

# PILATES ON TOUR® 2018

Continuing Education for Pilates Professionals

## London

APRIL 27-29, 2018

Etc. Venues - ST. Paul's – 200 Aldersgate  
200 Aldersgate Street  
London, UK EC1A

### Suggested hotels (within walking distance)

Grange St. Paul's Hotel  
10 Godliman St, London EC4V 5AJ, United Kingdom  
+44 20 7074 1000

Apex London Wall Hotel  
7-9 Copthall Ave, London EC2R 7NJ, United Kingdom  
+44 20 7562 3030

Club Quarter's Hotel, St. Paul's  
24 Ludgate Hill, London EC4M 7DR, United Kingdom  
+44 20 7651 2200

Pilates on Tour brings internationally known Pilates educators to London for our 2018 event. Teachers from around the world come to this event because the presenters are cutting edge, the equipment is abundant and the opportunity to learn is exceptional. Join our growing community of dedicated, passionate Pilates professionals with workshops presented by world class educators in an intimate setting. This conference will change the way you teach.

### PRE CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
Mat 3: Enhanced Pilates Mat + Props (manual included)	\$575	<b>\$625</b>
CoreAlign 1: Foundations (manual included)	\$575	<b>\$625</b>
MOTR Instructor Training Program (manual included)	\$575	<b>\$625</b>

### MAIN CONFERENCE

Options	Early Registration*	Regular Registration
1 Day	\$295	<b>\$395</b>
2 Day	\$495	<b>\$595</b>
3 Day	\$645	<b>\$745</b>

\*Early registration ends on 3/14/2018.

# Courses at a Glance

## PRE & POST CONFERENCE

**PRE-CONFERENCE (EXTRA FEE)**  
APRIL 25-26, 9:00AM TO 6:00PM

**Mat 3: Enhanced Pilates Mat + Props**  
Portia Page

**CoreAlign® Instructor Training 1:  
Foundations – Global**  
Joy Puleo

**MOTR Instructor Training,  
Comprehensive – Global**  
Max Stohr & Cinzia Galletto

## FRIDAY, APRIL 27

**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

**SIP AND LEARN:**  
5:00 PM – 6:30 PM

**Balanced Body: Intelligent Reformer  
Programming**  
Nora St. John and Erika Quest

**Ask the Experts: Pilates Rehabilitation  
for Anterior Cruciate Ligament (ACL)  
and Meniscus Tears**  
Matt McCulloch

**Pilates for Rheumatological Patients**  
Brent Anderson

**Upper and Lower Crossed Syndrome**  
Brian Richey

**Psoas as a Core Muscle**  
Madeline Black

## SATURDAY, APRIL 28

**MORNING WORKOUTS:**  
7:30 AM – 8:30 AM

**MORNING WORKSHOPS:**  
9:00 AM – 12:00 PM

**Are We Wasting our Time with the  
Pilates Footwork?**  
Alan Herdman

**Ask the Experts: Pilates Based  
Rehabilitation for Runners**  
Matt McCulloch

**Creating Konnections on the Reformer**  
Viktor Uygan

**Does Core Control Really Improve  
Back Pain?**  
Brent Anderson

**Reformer on the MOTR**  
Erika Quest & Portia Page

# Courses at a Glance

SATURDAY, APRIL 28

**LUNCHTIME WORKOUT:**  
1:00 PM – 1:45 PM

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

**Balancing Stability and Mobility on the Reformer**  
Erika Quest

**Alignment, Load and Tempo**  
Brent Anderson

**Ask the Experts: Pilates Rehabilitation for the Cyclist**  
Matt McCulloch

**Permission to Move: Modern Pain Management for the Movement Teacher**  
Cameron Angus

**Pilates Mat Movement: Challenging the Nervous System**  
Madeline Black

SUNDAY, APRIL 29

**MORNING WORKOUTS:**  
7:30 AM – 8:30 AM

**MORNING WORKSHOPS:**  
9:00 AM – 12:00 PM

**The Unstable Reformer**  
Portia Page and Erika Quest

**Pilates Moves and the Posterior Hip**  
Madeline Black

**The Male Client**  
Matt McCulloch

**Mat for Strength, Grace and Balance**  
Viktor Uygan

**Training Fascia Using MOTR and Bodhi**  
Joy Puleo

SUNDAY, APRIL 29

**LUNCHTIME WORKOUT:**  
12:45 PM – 1:20 PM

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

**Inversions: Turning your Clients Upside Down**  
Madeline Black

**Hip-Notizer on the Reformer Tower**  
Viktor Uygan

**Roll, Release and Restore**  
Brian Richey

**The Pilates Neck: Not Just a Nod**  
Cameron Angus

**ThinkFit for the Active Ager**  
Erika Quest

# Pre-Conference Courses

WEDNESDAY – THURSDAY, APRIL 25 – 26, 2018

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

## **Mat 3: Enhanced Pilates Mat + Props**

Enhanced Pilates Mat completes the mat training by adding rings, rollers, bands and balls to the traditional Mat exercises. In addition, Enhanced Mat includes functional exercises for the upper and lower body expanding the Mat work beyond the core to develop whole body strength and flexibility. The Balanced Body programming system is introduced to make class design easy, effective and fun. Adding props to a mat class makes them more dynamic, creative and accessible and clients love toys!

Enhanced Pilates Mat + Props Instructor Training course includes:

- » Detailed manual and instructor training video to support your learning process.
- » The Balanced Body Movement Principles to enhance your teaching skills.
- » Balanced Body programming system to help you create classes quickly and easily.
- » Photos of each exercise sequence to aid in class design.
- » Progressions, regressions and modifications to make Pilates Mat useful for everyone.
- » Enhanced Pilates Mat + Props expands the concept of Pilates mat to reach a wider audience and create new fitness opportunities for you and your clients.

*Appropriate for all instructors.*

**Instructor: Portia Page**

## **CoreAlign® Instructor Training 1: Foundations – Global**

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.
- » Balanced Body 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**

## **MOTR Instructor Training, Comprehensive – Global**

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 Comprehensive MOTR Instructor Training course includes:

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

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.

*Appropriate for anyone with a strong movement background.*

**Instructor: Max Stohr & Cinzia Galletto**

# Main Conference Courses

FRIDAY, APRIL 27, 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**  
**SIP AND LEARN: 5:00 PM – 6:30 PM**

## Class 1

### **ThinkFit: 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 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 Reformer session. An illustrated handout is included.

*Appropriate for reformer instructors.*

**Instructor: Nora St. John and Erika Quest**

## Class 2

### **Pilates: The Gateway to Neuromuscular Control**

From everyday aches to acute sports injuries, the knee is a hot spot for client problems. Deepen your knowledge of two common culprits behind your clients' aches and pains—meniscal tears and ACL injuries—with this informative workshop, developed by Kinected co-founder Matt McCulloch and Dr. Mark Klion, orthopedic surgeon and Ironman Triathlete. Delve in to the anatomy and pathophysiology of these injuries and explore their medical and surgical treatment with an orthopedic expert. Then, learn how to put your newly honed clinical knowledge to use with specific session Pilates mat, equipment, and in-home programming designed to keep your clients on the path to recovery. This is your chance to "ask the expert" about the latest research, treatment, and protocols

*Appropriate for comprehensively trained instructors..*

**Instructor: Matt McCulloch**

## Class 3

### **Pilates for Rheumatological Patients**

This course is designed to help the Pilates teacher understand the benefits of Pilates for patients with diverse arthritic pathologies. Anderson will discuss precautions Pilates teachers should know when working with degenerative joint disease, degenerative disc disease, systemic arthritis, stenosis, and other rheumatologic pathologies. Participants will learn how to design

programs for various real-life cases that will be presented by Anderson during the course.

*Appropriate for comprehensively trained instructors.*

**Instructor: Brent Anderson**

## Class 4

### **Upper and Lower Crossed Syndrome**

Neck pain, cervical strain, rotator impingement, tennis elbow, and carpal tunnel can all be contributed to by poor posture. Posture is a constant complaint and contributing factor in many medical conditions of the upper body. Upper Cross Syndrome is the most common (correctable) postural condition personal trainers will run across. Learn what it is and strategies to correct this postural condition.

80% of Americans will experience Low Back Pain in their lifetime. We often see a muscular imbalance called Lower Cross Syndrome as a major contributing factor. This class will be focusing on defining the condition, learning simple assessments and designing exercise strategies for correcting this condition.

*Appropriate for all instructors.*

**Instructor: Brian Richey**

## Class 5:

### **Psoas as a Core Muscle**

Madeline Black, an internationally known teacher of teachers in Pilates who also practices and studies yoga and Gyrotonic® has re-designed her popular Pilates apparatus workshop on the psoas for all movement systems. New perspectives based on current science will be introduced and how this understanding now changes your teaching. The psoas plays a role in core activation and alignment of the spine, pelvis and legs. Madeline will teach how to find the psoas, release and recruit it, and see how it affects the alignment and core strength. Balancing the psoas can improve breathing, release spinal tension including the neck and hip joints. Madeline will also demonstrate how other muscles and bones are moved synergistically with the psoas.

*Appropriate for all instructors*

**Instructor: Madeline Black**

# Main Conference Courses

SATURDAY MORNING, APRIL 28, 2018

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

## Class 1

### **Are We Wasting our Time with the Pilates Footwork?**

Using students in the workshop as case studies, Alan will present the footwork in depth and show how footwork can be used as an assessment tool to understand a client's movement patterns. Using the information gathered in the footwork, Alan will then progress the client through the relevant exercises to address the alignment, posture or movement limitations.

*Appropriate for reformer instructors*

**Instructor: Alan Herdman**

## Class 2

### **Ask the Experts: Pilates Based Rehabilitation for Runners**

Whether you work with weekend warriors or serious sprinters, learn how to keep your running devoted clients off the sidelines and on the move with this informative 3-hour workshop. Developed by Kinected co-founder Matt McCulloch and orthopedic surgeon and accomplished Iron Man Tri-Athlete Dr. Mark Klion, this workshop will equip you with essential running anatomy, injury and rehab programming knowledge. Review the anatomy of running and explore the common injuries it provokes including Iliotibial Band Syndrome, Patellofemoral Pain Syndrome, Plantar Fasciitis and Stress Fractures. Then learn how to put your newly honed clinical knowledge to use with specific Pilates mat, equipment and in-home programming designed to keep your running clients forging safely ahead. This is your chance to "ask the expert" about the latest research, treatment and protocols.

*Appropriate for comprehensively trained instructors.*

**Instructors: Matt McCulloch**

## Class 3

### **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 reformer instructors.*

**Instructor: Viktor Uygan**

## Class 4

### **Does Core Control Really Improve Back Pain?**

Dr. Anderson will provide participants with an up to date review of the latest research investigating the difference between core control and movement based exercises for low back pain. What do we really think happens when a client with low back pain participates in our Pilates classes and gets better? Is it the core control exercises or something else inherent to the Pilates philosophy or movement? Anderson's studies and expertise in the field can bring new light and understanding to the field of movement science especially pertaining to its effect on low back pain. Let Anderson take you on a journey of discovery and experience "Contrology", an amazing solution for low back pain

*Appropriate for comprehensively trained instructors.*

**Instructor: Brent Anderson**

## Class 5

### **ThinkFit: Reformer on the MOTR**

Rev up your Reformer exercises by doing them on the MOTR™. Combining the round surface of a roller with variable, independent pulleys creates an amazing environment for challenging both beginning and advanced clients. Come feel how the MOTR™ will wake up your body!

*Appropriate for all instructors.*

**Instructor: Erika Quest & Portia Page**

# Main Conference Courses

SATURDAY AFTERNOON, APRIL 28, 2018

LUNCHTIME WORKOUT: 1:00 PM – 1:45 PM  
AFTERNOON WORKSHOPS: 2:00 PM – 5:00 PM

## Class 1

### Balancing Stability and Mobility on the Reformer

Are you striking a balance in your workouts? Be inspired in this workshop to create multidimensional programming incorporating both strength and power while flowing through elongating sequences. Learn athletic, total body exercises and sequences that are designed to functionally strengthen the body from head to toe combined and complimented with a variety of dynamic flexibility sequences. Don't miss this chance to get the best of both worlds!

*Appropriate for reformer instructors.*

**Instructor:** Erika Quest

## Class 2

### Alignment, Load and Tempo

This practical workshop with Dr. Anderson will focus on using the tools of alignment, load and tempo to facilitate efficient motor learning experiences with clients. Anderson will demonstrate how to manipulate alignment, load and tempo to create desired outcomes during instruction on the Pilates equipment. Anderson will lead participants through a movement experience matwork to standing to create increased awareness of these three powerful tools when facilitating movement acquisition. Experience Polestar!

*Appropriate for comprehensively trained instructors.*

**Instructor:** Brent Anderson

## Class 3

### Ask the Experts: Pilates Rehabilitation for the Cyclist

Whether you work with weekend warriors or serious cyclist, learn how to keep your cyclist-devoted clients on their bike and on the move with this informative workshop. Developed by Kinected co-founder Matt McCulloch and orthopedic surgeon and accomplished Iron Man triathlete Dr. Mark Klion, this workshop will equip you with essential cycling anatomy, injury, and rehab programming knowledge. Review the anatomy of cycling and explore the common injuries it provokes, including head and cervical misalignment, rotator cuff issues, lower back pain, Patella-femoral issues, hip bursitis and hip pain. Then, learn how to put your newly-honed clinical knowledge to use with specific Pilates mat, equipment, and in-home programming designed to keep your running clients forging safely ahead. This is your

chance to "ask the expert" about the latest research, treatment, and protocols!

*Appropriate for comprehensively trained instructors.*

**Instructors:** Matt McCulloch

## Class 4

### Permission to Move: Modern Pain Management for the Movement Teacher

Delve into the neuromatrix of pain, your clients' perceptions and your own perceptions and thoughts. Create a bigger framework of thought for your practice and help you understand behavior in our clients and ourselves. You bring your biases and your client brings the ones they have, to every interaction. In over 30 years of practice I have witnessed and studied that the positive environment has produced the optimum results. This workshop explains part of why. In back pain particularly, we know that the fear of movement, or kinesiophobia is one of the major obstacles to pain free life. We as teachers are in a position to give people "permission to move". This is a major part of how we have the effect we do; the life force to your mechanics! This workshop looks at the theory and experiences involved, investigates our own paradigms and thoughts and then looks at ways to move forward with our teaching, using this understanding. It is a move away from structures and looking at the human in ourselves and others to enlighten our movement world.

*Appropriate for all instructors.*

**Instructor:** Cameron Angus

## Class 5

### Pilates Mat Movement: Challenging the Nervous

We physically embody the Pilates matwork through stimulating the nervous system through proprioception, interception and motor learning. Madeline Black teaches the traditional mat movements with the focus on how to work with clients using a variety of tools to tap into their reflexes that deepens the training effect. She will use props, touch and specific movement cues that engage the body wholly. Take your mat classes or sessions to a stronger level.

*Appropriate for all instructors.*

**Instructor:** Madeline Black

# Main Conference Courses

SUNDAY MORNING, APRIL 29, 2018

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

## Class 1

### **The Unstable Reformer**

Adding small stability balls, rollers and rotator discs to the Reformer increases core work, balance and coordination. Learn several sequences using different tools to challenge your more advanced clients, train athletes and add variety to your classes. Learn the do's and don'ts of using unstable surfaces safely while adding creativity and fun to your Reformer workouts.

*Appropriate for reformer instructors.*

**Instructor: Portia Page and Erika Quest**

## Class 2

### **Pilates Moves and the Posterior Hip**

The posterior hip is the power for all locomotion from walking to jumping to executing many of the Pilates movements. Madeline Black will discuss the posterior lines of the myofascia connections running from the leg through the pelvis, along the spine to the head and discuss what inhibits the muscle work of the posterior hip. She will present the movement sequencing, which best strengthens the posterior hip, from the ankle to femur, the pelvic and sacral relationship and the myofascia of the back. In addition, she teaches innovative movement techniques that change the inhibition creating stronger activation. Madeline will move you through mat work where you will feel the difference when you truly are using your post-derrière.

*Appropriate for comprehensively trained instructors.*

**Instructors: Madeline Black**

## Class 3

### **The Male Client**

Let's face it: Men can be complicated. They can move fast, muscle through things, and often neglect detail--and that's nothing compared to the challenges of giving them a Pilates session! In this workshop, Kinected co-founder Matt McCulloch will help you master your male clients with a thorough investigation of male anatomy, posture, muscular development, and mindset. You'll learn how to program for the male client, building a broad repertoire of mat and equipment-based choreography. You'll also learn about injuries afflicting male clients including hernias--and even diastasis recti. Last but

not least, you will hone your introductory session skills and gain insight on how to retain male clients in your classes and private sessions.

*Appropriate for all instructors.*

**Instructor: Matt McCulloch**

## Class 4

### **Mat for Strength, Grace and Balance**

Experience new sequences and creative progressions in this Mat workshop designed to help you and your clients stand tall and move with strength and grace. Using a variety of small props, Viktor will teach you how to refine your cueing, train your eye and expand your repertoire to create mat classes that are truly inspiring.

*Appropriate for all instructors.*

**Instructor: Viktor Uygan**

## Class 5

### **Training Fascia Using MOTR and Bodhi**

The science of training the neuromyofascial system is still evolving. The MOTR provides an unstable surface and an open environment for working myofascial chains in many different vectors while the Bodhi Suspension System activates reflexive core training to stimulate balance, agility and coordination. Learn and experience fascial training from two different perspectives and in two very different environments in this illuminating workshop.

*Appropriate for all instructors.*

**Instructor: Joy Puleo**

# Main Conference Courses

SUNDAY AFTERNOON, APRIL 29, 2018

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

## Class 1

### **Inversions: Turning your Clients Upside Down**

What is happening to the body when it is inverted? Madeline Black will share with you the how, what and why of inversions. She will show you how to prepare the client for going upside down, short spine, long spine, hanging and handstands. Inversions are challenging, healing and fun once they are accomplished.

*Appropriate for comprehensively trained instructors.*

**Instructor: Madeline Black**

## Class 2

### **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 3

### **Roll, Release and Restore**

Foam rollers and balls are all too common in gyms, Pilates studios and Physical Therapy clinics. But are they being used effectively? And more importantly, are they re-stabilizing the muscles they have just released? Learn how, when and why to release and then how to re-stabilize the joints to promote more efficient movement.

*Appropriate for all instructors.*

**Instructor: Brian Richey**

## Class 4

### **The Pilates Neck: Not Just a Nod**

This workshop will review common neck problems and altered movement strategies that clients may present with, present a concise, useable, contemporary review of the latest research on neck function and demonstrate how to integrate this knowledge of movement solutions into the pilates repertoire. Cervical spine and associated upper limb, thoracic and headache problems are a common issue with many clients. This workshop is designed to give the pilates instructor an in-depth knowledge of relevant anatomy and functional research. Importantly, the workshop ensures a large practical component on specific ways to address client's various movement presentations, ensuring integration into the pilates repertoire, allowing you to deliver the things you learn straight away as part of your programming. The introduction of postural solutions for clients will allow the practitioner to integrate exercise into a client's lifestyle, a true ergonomic view.

*Appropriate for all instructors*

**Instructor: Cameron Angus**

## Class 5

### **ThinkFit 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**

# Presenters

## Brent Anderson

Brent Anderson PhD, PT, OCS, President and CEO Brent received his degree in Physical Therapy at University of California, San Francisco in 1989 and his PhD in Physical Therapy at the University of Miami in 2005. His doctoral thesis explored the impact of Pilates rehabilitation on chronic low back pain using psycho-emotional wellness and quality of life measures. He is currently adjunct faculty at the University of Miami, Division of Physical Therapy. In addition, he owns and operates Polestar Physical Therapy and Pilates Center in Miami, FL, which serves as a model for the use of Pilates for rehabilitation. From his extensive background in rehabilitation and movement science, Brent has applied critical reasoning skills and supportive scientific research to Joseph Pilates revolutionary mind-body work. He also brings to the Polestar curriculum an investigation of the effects of psychology and energy systems on motor control and motor learning.

## Cameron Angus, MSc, MCSP, MMACP

Cameron is renowned for creating great ways to get people well through movement and positive attitude. His vast clinical, movement teacher, cognitive and holistic experience has put him in a unique position.

A Clinical Specialist musculoskeletal physiotherapist with over 30 years experience, an international teacher, lecturer and a renowned movement teacher. Trained as a fully certified studio pilates teacher, he now trains pilates and other movement related instructors himself. Cameron has extensive experience in bodywork, performance (GB Triathlete) and rehabilitation. Widely travelled as a sports and military physiotherapist he has taught around the world. He has held Olympic posts, Officer Commanding Physiotherapy at Headley Court and Military Rehabilitation Units in London and Edinburgh. His

operational service includes Bosnia, Iraq and Afghanistan.

Cameron now runs his own practice and Movement studio close to where he grew up in Stirling, Scotland and travels with his teaching.

Experience, knowledge and a positive approach create a unique blend to help professionals and clients foster their health and education needs.

### Special Interests:

- » Health through movement
- » Musculoskeletal rehabilitation
- » Neck and related symptoms including headaches
- » Shoulders
- » Pelvic Pain and Dysfunction
- » Health education and empowerment
- » Musicians health
- » The brain – its role in movement control and pain
- » Chronic Pain management

## Madeline Black

Madeline Black has distinguished herself as an international leader in Pilates Instruction and movement education. To date she has presented her work at distinguished forums such as Pilates On Tour, the Pilates Method Alliance, the Body Mind Expo Conference, and Pilates Style Magazine. Madeline is a Mentor in the Passing the Torch Program created by Balanced Body and coaches the most advanced teachers, raising the education and quality in the Pilates industry. She has also given workshops in Australia, China, Germany, Italy, Ireland, Japan, Mexico, Spain and through out the US. She is PMA-CPT, ACE and ACSM certified, and Hendrickson Method certified.

Madeline draws inspiration from a vast knowledge of anatomy, biomechanics, quantum physics, and energy work, which has lead to an innovative, interdisciplinary approach to Pilates, yoga, and Gyrotonic. What sets Madeline's teaching apart is her emphasis on clear instruction. From

her lecture demos, to her hands-on work, to her educational and supplemental materials, participants leave her workshops immediately able to integrate her ideas and concepts into sessions with their own clients. Her accessibility, articulateness, commitment to Pilates, and decades of experience, makes her a beloved and sought-after instructor.

Madeline has studied Pilates under many of the modern masters of our time, including Eve Gentry, Romana Kryzanowska, Naja Cori, Jean Claude West and Anna Schmitz. Additionally, she worked and mentored with Marika Molnar at Eastside Sports Medicine Center in New York, studied anatomy and neuromuscular re-education with Irene Dowd, Gyrotonic with Julio Horvath, orthopedic massage with Tom Hendrickson, Integrative Manual Therapy with Sharon Weiselfish-Giammatteo, and Lauren Berry technique with Lynda Caesara. She is also exploring the field of energy work.

A resident of Sonoma, California, Madeline's home studio is Studio M.

## Cinzia Galletto

Cinzia is a Professional Fletcher Pilates® Teacher and a certified PMA CEC Provider. She has a 10-year background as a gymnast and found that Pilates reflected the discipline and precision she had acquired through her gymnastics training. She became a Polestar Pilates teacher in 2001 but was always searching for something more. It was not until a Fletcher Seminar with Master Teacher Ron Fletcher that she realized where she belonged. She discovered that being a good mover is not enough; the body needs greater awareness to understand where the movement is coming from.

This deep study of the Pilates Method helped her also to improve her performance and her research on aerial sports such as PoleSport, she is also a Gymnastic Bodies Trainer under the supervision of national Olympic Coach Christopher Sommer.

She owns (together with Maximilian Stohr) the Atelier Pilates Studio in Rimini.

## Alan Herdman

Alan Herdman studied at the London School of Contemporary Dance and was working as a teacher and dancer when, in the late 1960s, he was invited to New York to learn about the Joseph Pilates Method. There he worked intensively with Carola Trier and Bob Fitzgerald, two instructors who had been trained by Pilates himself. Although well-regarded amongst New York's dance fraternity, Pilates was unknown in the UK at that time and Alan returned in 1970 to set up Britain's first-ever Pilates studio. Among his first clients were actors, dancers and singers, but word soon spread as doctors and physiotherapists began recommending Pilates to patients struggling with chronic injuries. Alan now lectures on Pilates around the Balanced Body Pilates on Tour™ New York | September 12-14, 2014 world, and he has written several successful books, including *The Pilates Directory* (2004), *The Gaia Busy Person's Guide to Pilates* (2003) and *Pilates: Creating the Body You Want* (1999). He runs a training course for Pilates instructors and, as well as running his own studios, he and his assistants teach in dance schools and designated Pilates studios internationally. Pilates teaching staff at both Champneys Health Resorts and Shrubland Hall Health Clinic are personally trained by Alan Herdman.

## Matt McCulloch

Matt McCulloch is an educator of fitness and movement professionals, co-founder of Kinected and co-director of the Kane School as well as co-director of the FAMI and FAMI – Level Two workshops. A classically trained dancer, he began studying Pilates over 20 years ago to rehabilitate a knee injury following 4 separate knee surgeries. He is trained in both original and contemporary approaches and over the past 15 years, he has educated hundreds of fitness professionals. Matt's passion for movement and pilates has been the resource for creating many workshops and teaching tools for movement professionals. These workshops emphasize

proper biomechanics and creative progressions and modifications based on the original Pilates repertoire. The wide range of workshops he has created are designed to focus on various injuries, joint replacements, additional orthopedic injuries and special populations such as the young athlete with developmental issues as well as neurological issues.

Matt's passion for education extends beyond the fitness professional to the clinical world investing in his mission to bridge the gap of movement and medicine. He lectures to clinical professionals, frequently leading workshops fusing movement and clinical information on the rehabilitative benefits of Pilates and alternative therapeutic movement to DPT students at Hunter College and psychiatry residents at The Mount Sinai Medical Center, and frequently presents at Pilates on Tour. Additionally, Matt incorporates pilates as well as many different modalities such as GYROKINESIS® & GYROTONIC®, CORE ALIGN and BODHI suspension straps and yoga. He is committed to utilizing several different modalities in his sessions with clients not only to extend their body education beyond Pilates, but because he also believes this approach creates more balance in their body and raises their BODY IQ.

## Portia Page

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

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.

## 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.

## 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.

## Maximilian Stohr

Maximilian Stohr, PMA®-CPT Atelier Pilates® Academy Educator Maximilian has a 10-year background playing soccer as well as 10 years experience teaching safe-sport and racecar driving for one of the oldest and most reputable schools in Europe, Guidare Pilotare. It was during this time that he found a passion for educating and passing on his knowledge to his students. In the same year, he encountered the Pilates world as an interpreter and continued studying various methods. Maximilian is a certified Postural Educator and has PowerPlate Medical Advanced, Polestar Mat, and Gyrotonic and Nordic Walking certifications. He's also "MOTR & Bodhi" Balanced Body Faculty since 2014 and developmental GB affiliate (2015). After joining with Cinzia, he opened Atelier Pilates

in 2008. A few years later, he completed with success the Fletcher Pilates® Comprehensive Program and received his PMA certification in 2011. From 2011 to 2015 he's been Fletcher Pilates Faculty and International Pilates presenter. Now he's been running his own International Pilates School: Atelier Pilates® Academy

## 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.