

PILATES ON TOUR® 2018

Continuing Education for Pilates Professionals

Seoul

JUNE 1 – 3, 2018

COEX Convention and Exhibition Center
58, Teheran-ro 87-gil, Gagnam-gu, Seoul

We are excited to return to Seoul for a fourth year in a row in order to bring the best international presenters to the Korean Pilates community. Whether your goal is to expand your Pilates repertoire, understand better how the body works, gain new strategies in working with special populations or learn new techniques to inspire your students and invigorate your teaching, this conference is sure to deliver. Join us for an informative and energizing weekend filled with Pilates and mindful movement.

PRE CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
YUR Back (manual included)	\$575	\$645
PFilates: Plyometric Pelvic Floor Training	\$575	\$645

MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$325	\$395
2 Day	\$495	\$595
3 Day	\$645	\$745

*Early registration ends on 4/5/2018.

Courses at a Glance

PRE CONFERENCE

PRE-CONFERENCE (EXTRA FEE)
MAY 30-31, 9:00AM TO 6:00PM

CoreAlign 1: Foundations

Joy Puleo and Portia Page

YUR Back

Chrissy Romani-Ruby

FRIDAY, JUNE 1

ALL DAY WORKSHOPS:
9:30 AM – 12:30 PM AND 2:30 PM – 5:30 PM

LUNCHTIME WORKOUTS/ DEMOS:
1:15 PM – 2:15 PM

NETWORKING RECEPTION:
5:30 PM – 7:00 PM

Core Stability Advancements and Applications to Pilates Reformer

Karen Clippinger

Loaded Spinal Flexion?

Chrissy Romani-Ruby

The Complete System: Advanced Variations, Progressions and Cross-Over

Troy McCarty

Mat Challenge: Pilates + Props

Portia Page and Joy Puleo

MOTR Instructor Training Fundamentals

Erika Quest

SATURDAY, JUNE 2

MORNING WORKOUTS:
8:15 AM – 9:15 AM

MORNING WORKSHOPS:
9:30 AM – 12:30 PM

Release and Move: Foundational Reformer

Jennifer Gianni

YUR Back in the Pilates Studio

Chrissy Romani-Ruby

Kyphosis and Osteoporosis

Karen Clippinger

CoreAlign for Gait

Joy Puleo

Creating Konnections on the Bodhi

Viktor Uygan

Courses at a Glance

SATURDAY, JUNE 2

LUNCHTIME WORKOUTS/DEMOS:
1:15 PM – 2:15 PM

AFTERNOON WORKSHOPS:
2:30 PM – 5:30 PM

Creating Konnections on the Reformer
Viktor Uygan

**Shoulder Biomechanics and Pilates –
The Basic Five**
Karen Clippinger

Cueing Accuracy
Troy McCarty

Release and Move: Foundational Mat
Jennifer Gianni

**Balanced Body Programming:
Designing Awesome Chair Classes**
Portia Page

SUNDAY, JUNE 3

MORNING WORKOUTS:
8:15 AM – 9:15 AM

MORNING WORKSHOPS:
9:30 AM – 12:30 PM

Lower Body Lift: Jumping Higher
Viktor Uygan

**Sacroiliac Function and Pilates
Exercise Design**
Karen Clippinger

**Thoracic Mobility, A Key to Pain Free
Movement**
Chrissy Romani-Ruby

AI3D for the Pelvic Floor
Joy Puleo

Balanced Body Mat Circuits
Portia Page & Erika Quest

SUNDAY, JUNE 3

LUNCHTIME WORKOUTS/DEMOS:
1:00 PM – 1:40 PM

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

**Invigorating Pilates Reformer with the
Small Stability Ball**
Erika Quest

One Single Spring
Troy McCarty

**Pilates Climacteric: Movement for
Menopause**
Jennifer Gianni

Mat for Men
Viktor Uygan

**Roll, Release, Relax: Myofascial
Release Techniques for Pilates
Instructors**
Nora St. John

Pre-Conference Courses

WEDNESDAY – THURSDAY, MAY 30-31, 2018

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

CoreAlign 1: Foundations

The CoreAlign provides a superior environment for training gait, balance, core stability and sport specific movements in a flexible and dynamic environment. CoreAlign 1: Foundations, is the heart of the CoreAlign training program. The course includes the theoretical basis of the CoreAlign method along with essential exercises to illustrate the full potential of the CoreAlign. The course includes:

- » 60+ Foundation exercises designed to build functional movement skills applicable to daily life and athletic pursuits.
- » Exercises in standing, plank, all fours and supine positions.
- » ThinkFit exercise tracks to focus on Trunk Integration, Upper Body Strength and Balance, Lower Body Strength and Power, Gait and Dynamic Flexibility.
- » Progressions and regressions to address clients at different levels of ability.
- » Specific modifications and precautions for working with clients with injuries and special populations.
- » CoreAlign unit set up and safety.
- » The Balanced Body Movement Principles to make your training more efficient, effective and safe.

CoreAlign 1 will change the way you train.

Appropriate for anyone with a strong movement background.

Instructor: Joy Puleo and Portia Page

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.

Appropriate for comprehensively trained instructors

Instructor: Chrissy Romani-Ruby

Main Conference Courses

FRIDAY, JUNE 1, 2018

ALL DAY WORKSHOPS: 9:30 AM – 12:30 PM AND 2:30 PM – 5:30 PM

LUNCHTIME WORKOUTS/ DEMOS: 1:15 PM – 2:15 PM

NETWORKING RECEPTION: 5:30 PM – 7:00 PM

Class 1

Core Stability Advancements and Applications to Pilates Reformer

Research has advanced our understanding of core stability, including the need for different stimulus to optimally develop strength versus stability. This workshop will provide exercises designed to progress to allow high intensity overload that has been shown to be ideal for fostering core strength and related physiological benefits. It will also incorporate large exercise balls and rotator discs into classic and novel reformer exercises for development of the proprioceptive aspects of multi-planar core stability. A particular emphasis will be placed on the use of rotation because of its common association with functional movement and injury.

Appropriate for reformer instructors.

Instructor: Karen Clippinger

Class 2

Loaded Spinal Flexion?

So, what is all the recent research saying about spine movement and loads? How does it apply to what we teach in Pilates and what parts of this research do we need to consider when teaching healthy clients? How do we incorporate this research into clinical practice?

Appropriate for all instructors.

Instructor: Chrissy Romani-Ruby

Class 3

The Complete System: Advanced Variations, Progressions and Cross-Over

Take a close look at teaching, modifying and progressing advanced exercises in this fun and challenging workshop. Learn modifications and progressions as well as teaching tips from a master for taking clients through challenges they may not have thought possible. Includes understanding key Pilates exercise families and how one exercise, when taught on different pieces of equipment can target different movement skills.

Appropriate for comprehensively trained instructors.

Instructor: Troy McCarty

Class 4

Mat Challenge: Pilates + Props

Add rings, rollers, bands and balls to your mat work and create challenges, modifications, exciting sequences and new experiences for your classes, clients and for client home programs. Using the Balanced Body Programming system you will develop well balanced classes that take Pilates beyond the mat to address functional exercises including standing work, upper body strength and balance and dynamic lower body exercises. You will come away with an expanded view of using Pilates mat to improve your client's strength, flexibility, daily activities and performance.

Appropriate for all instructors. Small, mat based apparatus will be used

Instructor: Portia Page and Joy Puleo

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 complement 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: Erika Quest

Main Conference Courses

SATURDAY MORNING, JUNE 2, 2018

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

Class 1

Release and Move: Foundational Reformer

See, experience and feel how your body and your clients will respond and move better on the reformer foundational and classical work when specific and consistent release work is infused into the practice. It is reality that our bodies meet the demands we put on it and our movement will adapt to those very same habitual movements and postures. Because of this the Pilates foundational work can sometimes be lost in translation. Our traditional ways of cueing can be understood intellectually but are not connected to bodily sensations. The release work and the sense awareness it creates is the bridge to the deep knowledge of the Pilates work in our clients' bodies. This workshop gets to the bare bones of proper initiation of movement. We will explore the release work with many creative tools including balls of all types, rocks, foam, pillows and the Pilates equipment itself to facilitate letting go and easy movement.

Appropriate for reformer instructors.

Instructor: Jennifer Gianni

Class 2

YUR Back in the Pilates Studio

Back pain will affect 80% of adults at some point in their lifetime and at times it does not completely go away. These clients need a work out that will keep them healthy and strong, but not risk injuring their back. In this workshop learn the YUR BACK fitness without fear technique and leave with great ideas for helping those with low back pain of any kind or osteoporosis of the spine.

Appropriate for comprehensively trained instructors.

Instructors: Chrissy Romani-Ruby

Class 3

Kyphosis and Osteoporosis

Kyphosis and loss of bone density are two common problems that accompany aging and can have dire health consequences.

Pilates offers a promising modality to work with these conditions. This workshop will provide useful anatomical and physiological information about kyphosis and osteoporosis, as well as offer Pilates-based exercises designed to help with these conditions. Common recommendations for exercise modification or contraindication for osteoporosis will also be described.

Appropriate for all comprehensively trained instructors.

Instructor: Karen Clippinger

Class 4

CoreAlign for Gait

Gait, also known as walking, is a fundamental movement pattern that directly influences every aspect of movement and the CoreAlign is a fantastic tool for assessing and improving gait. Learn the key phases of gait, the benefits of reciprocal leg movement and how to assess your client's movement patterns using the CoreAlign. From the assessment phase, exercise progressions will be taught to improve common imbalances and dysfunctional patterns. See how quickly change happens using the dynamic environment of the CoreAlign.

Appropriate for all instructors.

Instructor: Joy Puleo

Class 5

Creating Konnections on the Bodhi

The unique environment of suspension training using the Bodhi is designed to train the whole body, to create balanced muscle development and to build coordination to help clients improve their daily and athletic activities. Learn Viktor's unique and evolving method for training integrated, whole body movement using the Bodhi. Movement sequences for enhancing the connections between the mind and the body, right and left and the legs, torso and arms will be taught. You will come away with a richer understanding of how the body works and how to connect it.

Appropriate for all instructors.

Instructor: Viktor Uygan

Main Conference Courses

SATURDAY AFTERNOON, JUNE 2, 2018

LUNCHTIME WORKOUTS/ DEMOS: 1:15 PM – 2:15 PM
AFTERNOON WORKSHOPS: 2:30 PM – 5:30 PM

Class 1

Creating Konnections on the Reformer

Pilates is designed to train the whole body, to create balanced muscle development and to build coordination to help clients improve their daily and athletic activities. Learn Viktor's unique and evolving method for training integrated, whole body movement using the Reformer. Movement sequences for enhancing the connections between the mind and the body, right and left and the legs, torso and arms will be taught. You will come away with a richer understanding of how the body works and how to connect it.

Appropriate for comprehensively trained instructors.

Instructor: Viktor Uygan

Class 2

Shoulder Biomechanics and Pilates – The Basic Five

Learn key principles for training the upper body to effectively promote optimal shoulder biomechanics in this foundational class. Review common shoulder imbalances and dysfunctions such as shoulder impingement and rotator cuff imbalances. This workshop will review exercise recommendations and teach students a sample shoulder series on the reformer designed to incorporate research recommendations by combining classic and novel Pilates-based exercises. Exercises using a resistance band will also be used to provide useful exercises for mat classes and home programs.

Appropriate for comprehensively trained instructors.

Instructor: Karen Clippinger

Class 3

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.

Instructors: Troy McCarty

Class 4

Release and Move: Foundational Mat

See, experience and feel how your body and your clients will respond and move expediently better on the mat foundational and classical work when specific and consistent release work is infused into the practice. It is reality that our bodies meet the demands we put on it and our movement will adapt to those very few habitual movements and postures. Because of this the Pilates foundational work can sometimes be lost in translation. Our traditional ways of cueing can be understood intellectually but not connected to bodily sensations. The release work and the sense awareness it creates is the bridge to the deep knowledge of the Pilates work in our clients' bodies. This workshop gets to the bare bones of proper initiation of movement. We will explore the release work with many creative tools including balls of all types, rocks, foam and pillows to facilitate the letting go and easy movement.

Appropriate for all instructors.

Instructor: Jennifer Gianni

Class 5

Balanced Body Programming: Designing Awesome Chair Classes

The Pilates Chair is a wonderfully small and self-contained whole body exercise machine. 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 to create optimum strength, flexibility and functional movement patterns. The Balanced Body Programming 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 Chair session. An illustrated handout is included.

Appropriate for comprehensively trained instructors.

Instructor: Portia Page

Main Conference Courses

SUNDAY MORNING, JUNE 3, 2018

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

Class 1

Lower Body Lift: Jumping Higher

Creating a sense of lift, length and decompression in the lower body is accomplished by building balanced muscle development and integrating the lower limbs with the core. Learn several sequences for developing speed, reactivity and balance in the legs culminating in working on the padded foot plate or Jump Board to truly lift the lower body away from the floor.

Appropriate for comprehensively trained instructors.

Instructor: Viktor Uygan

Class 2

Sacroiliac Function and Pilates Exercise Design

This workshop will include a discussion of the sacroiliac joint, its key function as part of the link between the lower extremity and spine, as well as its common dysfunction and associated pain. Participants will learn Pilates-based exercises that can be used to help restore stability and optimize function of this vital joint. Use of cueing and position modification will also be provided for selected classical repertoire aimed at preventing injury or aggravation of chronic conditions in this area.

Appropriate for comprehensively trained instructors.

Instructors: Karen Clippinger

Class 3

Thoracic Mobility, A Key to Pain Free Movement

We begin to lose thoracic mobility as early as 16 years old. Once lost, something as simple as driving can be a risk for spine or shoulder injury. Pilates offers multiple tools and exercises to maintain and promote thoracic mobility. Explore these techniques and learn to create mobilization and joint movement through muscle energy using the Pilates equipment and concepts.

Appropriate for all instructors.

Instructor: Chrissy Romani-Ruby

Class 4

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

Class 5

Balanced Body Mat Circuits

Combine the revolutionary Balanced Body programming system with the dynamic power of circuit training for an invigorating and inspiring Pilates based mat class. Learn how to combine small props, music and a variety of circuit formats to improve cardiorespiratory fitness, speed up the metabolism, increase strength and develop a solid foundation for functional activities of any kind. Portia and Erika will lead you through a class that will expand your concept of what Pilates inspired mat can be.

Appropriate for all instructors.

Instructor: Portia Page & Erika Quest

Main Conference Courses

SUNDAY AFTERNOON, JUNE 3, 2018

LUNCHTIME WORKOUTS/ DEMOS: 1:00 PM – 1:45 PM
AFTERNOON WORKSHOPS: 2:00 PM – 5:00 PM

Class 1

Invigorating Pilates Reformer with the Small Stability Ball

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: Meghan Bubnis

Class 2

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 3

Pilates Climacteric: Movement for Menopause

The Pilates Method can be a curative for the emotional and physical symptoms of menopause. The transition through menopause can last 15 years or more. It is a time of reevaluation, reorganization, and reestablishing on emotional, spiritual, and physical fronts. This journey provides a valuable opportunity to reconcile unfinished business with the soul, mind, and body. The fact that our emotional and physical selves are intertwined becomes crystal clear during menopause and it is crucial for wellness practitioners to help our clients learn to create balance and peace with a conscious use of breath and movement.

Appropriate for comprehensively trained instructors.

Instructor: Jennifer Gianni

Class 4

Mat for Men

Men and women move and train differently. Uncover some of these differences and learn new and innovative mat exercises designed to challenge your strongest male clients in this fun and creative workshop. Using variations on existing exercises and entirely new moves, you will experience a workout that will keep all of your clients coming back for more.

Appropriate for all instructors.

Instructor: Viktor Uygan

Class 5

Roll, Release, Relax: Myofascial Release Techniques for Pilates Instructors

Learn self-massage techniques using the foam roller and small balls to release tension, improve joint function and decrease pain. You and your clients will love the relaxation and release that come from these simple techniques. This workshop introduces the concept of myofascial release techniques for Pilates teachers and teaches you how to integrate it into group classes, personal training sessions and client homework.

Appropriate for all instructors.

Instructor: Nora St. John

Presenters

Karen Clippinger

Karen Clippinger, M.S.P.E. Professor, received her Master's in Exercise Science from the University of Washington in 1984. Her lifelong work has focused on application of anatomical and biomechanical principles to enhance movement performance while lowering injury risk. In the last 21 years she has integrated Pilates into her work and personal practice. Karen is currently a professor at California State University, Long Beach where she teaches anatomy, Pilates, Body Placement and other dance science courses. Karen has also been Body Arts and Science International (BASI) Pilates® faculty since 1996, and teaches Pilates teacher training and continuing education courses.

Prior to her academic employment, Ms. Clippinger worked as a clinical kinesiologist for 22 years, including at Loma Linda University Medical Center where she developed Pilates-based programs for clients with varied medical conditions. She has worked with hundreds of professional dancers and elite athletes and consulted for the U.S. Weightlifting Federation, U.S. Race Walking Team, Pacific Northwest Ballet, and California's Governor's Council on Physical Fitness and Sports.

Ms. Clippinger is a renowned international educator who has given more than 375 presentations over the last 32 years in Australia, Canada, England, Germany, Greece, Italy, Japan, New Zealand, South Africa, and throughout the United States. She has provided Continuing Education presentations for numerous organizations including American College of Sports Medicine, Balanced Body University, BASI, Body Control Pilates Association (UK), International Association of Dance Medicine and Science, International Association of Fitness Professionals, Pilates International (Australia), and Pilates Method Alliance. Ms. Clippinger wrote a monthly exercise column for Shape Magazine from 1996-1999, served as co-editor-in-chief of the Journal of Dance Medicine and Science from 1996-2005, and has authored numerous articles for

academic and lay publications, chapters for four different books, and a textbook (Dance Anatomy and Kinesiology) that has received excellent reviews and been adopted by many prestigious educational institutions. She recently co-authored a book with Rael Isacowitz titled Pilates Anatomy that was released in 2011.

Jennifer Gianni

Jennifer has over 20 years' experience in the mind/body field. She began her formal Pilates training in Los Angeles at Performing Arts Physical Therapy under the direction of Melinda Bryan (certified and ordained by 1st generation Pilates Master Romana Kryzanowska). Jennifer's training during these years included workshops and seminars with Romana Kryzanowska as well as other Classical Pilates greats like Siri Dharma Galliano, Jillian Hessel and Jay Grimes. Jennifer taught with Jay Grimes at Performing Arts Physical Therapy for 2 years. Jennifer was very grateful for excellent training and the roots in Classical Pilates but knew there was more to discover.

Jennifer's next teacher was Marie José Blom at Long Beach Dance Conditioning. This experience would prove to be a life changing experience and Marie José continues to mentor and inspire Jennifer's work to this day.

Jennifer discovered her passion for pre & post natal women when she was pregnant with her first child. In 2001 she founded the Fusion Pilates Pre & Post Natal Teacher Training program and has been teaching it around the world since 2003 – from the United States to Japan to Russia and more... In addition to her teacher training program, Jennifer is the owner and director of Fusion Pilates DVD's, which specialize in DVD programs for women's fitness. Jennifer released her original Pre & Post Pregnancy series in 2001, two DVD's for the Pilates Professional in 2009, and a Pilates Birth Ball series in 2011.

Jennifer was chosen to be one of the first Master Teacher Trainers in the United States by Balanced Body in 2007. Jennifer

brings her own style and passion to the Balanced Body program and many students chose Balanced Body in order to work with her.

During the past 7 years Jennifer's passion for cutting edge knowledge of biomechanics and fascia has led her to studying with Tom Myers, Elizabeth Larkam, Robert Schleip, Diane Lee and Gil Hedley. Her continued work is to translate the scientific research of the fascial web into practical applications for our clients in the Pilates Studio.

Jennifer is based in Asheville, NC at her Fusion studio, but travels to present her courses across the country and around the world. She is the owner and director of FusionPilatesEDU.com – a website dedicated to bringing the best online continuing education to Pilates professionals.

Troy McCarty

My career in Pilates began as a young dancer. I was a pioneer for Pilates introducing it to the Midwest and have been teaching it for the past 21 years. Since 1989 I've established three successful studios in the Cleveland area and have been fortunate enough to study under Romanna Kryzanowska, Bruce King, and Jullian Littleford.

I have taught Pilates for the Hong Kong Academy of Performing arts in Hong Kong, for the Cleveland Indians, Cleveland San Jose Ballet, members of the Cleveland Cavs, Cast of Show Boat, and also taught the Cast of Phantom of the Opera. I teach ballet regularly to professionals mixing both classical technique and the Pilates Method.

I am passionate everyday about instructing and working with my clients to help them achieve their personal goals and learn the true art of Pilates. This dedication and passion is at the heart of any successful Pilates studio.

Portia Page

BALANCED BODY EDUCATION PROGRAM MANAGER

Portia has been in the fitness industry for over 18 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, a Master Instructor of Balanced Body University and a Stott Pilates Certified Instructor. 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

BALANCED BODY FACULTY, EDUCATION PROGRAMMING MANAGER

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.

Chrissy Romani-Ruby

PHI PILATES

Christine is an experienced Pilates professional and international presenter

with a strong background in physical therapy and fitness. She is the founder and director of PHI Pilates and PHI Pilates Studio based in Pittsburgh, PA, an associate professor at California University of Pennsylvania, and a member of the faculty at the Ballet Academy of Pittsburgh. Gold certified in Pilates through the PMA and serving on the PMA certification commission, she has contributed to the Pilates community with the publication of six books, 13 DVD's, and multiple articles, podcasts and international workshops and presentations. Chrissy holds a masters degree in physical therapy from Slippery Rock University and has practiced as an orthopedic and sports PT for 20 years. She holds bachelor's degrees in both exercise science and natural science and a certificate in athletic training. Presently she is a doctoral candidate in education at Indiana University of PA. Christine has incorporated Pilates into her practice as a physical therapist for over 13 years and she is known by teachers around the world for unselfishly sharing her ideas and techniques for the benefits of clients and patients. Her 4,000 square foot Pilates studio in Pittsburgh is well known to clients for rehabilitation and conditioning and to teachers for continuing education.

Nora St John, MS

BALANCED BODY EDUCATION PROGRAM DIRECTOR

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

BALANCED BODY MASTER INSTRUCTOR,
KONNECT PILATES STUDIO

Louise Johns has been in the fitness industry for over 20 years. 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.