

PILATES ON TOUR® 2018

Continuing Education for Pilates Professionals

Chicago

OCTOBER 12 - 14, 2018

Marriott Chicago Southwest at Burr Ridge
1200 Burr Ridge Parkway
Burr Ridge, IL 60527

For reservations call (800) 228-9290 or go on line to
www.marriott.com/CHISW
Group room rate: \$145, rate expires 9/28/18

Pilates on Tour Chicago returns to the windy city for the 10th year in a row. For 2018, Pilates on Tour Chicago brings acclaimed presenters from different backgrounds for a weekend of movement and new ideas you will be able to take home and use in your studio on Monday morning. To celebrate a decade in Chicago, we have a fun celebration planned. We look forward to seeing everyone for this very special event!

PRE AND POST CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
YUR Back	\$575	\$645
CoreAlign® 2: Progressions	\$575	\$645
Training to Heal: Pilates and Breast	\$575	\$645

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$295	\$385
2 Day	\$495	\$575
3 Day	\$645	\$725

*Early registration ends on 8/20/2018.

Courses at a Glance

PRE & POST CONFERENCE

PRE-CONFERENCE (EXTRA FEE)
OCTOBER 10 - 11, 9:00AM TO 6:00PM

YUR Back

Chrissy Romani-Ruby

CoreAlign Instructor Training 2: Progressions

Cindy Reid

Training to Heal: Pilates Training through Breast Cancer Recovery

Joy Puleo

FRIDAY, OCTOBER 12

MORNING WORKOUTS:
7:30 AM – 8:30 AM

LUNCHTIME WORKOUTS:
1:00 PM – 1:45 PM

ALL DAY WORKSHOPS:
9 AM – 12 PM AND 2 PM – 5 PM

10TH ANNIVERSARY IN CHICAGO
PARTY: 5:00 PM – 6:30 PM

Biomechanics and Functional Anatomy: How our Bodies Work and How to Cue that Reality

Shari Berkowitz

Gait Control

Diedra Manns

Balanced Body: Intelligent Reformer Programming

Nora St. John and Valentin

The Universal Reformer

Benjamin Degenhardt

MOTR Instructor Training: Fundamentals

Portia Page

Both Suspension System Instructor Training: Fundamentals

Joy Puleo

SATURDAY, OCTOBER 13

MORNING WORKOUTS:
7:30 AM – 8:30 AM

MORNING WORKSHOPS:
9:00 AM – 12:00 PM

Balancing the Psoas in the Pilates Studio

Joy Puleo

A Movement Science Approach to Preventing and Restring Shoulder Dysfunction

Diedra Manns

The Artistic Reformer

Valentin

Bend Over Backwards: Rethinking Extension on the Reformer

Benjamin Degenhardt

Pelvic Bias: Key to Lower Back Pain

Brian Richey

Centering Through the Oov: How the Body Speaks to Itself

Amy Broekemeier

Courses at a Glance

SATURDAY, OCTOBER 13

LUNCHTIME WORKOUTS:
1:00 PM – 1:45 PM

AFTERNOON WORKSHOPS:
2:00 PM – 5:00 PM

Pilates for the Mature Client
Jillian Hessel

Cueing Accuracy
Troy McCarty

Jumpboard and Arc on the Reformer
Nico Gonzales

Knees: All you Need to Know and Little Bit More
Shari Berkowitz

Balanced Body programming: Creating Awesome EXO Chair Classes
Valentin

MELT - The Missing Link in Pilates Mat Work: Understanding the New Science of Connective Tissue and its Role in Stabilization
Hallee Altman

SUNDAY, OCTOBER 14

MORNING WORKOUTS:
7:30 AM – 8:30 AM

MORNING WORKSHOPS:
9:00 AM – 12:00 PM

Balanced Body Pilates Studio Circuits
Portia Page and Erika Quest

Creating Konnections in the Pilates Studio
Viktor Uygan

One Single Spring
Troy McCarty

Anatomy Exercises: Leg Strength and Hip Flexor Progressions
Shari Berkowitz

Stability or Mobility: Which Comes First?
Brian Richey

MELT Fascial Hydration Techniques: Bridging the Gap Between Pilates Mat Classes and Apparatus Work
Hallee Altman

SUNDAY, OCTOBER 14

LUNCHTIME WORKOUTS:
12:45 PM – 1:20 PM

AFTERNOON WORKSHOPS:
1:30 PM – 4:30 PM

Hip-Notizer on the Reformer Tower
Viktor Uygan

Loose!
Troy McCarty

Toughen up Your Pilates: Retaining the Athletic Client
Nico Gonzales

Formulate Your Teaching Style: A Prime on 1st Generation Master Teachers
Jillian Hessel

Return to Life with Pilates Mat
Benjamin Degenhardt

Marketing 101: Simple Marketing Strategies to Build Your Best Business!
Erika Quest

Pre-Conference Courses

WEDNESDAY – THURSDAY, OCTOBER 10 - 11

**ALL DAY WORKSHOPS: 9:00AM TO 6:00PM
(EXTRA FEE REQUIRED)**

YUR Back

This workshop will discuss several types of back pain and help to categorize them. We will discuss red flags of when to refer that client on or when to avoid certain activities. Then we will apply Pilates mat and reformer movements for a fitness evaluation and post rehabilitation plan. Leave with a new confidence for when your client says: "I hurt my back" or "Can you teach me a Pilates program that won't hurt my back?". At the completion of the course the participants have the opportunity to join the licensure program and offer the full program at their studio for an additional fee.

Instructor: Chrissy Romani-Ruby

CoreAlign Instructor Training 2: Progressions

CoreAlign 2: Progressions, builds on the foundation of CoreAlign 1 with progressions of the key exercises learned in CoreAlign 1 as well as additional exercise categories, training options and teaching techniques. CoreAlign 2 includes:

- » Progressions of plank and standing exercises to address a range of training goals from core stabilization to creating integrated rotation for throwing sports.
- » Training options using rotator discs, variable directions or resistance and moments of suspension.
- » Exercises to challenge balance, coordination and complex movement patterns to prepare clients for anything life throws their way.

CoreAlign 2 provides an excellent platform for improving functional movement patterns for clients at any level of ability from physical therapy patients to professional athletes.

Instructor: Cindy Reid

Training to Heal: Pilates Training through Breast Cancer Recovery

This unique teacher training course is designed to support the client experience from a diagnosis of breast cancer through to the 'new' physical normal. Once a client is diagnosed the medical world plays an enormous role. The client finds themselves on a roller coaster ride filled with uncertainties, anxieties and choices. Throughout, surgery, treatment and ongoing drug protocols take a toll on the body. This course walks you, the instructor, through the process of what a diagnosis means, the physical fallout from various treatments and the emotional toll cancer takes on a client. It will outline, at each stage, movements designed to restore physical strength, flexibility, range of motion, and most importantly a client's trust in their body's ability to heal and be well again. Movements in this course will incorporate mat based Pilates, Reformer and Trapeze exercises.

Appropriate for all instructors.

Instructor: Joy Puleo

Main Conference Courses

FRIDAY, OCTOBER 12, 2018

MORNING WORKOUTS: 7:30 AM – 8:30 AM
LUNCHTIME WORKOUTS: 1:00 PM – 1:45 PM
ALL DAY WORKSHOPS: 9 AM – 12 PM AND 2 PM – 5 PM
10TH ANNIVERSARY IN CHICAGO PARTY: 5:00 PM – 6:30 PM

Class 1

Biomechanics and Functional Anatomy: How our Bodies Work and How to Cue that Reality

While your physical intuition is an important asset in teaching Pilates, intuition is not enough. To sincerely take care of your clients, you must know the truth of how the body works. Cue the reality, not the myths or mistakes. Being a confident teacher depends on it...demands it. We'll work to understand the best theories on biomechanics: Biotensegrity and Biodynamics. Then apply this information to your teaching and the effects on the entire body focused first on the pelvis and spine. Knowing and understanding is the only way.

Appropriate for all instructors.

Instructor: Shari Berkowitz

Class 2

Gait Control

Have you wanted to know more about the mechanisms behind the most fundamental of human activities? This workshop will introduce you to the essential terminology, phases, muscle firing patterns and joint interactions of the extremities, pelvis and trunk with walking. We will cover the myo-fascial slings associated with gait and the nervous systems control to automatically produce these essential movement patterns. You will discover how muscle imbalances lead to common gait deviations and learn how to spot them through observational/movement assessments. Finally, we will have ample time to explore progressive mat and apparatus Pilates exercises to help reduce these deviations and normalize gait.

Appropriate for all instructors.

Instructor: Diedra Manns

Class 3

Balanced Body Intelligent Reformer Programming

If you teach Reformer classes, semi-private or private sessions and are looking for ways to challenge your clients to perform at their best, this class will teach you a simple structure for creating classes that are effective, efficient and fun. Using the ThinkFit Reformer Programming system, you will learn how to develop classes for different kinds of students from beginner to advanced and to focus on specific areas of the body like the upper body or legs. The ThinkFit system makes class planning easy. Class will consist of a variety of programming exercises to help refine your understanding of balance and flow in a Reformer session. .

Appropriate for reformer instructors.

Instructor: Nora St. John and Valentin

Class 4

The Universal Reformer

When Joseph Pilates created his work, he was on the humble mission to reform the world, one body at a time. His Universal Reformer was designed as a corrective tool that teaches the quality of movement required to master the practice of his work. Exploring the history and purpose of the apparatus as well as the traditional exercises, this workshop is designed to highlight the dialogue our bodies enter with the apparatus the second we lay our toes on the foot bar.

Appropriate for comprehensively trained instructors.

Instructor: Benjamin Degenhardt

Main Conference Courses

FRIDAY, OCTOBER 12, 2018

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ALL DAY WORKSHOPS: 9 AM – 12 PM AND 2 PM – 5 PM
10TH ANNIVERSARY IN CHICAGO PARTY: 5:00 PM – 6:30 PM

Class 5:

MOTR Instructor Training: Fundamentals

The MOTR contains a complete personal training system in a portable, affordable package. Combining the core training of Pilates, the strength and power of aerobic conditioning, the functional exercises of a pulley system and the balance and release exercises of a foam roller, MOTR gives you everything you need to teach classes, small group or one on one training. The Fundamental MOTR course includes instruction on the fundamental movements in each exercise category as well as an introduction to the Balanced Body Programming System for easy class design. MOTR is the ideal compliment to a Pilates, personal training or rehabilitation practice enhancing balance, aerobic capacity, strength and flexibility while performing fun, functional exercises that bodies respond to and enjoy.

The MOTR Instructor Training course includes:

- » Detailed manual and instructor training video to help you embody the material
- » The Balanced Body Movement Principles to enhance your teaching skills
- » Balanced Body's Track System to help you create classes quickly and easily
- » Progressions, regressions and modifications to make MOTR training useful for everyone

MOTR Instructor Training gives you new tools to expand your practice while having fun and creating new opportunities for vibrant health for you and your clients.

Appropriate for anyone with a strong movement background.

Instructor: Portia Page

Class 6:

Bodhi Suspension System Instructor Training: Fundamentals

Balanced Body brings the precision and movement principles of Pilates to suspension training with the Bodhi Suspension System™. Leaning into the ropes takes the body out of alignment with gravity causing the core stability muscles to fire and developing integrated, whole body strength and flexibility. Bodhi's four points of suspension maximize strength training and enhance proprioception while providing endless opportunities for creativity. Learn and practice Bodhi exercises in each position and discover how easy it is to design and deliver dynamic classes using the tracks of the Balanced Body Programming System. The Bodhi fundamentals course includes a selection of exercises and sample classes for teaching dynamic classes using the Bodhi Suspension System.

Course includes:

- » Detailed manual, DVD and ongoing video support.
- » Introduction to the Balanced Body Movement Principles to strengthen your teaching.
- » Balanced Body's Programming System to help you create classes quickly and easily.
- » Sample classes to get you teaching right away.

The ideal compliment to a Pilates or personal training practice, Bodhi adds standing, balance and stability elements to re-ignite your studio and excite your clients.

Appropriate for anyone with a strong movement background.

Instructor: Joy Puleo

Main Conference Courses

SATURDAY MORNING, OCTOBER 13, 2018

MORNING WORKOUTS: 7:30 AM – 8:30 AM

MORNING WORKSHOPS: 9:00 AM – 12:00 PM

Class 1

Balancing the Psoas in the Pilates Studio

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 in the Pilates studio. 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 2

A Movement Science Approach to Preventing and Restring Shoulder Dysfunction

This dynamic workshop features an integrative approach that draws from the leading philosophies in movement science. Demonstrations and hands on activities will enhance your understanding of the anatomy and biomechanics of the shoulder and its relationship to the neck, trunk and pelvis. A systematic postural and movement screen will help you recognize key muscle imbalances that can lead to painful conditions such as rotator cuff syndrome. We will explore principles and exercises from the world of movement science and will apply them in a Pilates setting to improve the mobility, stability, strength and function of the shoulder complex.

Appropriate for beginner to intermediate instructors.

Instructors: Diedra Manns

Class 3

The Artistic Reformer

Join Valentin for a creative exploration on the Reformer. Learn flowing sequences that transform your Reformer workout into an artform. Experience fluid transitions, the power of music and how precise cueing can make any client feel beautiful, graceful and successful.

Appropriate for comprehensively trained instructors.

Instructor: Valentin

Class 4

Bend Over Backwards: Rethinking Extension on the Reformer

Originally called a "gymnastic apparatus", the Universal Reformer provides an environment for movement in all directions. During this session participants get to explore the concepts of safe and effective spinal extension, and discover that the Reformer repertoire was and is full of opportunities to introduce, support, and challenge this all-important movement direction.

Appropriate for reformer instructors.

Instructor: Benjamin Degenhardt

Class 5

Pelvic Bias: Key to Lower Back Pain

Did you know that the three most common low back injuries, herniations, spondylolisthesis and stenosis, all need different training strategies? And these strategies are all based upon the position of the pelvis, or Pelvic Bias. Learn what these strategies are, along with assessments and the goals/protocols for each and discover what neutral spine really means for your client with lumbar conditions.

Appropriate for all instructors.

Instructor: Brian Richey

Class 6

Centering Through the Oov: How the Body Speaks to Itself

In this introductory Oov workshop you will experience the neuroscience behind how the Oov stimulates multiple systems of the body simultaneously, why less cueing is more, and what the body/mind automatically does with useful information that it is given. Come experience how the Oov will shift your paradigm to the next dimension of health, wellness, fitness, and performance!

Appropriate for all instructors.

Instructor: Amy Broekemeier

Main Conference Courses

SATURDAY AFTERNOON, OCTOBER 13, 2018

LUNCHTIME WORKOUTS: 1:00 PM – 1:45 PM

AFTERNOON WORKSHOPS: 2:00 PM – 5:00 PM

Class 1

Pilates for the Mature Client

In this session, we will address how to properly screen the mature Pilates client, and how to design an appropriate, progressive Pilates program that is fun, safe and challenging for this significant and vital demographic. The workshop will cover screening and group exercise variations on the mat, using an ordinary chair for seated exercise, or a wall, as well as exercise bands and other small apparatus.

Appropriate for comprehensively trained instructors.

Instructor: Jillian Hessel

Class 2

Cueing Accuracy

Tactile and manual cues will be covered on the reformer and trap table. Using your hands and your voice to help your clients reach their full movement potential.

Appropriate for comprehensively trained instructors.

Instructor: Troy McCarty

Class 3

Jumpboard and Arc on the Reformer

Adding the Jump Board and the Pilates ARC to your reformer practice is the next generation of Pilates ingenuity. The focus will be on control and precision with the jump board sequences. The ARC brings attention to stability and mobility. Brining all pieces together makes for a wonderfully perfect synergy for the mind, body, and spirit.

Appropriate for reformer instructors.

Instructors: Nico Gonzales

Class 4

Knees: All you Need to Know and Little Bit More

No matter what the alignment (bowed, knock, normal, hyper-extended), no matter what the imbalance or trauma (ACL tears, MCL tears, meniscal tears, ITB syndrome) we've all got knees and need to know how to care for them. In this workshop we'll take time to understand the physiology and functional anatomy of the knee complex as well as the changing dynamics from the alignment issues, imbalances and traumas that commonly exist. We'll apply that

knowledge to caring for knees in Pilates. Knees ought to be an easy part of the body for our clients: running, skiing, climbing stairs or just sitting, standing and walking...we must understand knees.

Appropriate for comprehensively trained instructors.

Instructor: Shari Berkowitz

Class 5

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.

Instructor: Valentin

Class 6

MELT - The Missing Link in Pilates Mat Work: Understanding the New Science of Connective Tissue and its Role in Stabilization

Discover new research on the connective tissue system that will transform the way you think about the powerhouse. Using a soft MELT Roller, experience the 4Rs of MELT – Reconnect, Rebalance, Rehydrate, and Release – that help prepare your body for Pilates. Then, find out how your NeuroCore provides head-to-toe stability and connection beyond muscular strength. Learn how to execute Pilates mat exercises more accurately and safely by tapping into this system that provides whole-body stability, communication, and support.

Appropriate for all instructors.

Instructor: Hallee Altman

Main Conference Courses

SUNDAY MORNING, OCTOBER 14, 2018

MORNING WORKOUTS: 7:30 AM – 8:30 AM
MORNING WORKSHOPS: 9:00 AM – 12:00 PM

Class 1

Balanced Body Pilates Studio Programming

If you teach in a fully equipped Pilates studio, you know how challenging it can be to create flowing programs with smooth transitions that address the goals of your class or client. This class will teach you a simple structure for creating private sessions or classes that are effective, efficient and fun. Using the Balanced Body Programming system, you will learn how to develop classes for different kinds of students from beginner to advanced and to focus on specific areas of the body like the upper body or legs. The Balanced Body system makes class planning easy. Class will consist of a variety of programming exercises to help refine your understanding of balance and flow in a Pilates studio session. An illustrated handout is included.

Appropriate for comprehensively trained instructors.

Instructor: Portia Page and Erika Quest

Class 2

Creating Konnections in the Pilates Studio
coming soon...

Appropriate for all instructors.

Instructors: Viktor Uygan

Class 3

One Single Spring

Explore a wide range of exercises on the Reformer using only one spring to enhance balance, stability and control. Troy takes your thinking out of the box and helps you think creatively about ways to modify, sequence and develop Reformer exercises for clients of all kinds.

Appropriate for Reformer instructors.

Instructor: Troy McCarty

Class 4

Anatomy Exercises: Leg Strength and Hip Flexor Progressions

Hip Flexors, Quadriceps, Hamstrings, Adductors/Inner Thighs all need to be strong and supple. But what is "get out of your hip flexors" and why do hip flexors cramp? Should knees really be "soft"? What is a locked joint? What do we really need to teach and do? It's time for an education of biomechanics and

functional anatomy...applied to Pilates exercises. We'll go through each exercise related to leg and hip flexor strength to understand the progression.

- » Detailed manual, DVD and ongoing video support.
- » Learn which muscles need to be strengthened and which need to be stretched for exercises with leg action or support to work.
- » See how to recognize what is weak when an exercises "fails"
- » Walk away with the ability to apply this knowledge to Pilates exercises: a true understanding and ability to help your client (and yourself) strengthen and stretch so that Hip Flexion and Leg strength/stretch are easier to accomplish earlier in your Pilates life.

Appropriate for experienced instructors.

Instructor: Shari Berkowitz

Class 5

Stability or Mobility: Which Comes First?

Mobility without stability = hyper-mobility. Stability without mobility = rigidity. So how do we create a happy balance between the two, and where do we start? Students will learn the different types of muscles involved in both stability and mobility; simple assessment tools to determine which area to emphasize: and how to create balance between the two. We will also investigate common muscular imbalances and medical conditions you may encounter and determine which focus--stability or mobility--is safest and most effective.

Appropriate for experienced instructors.

Instructor: Brian Richey

Class 6

MELT Fascial Hydration Techniques: Bridging the Gap Between Pilates Mat Classes and Apparatus Work

Discover how rehydrating your fascia can create a more efficient body that can better execute Pilates mat work. Experience MELT preparatory techniques with a soft roller as "pre-Pilates" moves that can increase specificity and decrease compensation--especially in the neck and low back. Discover how to complement standard Pilates mat exercises with a soft half roller, bringing the support and challenge of the apparatus work to a group setting.

Appropriate for all instructors.

Instructor: Hallee Altman

Main Conference Courses

SUNDAY AFTERNOON, OCTOBER 14, 2018

LUNCHTIME WORKOUT: 12:45 PM – 1:20 PM
AFTERNOON WORKSHOPS: 1:30 PM–4:30 PM

Class 1

Hip-Notizer on the Reformer Tower

A well-functioning hip is essential for performing daily and athletic activities and to preventing arthritis and dysfunction. Learn how to work the hip from all angles using the Reformer and the Tower. Stimulating the hip joint from every angle and creating balanced strength help clients to perform better, move better and decrease discomfort. Learn sequences and progressions for clients at every level of ability.

Appropriate for comprehensively trained instructors.

Instructor: Viktor Uygan

Class 2

Loose!

This workshop will equip you to teach stretches and assisted stretches on the reformer, trap table and mat. This workshop will prepare you to teach a 30-minute stretch class. A detailed manual with photos is provided.

Appropriate for all instructors.

Instructor: Tory McCarty

Class 3

Toughen up Your Pilates: Retaining the Athletic Client

CrossFit, Tough Mudder, American Ninja Warrior...oh my! This workshop will radically expand your potential to retain clients who love the extreme. Learn to speak their language while you showcase the importance of the Pilates system in "their world". Discover creative movement sequences on the Pilates chair and arc that will surely keep your extreme clients asking for more.

Appropriate for instructors with Chair and small barrel experience.

Instructor: Nico Gonzales

Class 4

Formulate Your Teaching Style: A Prime on 1st Generation Master Teachers

Have you ever wondered what "East Coast" vs "West Coast" Pilates really means? What is the difference between the different styles of breathing, and how does "classic" Pilates differ from "modern"? Why are Pilates equipment brands so different, and how do you choose what's right for your particular clientele? Do

the best Pilates Teachers really come from a dance background? Is Pilates really best taught in a 1:1 environment? Do you need a degree in Exercise Physiology, Kinesiology or Exercise Science in order to be a good teacher? When you employ props that didn't exist in Pilates' day, are you still teaching Pilates? Jillian Hessel met and studied with many of the First Generation Teachers, now lost to us. She has forged her own teaching career, based on her philosophy of becoming a "Hybrid of the Masters."

Appropriate for all instructors.

Instructor: Jillian Hessel

Class 5

Return to Life with Pilates Mat

Pilates practice begins on the Mat, and it ultimately leads back to the Mat. Joe Pilates chose 34 original movements that—according to him—would establish and maintain good physical health. In this workshop, participants explore the exercises anew, discover their intended purpose and the logic in the original order.

Appropriate for all instructors.

Instructor: Benjamin Degenhardt

Class 6

Marketing 101: Simple Marketing Strategies to Build Your Best Business!

Feel like marketing your business falls at the bottom of your list? Don't know where to start or how to create successful strategies? Think it's too expensive? Learn to work smarter and not harder with simple, easy, cost effective and tangible ways to connect with your current loyal clients and attract new customers. You'll leave with a blueprint for creating a marketing plan as well as the how, when and why behind social media. Stop throwing programming and business ideas at the wall to see what sticks and relegating marketing to the bottom of your list. This workshop will set you on a path to master your small business marketing!

Appropriate for all instructors.

Instructor: Erika Quest

Presenters

Valentin

Valentin started dancing at age four and has been moving with passion and creativity ever since. Her performing career includes dancing professionally, being a cheerleader, winning aerobic competitions and, most recently, being a key member of Pilates Performance with Elizabeth Larkam. She has also managed Group Exercise at ClubSport Pleasanton, authored articles, presented at IDEA and Body Mind Spirit and produced the Body Revival Fitness Convention. Studying Pilates for the past seven years with Elizabeth Larkam, Valentin has been inspired by her ability to blend her previous dance experience, love of movement, creativity, and fitness background into the world of Pilates.

Hallee Altman

Hallee Altman is an advanced MELT instructor, the co-creator of MELT for Pilates, and the owner of The Center Studio®. She has been teaching the Pilates Method since 2001 when she was certified by Romana Kryzanowska. Hallee earned her PMA certification in 2013 and became a PMA continuing education provider in 2015. Hallee has led numerous instructor and general public workshops on the topic of Pilates for people living with Parkinson Disease, Pilates mat classes, MELT, and the fusion of these two incredible and complementary modalities.

Hallee is inspired to teach others to better understand their body's boundaries and intensify their workouts while staying pain-free. She has worked with numerous clients including those who are Pre/post-natal, post-surgery, athletes, and weekend warriors; those who have an injury, pain, or body discomfort; and those who want to lose weight or counteract the effects of aging.

Hallee graduated summa cum laude from Emory University and authored her first Psychological research study in 1999. In 2003 she earned a Master's degree in Dance Education from NYU. Prior to opening The Center Studio, Hallee worked as a creative movement teacher and social

skills educator, teaching children with special needs to discover the power of movement and nonverbal communication.

Shari Berkowitz

A biomechanics scientist and Pilates Teacher of Teachers, Shari works to move theories forward into practical application. Through her company, The Vertical Workshop, Shari researches, writes The Pilates Teacher Blog, creates Pilates continuing education products/tools teaches workshops and sessions. While Shari's exercise vocabulary is Classical Pilates, her tools, workshops and sessions are for everyone of every style of Pilates and modality of exercise. Though originally Pilates certified by Romana Kryzanowska and formerly Power Pilates' Lead Teacher Trainer and Director of West Coast Education, Shari's Teachings crosses all boundaries. Her Varied background from a foundation of physics to her successful career as a professional dancer/ singer/ actress and extensive work with scientists, doctors and physical therapists gives her a rich base from which to teach. www.TheVerticalWorkshop.com www.TheVerticalWorkshop.wordpress.com

Amy Broekmeier

As a physical therapist and movement teacher with over 20 years of experience, Amy blends her manual therapy skills, Barnes myofascial release work and years of movement assessment to create huge change in her clients and patients. Amy has been using the Oov for both assessment and treatment of her patients and clients as well as in group classes at Pinnacle Performance. Amy is the Master Educator for Oov in the USA..

Benjamin Degenhardt

Benjamin Degenhardt, PMA®-CPT, has been involved in Pilates and movement training for more than 15 years and is the founder of 360° Pilates, an online educational resource and workshop program based on the original philosophies and teachings of Joseph

Pilates. Upon completing classical and contemporary teacher training, Benjamin developed his perspective on Pilates by synthesizing historical research on Joseph Pilates' thought process with a modern understanding of movement, health, and fitness training. Benjamin presents his work at conferences and training facilities around the world and is the mastermind behind the annual social media campaign March MATness. To learn more about Benjamin and 360° Pilates, visit benjamindegenhardt.com and 360pilates.com

Nico Gonzales

Nico is an international fitness educator, trainer, motivational speaker, and owner of Fitness Physiques by Nico G in Cincinnati, Ohio. Certified through the American Council of Exercise (ACE) for personal training and group fitness, and Pilates Method Alliance (PMA) for Pilates training. Nico travels across the country and beyond training instructors in the Balanced Body teacher training programs including Pilates, CoreAlign, Bodhi Suspension, Anatomy in 3D, and MOTR. Rooted heavily in anatomy and kinesiology, he travels extensively delivering trainings in fitness facilities and studios alike. Nico has been the Director of Fitness for a hospital based wellness facility in Southwest Ohio for over eight years managing the Pilates program, Personal Training and Group Fitness staff, and the Wellness Integration program. Nico has presented internationally, including being a presenter at IDEA World Convention (USA), Pilates On Tour (USA), Can-Fit-Pro (Canada), World Class Conference (Russia), Fitnesslandia (Italy), and in Chile, South America. He presents workshops in Pilates, Program Management, Cardio / Strength Training and delivers Choreography Master Classes. Many trainers continue to ask for his practical approach to instruction and easy to follow formulas of success. Nico is featured in multiple Pilates videos, podcasts, and video blogs that showcase his creativity in movement and inspiration. He has been credited as a contributing creative editor of the following Pilates instructor manuals: EXO Chair, Pilates

ARC, and the Mat with Toys workshop manuals.

Jillian Hessel

Jillian Hessel has been teaching Pilates since 1981. She is a "Hybrid of the Masters," having studied and worked with many of the first generation teachers who trained directly under Joseph Pilates. Her mentors were Kathy Grant, Carola Trier and Ron Fletcher. She also had the good fortune to meet Eve Gentry, Romana Kryzanowa, Lolita San Miguel and Mary Bowen. She is certified as an exercise instructor through the Pilates Method Alliance (PMA), ACE, UCLA Extension, and the Functional Aging Institute (FAI).

A retired ballet dancer, she was privileged to work with George Balanchine, and she took classes with modern dance pioneer Martha Graham. Jillian is a devotee of Iyengar Yoga, which informs the individualized adjustments she employs with her Pilates students. In the Pilates community, she is known for her concise verbal instruction and crystal clarity.

Her book "Pilates Basics," went into its' second printing in 2017, and is often used as a teaching manual for Pilates trainings. Jillian has written many articles for Pilates Style Magazine, IDEA Pilates Today and various online publications. She mentors Certified Pilates Teachers through her own "Keeping the Flame" program and has her own line of instructional DVD's. You can take her online classes on YouTube, PilatesAnytime.com, and on ideafit.com

She can be found on the web at:
www.jillianhessel.com

Her e-mail is: studio@jillianhessel.com

Diedra Manns

Dr. Diedra R. Manns, DPT, MS, COMT, PMA® - CPT has had a wide variety of experiences over her 20 years in the physical therapy profession. Her passion for movement studies propelled her to complete a postdoctoral fellowship in Movement Science through Kaiser Permanente. Diedra was introduced to Pilates while working at the Harkness

Center for Dance Injuries. Soon after she completed her comprehensive Pilates training with Polestar Pilates International and is now an Educator with the organization. Dr. Manns has been honored to teach rehabilitation and movement professionals as Adjunct Faculty at New York University and Concorde Career College and through her workshops, research presentations and speaking engagements within these communities. Diedra is the face of Monarch Wellness Inc. a multidisciplinary wellness company using an integrative approach to restoring health, wellness and performance optimization for real people, sports enthusiasts and small businesses.

Joy Puleo

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.

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.

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**.

Cindy Reid

Cindy Reid, PMA-CPT, is Director of Flow Studios, founded in Chicago in 2002. Introduced to Pilates in 1993 while dancing professionally, Cindy has been teaching Pilates for over 20 years and dance and exercise for 25. She is a Senior Faculty member for BASI Pilates™, and on faculty with Balanced Body as a host and Master Instructor of CoreAlign(TM). Cindy is certified by the Pilates Method Alliance, and by the American Council on Exercise in Group Fitness. She presents workshops at Flow and nationally on Pilates topics which focus on injury prevention and optimizing technique. Cindy has an MA from Northwestern University in Performance and Choreography and, has expertise in protocol for postural, joint and alignment dysfunctions, spinal conditions, pre- and post-natal issues, pelvic floor disorders, and aging. She also has many years of experience in performance training for advanced athletes and dancers. In 2010, Cindy started Jumpboard Dynamics: a teacher training program designed to elevate the instruction level and benefits of Jumpboard classes. Cindy's course offers training in jumping technique, and a new repertoire and vocabulary for teaching Jumpboard. She regularly presents Jumpboard Dynamics workshops and trainings at Pilates on Tour and in studios nationally.

Brian Richey

Brian Richey, Medical and Corrective Exercise expert and international lecturer is owner/operator of Fit 4 Life DC, a Medical Exercise and Pilates studio in NW Washington DC. With over 25 years of experience in post-rehab and fitness, Brian's goal is to help people Move Better, Stand Taller and Exercise Pain Free.

Chrissy Romani-Ruby

An internationally renowned teacher with 26 years of experience in clinical practice, Dr. Ruby has successfully integrated

physical therapy and Pilates to create innovative rehabilitation and wellness programs for conditions such as back pain and sport specific programs for professional athletes. Founder of PHI Pilates studio and teacher training in Pittsburgh, PA, Christine guides clients in the study of their own movement to improve posture and reduce pain and risk of injury. Dr. Ruby holds Bachelor of Science degrees in both exercise science and natural science, a Master of Science degree in physical therapy and a doctorate in education. In addition to being a full professor at California University of Pennsylvania, Dr. Ruby is regularly sought after to speak at national and international conferences and works daily in her clinic with clients including NFL athletes, ballerinas, and clients recovering from injuries or illness. Dr. Ruby is known for her YUR™BACK program. This program allows clients with back pain to regain health and wellness through Pilates without risking an increase in their back pain. Dr. Ruby has published 6 books and 18 DVD's on Pilates.

Nora St John

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.

Viktor Uygan

Viktor is the Co-Owner of Konnect Pilates and the inventor of the Balanced Body Konnector. The Konnector is a single-rope pulley system with loops for all four limbs. The patented system enables independent, simultaneous movement of both arms and legs, and the user experiences constant proprioceptive feedback through the single rope. He is now traveling worldwide with Pilates on Tour and conferences training instructors the new and wide variety of exercises with The Konnector. He has been a Balanced Body Master Instructor for the past four years, teaching the entire Pilates comprehensive, Anatomy in 3D, BODHI, MOTR and CoreAlign. You can also see Mr. Uygan teaching and modeling in many Balanced Body DVD's and Podcasts. In 1992 Viktor started studying with the BodyCode System and Gyrotonics from Master Pino Carbone creator of the BodyCode System and owner of the first Gyrotonic center of Europe in Florence, Italy. He got introduced to Pilates after moving to the US in 1993 then studied for 6 years before he was certified in 1999 from DK Body Balancing through the University of Nevada accredited through the Nevada State board of Physical Therapy. Viktor grateful to have had the pleasure of learning from many great mentors in the industry during his last fifteen years of teaching. He is also certified with the Pilates for Golf certificate specializing in the training of golfers as well as the certification for resistance flexibility and strength training with the Meridian flexibility system. He is also a distributor for BodyCode products with his own company Body Mind E.

Viktor has an extensive dance background, his studies began with Ankara Sate Company in Ankara, Turkey. He continued training at the Hamlyn School of Ballet in Florence, Italy under the direction of Franco DeVita and Raymond Lukens. He received elementary-advanced diplomas with honors in the Ceccetti technique. Viktor continued dancing and has 15 years of professional experience dancing with companies such as Ankara State and Hartford Ballet as well as guest performing in the United States and Europe. He has worked with such greats as David Allan, Kirk Peterson, Richard Glasstone, AnnMarie DeAngelo and Alla Osipenko

along with many ballets by Balanchine, Tudor, Graham, Choo San Goh and with Wayne Sleep for a tribute to Princess Diana. Viktor is certified with the American Ballet Theater national training curriculum for young dancers. He has been coaching dancers for technique, professional careers and national competitions winning numerous 1st places with his students nationally and internationally. His work has presented at Gala performances in Germany and New York and also won the YAGP Best Choreographer award for 2007 and 2008.