is also certified by Stott Pilates and Power Pilates.

Portia Page

Portia has been in the fitness industry for over 25 years as a teacher, competitor, program director, instructor trainer, international presenter and video co-star, fitness director and creator. She is a Gold

Certified Pilates Teacher through Pilates Method Alliance, and a Master Instructor of Balanced Body for Pilates, AI3D, Barre, Bodhi, Motr, & CoreAlign. She holds current certifications with ACE, AFAA and PMA and has a BS in Cognitive Science from University of California at San Diego.

Joy Puleo, MA

In July of 2013, Joy moved, with her family, from New York to Sacramento, California to join Nora St. John and the rest of the Balanced Body team to work on developing curriculum and educational programming. Joy has been teaching Pilates teachers since 2002 and in the health and wellness industry since 1996. Joy earned her masters degree from Columbia University in Applied Physiology. As a lecturer she presents at conferences and studios across the country and abroad and with Balanced Body, she is a regular at most Pilates on Tours. In addition to her degree Joy is PMA certified, A.C.S.M. certified and is able to provide ACE credits for students who take her classes. She is a fully qualified Balanced Body Pilates Instructor and teacher trainer, CoreAlign and Bodhi Suspension System master trainer and a graduate of the PhysicalMind Institute. Joy was also trained on the GYROTONIC[®] Level I and the Ladder. In 2011 Joy founded Body Wise Connection, a not-for-profit which works with women newly diagnosed with breast cancer. Body Wise Connections sole purpose is to remind women that even in the throws of a diagnosis and treatment for cancer the body can heal and strengthen. Body Wise Connection works to restore physical self awareness and empowerment through gently, rhythmic Pilates based movements. Though Joy is no longer in New York, Joys work has expanded to include all cancer patients regardless of the primary cancer diagnosis. Joy believes that movement changes lives and that education is the key to unlocking potential. Joy is thrilled to be working with Balanced Body on the shared mission of elevating mindful movement as a component to long term health and wellbeing.

Erika Quest

Erika Quest, Owner of Studio Q Pilates Conditioning in Laguna Beach, CA is part of the Balanced Body® Faculty, a Body Arts & Science International™ Graduate, BOSU® International Master Trainer & content developer and star of BOSU® Studio Pilates and BOSU® Pilates 3D.

With 8 years of former Advertising and public speaking experience, she discovered Pilates in 2001, and eventually Body Arts & Science International, while training for triathlon and now has the pleasure of sharing her passion for Pilates with her loyal clients daily.

Programs are designed for each of clients' needs with a proficiency and aptitude including:

- » Restoration of flexibility
- » Pain reduction and relief
- » Upgraded functional movement
- » Improved spinal articulation
- » Heightened postural awareness
- » Enhanced stability and balance

Erika continues her education through Balanced Body, The Pilates Method Alliance, IDEA, BASI, and many others regularly. She is a premier presenter at a number of fitness / wellness conventions such as Balanced Body Pilates on Tour and IDEA Health & Fitness Association. Also a passionate freelance writer with articles published by IDEA Pilates Today, IDEA Fitness Journal & Pilates-Pro.com.

Nora St John, MS

Nora is a Pilates instructor, acupuncturist and massage therapist who has been teaching Pilates since 1989 and practicing Pilates since 1980. She began teaching at St. Francis Memorial Hospital where she studied the work with first generation teachers Eve Gentry, Romana Kryzanowska and Carola Trier and contemporary teachers Elizabeth Larkam, Alan Herdman and Jean Claude West. Working primarily with injured clients at the Dancemedicine division of the Center for Sport Medicine, she was constantly modifying and adjusting the traditional work to meet the needs of clients with limitations. After

teaching for 17 years, owning Turning Point Studios in Walnut Creek, California and starting the Pilates continuing education conferences Body Mind Spirit and Pilates on Tour, Nora was hired as the Program Director for Balanced Body where she develops curriculum, writes manuals and teaches faculty for the Balanced Body Instructor Training Programs. Her passion is teaching new students and helping them to understand the universal movement principles that are the foundation of the Pilates method.