

PILATES ON TOUR® 2018

Continuing Education for Pilates Professionals

New Orleans

JULY 20 – 22, 2018

Hilton New Orleans Riverside
Two Poydras Street
New Orleans, LA 70130

For reservations call 504-561-0500 or go on line to <http://www3.hilton.com/en/hotels/louisiana/hilton-new-orleans-riverside-MSYNHHH/index.html>
Group room rate: \$169 +Tax Rate expires 6/16/2018

Pilates on Tour New Orleans comes to The Big Easy to celebrate our 100th Pilates on Tour. For our first time in New Orleans the focus is on MOVEMENT. Creative, lively, innovative ways to move the body and improve the lives of ourselves and our clients. Pilates is fundamentally about helping clients to move better and this conference brings together international presenters with information, exercises and ideas that are fresh and stimulating. As part of the celebration, several special events are planned including a candlelight mat class, great music and good fun. We can't wait to see you all there.

PRE CONFERENCE COURSES

Courses	Early Registration*	Regular Registration
Anatomy in Three Dimensions: An Introduction to Anatomy + Movement	\$575	\$645
PFilates: Plyometric Pelvic Floor Training	\$575	\$645
Mat 3: Enhanced Pilates Mat + Props	\$575	\$645

MAIN CONFERENCE

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

*Early registration ends on 5/15/2018.



Contact Us

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Courses at a Glance

PRE CONFERENCE

PRE-CONFERENCE (EXTRA FEE)
WED – THURS, JULY 18 – 19, 2018,
9:00AM TO 6:00PM

Anatomy in Three Dimensions

Dallas Everleth

PFilates: Plyometric Pelvic Floor Training

Bruce Crawford

The Spine by Design

Madeline Black

FRIDAY JULY 20

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

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

Rotated and Twisted Pelvises: It's Simpler than you Think

Shari Berkowitz

Gait Control

Diedra Manns

Core Stability Advancements and Applications to Pilates Reformer

Karen Clippinger

Healing Diastasis Recti: How to Retain or Regain Fascial Tensioning

Jennifer Gianni

MOTR Instructor Training: Fundamentals

Erika Quest

SATURDAY, JULY 21

MORNING WORKOUTS:
7:30 AM – 8:30 AM

MORNING WORKSHOPS:
9:00 AM – 12:00 PM

Anatomy Exercises: Spinal Articulation Progressions

Shari Berkowitz

A Movement Science Approach to Preventing and Restoring Shoulder Dysfunction

Diedra Manns

The Artistic Reformer

Valentin

Toughen up your Pilates: Retaining the Athletic Client

Nico Gonzales

AI3D for the Pelvic Floor

Joy Puleo

Courses at a Glance

SATURDAY, JULY 21

LUNCHTIME WORKOUTS:
1:00 PM – 1:45 PM

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

100TH PILATES ON TOUR PARTY!
6:00 PM – 8:00 PM

The First Session
Alan Herdman

Sacroiliac Function and Pilates Exercise Design
Karen Clippinger

Release and Move: Foundational Reformer
Jennifer Gianni

Pilates on the CoreAlign
Nancy Myers

Mindful Mat: Bringing Movement to Mind
Tom McCook

SUNDAY, JULY 22

MORNING WORKOUTS:
7:30 AM – 8:30 AM

MORNING WORKSHOPS:
9:00 AM – 12:00 PM

Living Biotensegrity in Pilates Reformer
Elizabeth Larkam

Healthy Knees with Pilates and the Franklin Method
Tom McCook

Jumpboard and Arc on the Reformer
Nico Gonzales

Balanced Body Programming: Creating Awesome EXO Chair Classes
Portia Page

Primal Pilates: Begin at the Beginning
Louise Johns

SUNDAY, JULY 22

LUNCHTIME WORKOUT:
12:45 PM – 1:20 PM

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

Balancing the Psoas in the Pilates
Joy Puleo

Plantar Fasciitis
Nancy Myers

Invigorating Pilates Reformer with Small Stability Balls
Erika Quest

Let's Have Fun with the 34 Classic Mat Exercises
Alan Herdman

Living Biotensegrity in Pilates Mat
Elizabeth Larkam

Pre-Conference Courses

WEDNESDAY – THURSDAY, JULY 18 – 19, 2018

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

Anatomy in Three Dimensions

Build the body from the inside out with Anatomy in Three Dimensions™. Learn the structure and function of bones, joints, muscles, tendons and ligaments as well as the origin, insertion and action of the major muscles of movement by building them yourself on a specially designed skeleton. There is no better way to learn anatomy! Learn how muscles move by experiencing each muscle group in action and relating these exercises to functional movement. This course covers the body from the knees through the shoulders. The lower leg and arm are covered in additional courses.

Appropriate for all instructors.

Instructor: Dallas Everleth

Pfilates: Plyometric Pelvic Floor Training

This workshop is led by a Board-Certified Gynecologist, Dr. Bruce Crawford M.D., creator of the Pfilates Method of plyometric pelvic floor training. This course is intended for Pilates instructors and Physical Therapists interested in gaining an advanced understanding of pelvic floor neuromuscular physiology, common pelvic floor disorders, and ways of preventing the need for surgery. This course includes a certification to teach the Pfilates Method to students.

Appropriate for all instructors.

Instructor: Bruce Crawford

Mat 3: Enhanced Pilates Mat + Props

This new workshop is an immersive experience including movement classes, lecture and physical techniques for understanding how the spine influences movement and is influenced by forces outside of us. Madeline Black will teach and you will explore how the design of the spine gives us a mobile architecture from which we move and dysfunctions can be sourced for problem solving. The concept of this workshop is based on how by design the spine is our primary moving structure that governs whole body movement. The spine moves the pelvis and affects the shoulder-arm and leg-foot complexes. You will learn how improving proximal movement of the spine creates balanced movement throughout the body, and how the distal areas, the hands and feet, affect the movement of the spine. In addition, exploring the external forces, such as gravity, apparatus and touch effects on enhancing or detracting from the movement and orientation of the spine during exercise.

Day 1 will cover the structures and influences of the feet through the spine and Day 2 will cover the head and hands' influence on the spine.

Following the success of her newly released book "Centered", Madeline Black will teach a new format that gives advanced teachers the guided time necessary to hone their skills of seeing, touching, moving and verbalizing clearly and effectively. This approach to physical training is relevant to all populations of people and will help you move your client's body into a place of gaining strength and balance. Learn to match and meet the needs of a variety of body challenges such as skilled movers (athletes, dancers) to geriatric training.

Appropriate for all instructors.

Instructor: Madeline Black

Main Conference Courses

FRIDAY, JULY 20, 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
NETWORKING COCKTAIL RECEPTION: 5:30 PM – 7:00 PM

Class 1

Rotated and Twisted Pelvises: It's Simpler than you Think

Whether it's from scoliosis or just life, most people have a rotation of the pelvis. That rotation leads to compensatory imbalances. Strong here, weak there...it's no joke. However, it's far easier to manage and rebalance than most people think. The world has told you it's complicated, I am here to tell you it's not complicated at all. Let me teach you what you need to do and why.

Though there is some apparatus work, this is 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

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 4

Healing Diastasis Recti: How to Retain or Regain Fascial Tensioning

Untold numbers of women, men and children have a disconnect of tissue synchronization at the abdominal wall which at its most severe can result in a diastasis rectus abdominis. Even though the research in this area is small, we all know that an integrated abdominal wall is essential for musculoskeletal, urogenital and pelvic organ support and health. The research does show more than half of adult women have pelvic floor dysfunctions such as loss of bladder control, bowel pain, pubic symphysis pain and prolapse. Most of these dysfunctions include a diastasis rectus abdominis which is the telltale sign of fascial loosening in the core cylinder.

Put your foundational Pilates skills and biomechanical knowledge to work to learn simple and effective strategies to prevent and heal diastasis and dysfunctions that go along with the unraveling of this connective tissue. Learn creative and cutting edge sequences for healing and advancing the DRA client and strategies on how to work in conjunction with doctors and physical therapist.

Appropriate for experienced instructors.

Instructor: Jennifer Gianni

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 all instructors.

Instructor: Erika Quest

Main Conference Courses

SATURDAY MORNING, JULY 21, 2018

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

Class 1

Anatomy Exercises: Spinal Articulation Progressions

At least half of Pilates exercises have some sort of spinal articulation. Sometimes it works well and other times it fails. Your intuition has helped you along, but the real biomechanics and functional anatomy will give you a true education. We'll go through each exercise that requires spinal articulation to understand the progression.

- » Learn which muscles actually make the spine articulate and spinal articulation exercises work.
- » Learn to recognize why an exercise doesn't work.
- » 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 Spinal Articulation is easier to accomplish earlier in your Pilates life.

Appropriate for comprehensively trained instructors.

Instructor: Shari Berkowitz

Class 2

A Movement Science Approach to Preventing and Restoring 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 reformer instructors.

Instructor: Valentin

Class 4

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 5

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

Main Conference Courses

SATURDAY AFTERNOON, JULY 21, 2018

LUNCHTIME WORKOUT: 1:00 PM – 1:45 PM
AFTERNOON WORKSHOPS: 2:00 PM – 5:00 PM
100TH PILATES ON TOUR PARTY! 6:00 PM – 8:00 PM

Class 1

The First Session

Pilates master instructor Alan Herdman will show you how to assess a new client and construct an exercise plan to address the client's particular needs. Using students from the class as case examples, Alan will walk you through a first session from intake, to initial assessment to treatment plan. Take advantage of this opportunity to see a master Pilates teacher in a real life situation.

Appropriate for all instructors.

Instructor: Alan Herdman

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.

Instructor: Karen Clippinger

Class 3

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.

Instructors: Jennifer Gianni

Class 4

Pilates on the CoreAlign

The CoreAlign is a new method of exercise that brilliantly combines functional movement with unstable surfaces to create better posture, dynamic strength, improved balance and optimum flexibility. In addition to the 200+ documented CoreAlign exercises, it provides a wonderful environment for creating new exercises to address specific issues or movement patterns. In this workshop, you will learn how to perform common Pilates exercises on the CoreAlign to bring new challenges to old exercises. For new or experienced CoreAlign practitioners, this workshop will inspire you with new moves and is a great way to get to know the CoreAlign.

Appropriate for all instructors.

Instructor: Nancy Myers

Class 5

Mindful Mat: Bringing Movement to Mind

True change happens through paying attention. Deepen your experience and understanding of mindful movement using imagery, the Franklin Method, Pilates, meditation and Yoga. Learn teaching skills, cueing and self management to improve your ability to reach your clients at a deep level and to create true, lasting change in their mind, body and spirit. Teaching your clients to move with awareness will make your teaching more effective, efficient and enjoyable and keep clients coming back for more. This workshop will inspire you to a deeper level of commitment in your teaching and your personal practice.

Appropriate for all instructors

Instructor: Tom McCook

Main Conference Courses

SUNDAY MORNING, JULY 22, 2018

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

Class 1

Living Biotensegrity in Pilates Reformer

This session explores the interplay of tension and compression in the body during Reformer sequences. Movement vocabulary includes the analysis of the matwork of J. H. Pilates as well as Fascia-focused Movement using a wall for closed kinetic chain contact with hands and feet. Biotensegrity references include publications by Graham Scarr, Jean-Claude Guimberteau, Danièle-Claude Martin and Jaap van der Wal.

Appropriate for reformer instructors.

Instructor: Elizabeth Larkam

Class 2

Healthy Knees with Pilates and the Franklin Method

The knees are the critical link between the feet and the rest of the body transferring force smoothly from the ground to the torso. Through understanding the functional design of the knees, you can support lifelong well-being for your clients and yourself. In this interactive workshop, you'll learn how to use imagery and hands-on cueing with movement to improve function. Tom McCook, a Franklin Method level 3 educator and Pilates teacher will blend the Franklin Method with related Pilates mat, therabands, equipment exercises for optimal learning and skill development. This workshop will help you understand and improve function more effectively.

Appropriate for comprehensively trained instructors.

Instructors: Tom McCook

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. Bringing all pieces together makes for a wonderfully perfect synergy for the mind, body, and spirit.

Appropriate for reformer instructors.

Instructor: Nico Gonzales

Class 4

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: Portia Page

Class 5

Primal Pilates: Begin at the Beginning

A fun, interactive workshop that gives you new tools for your teaching toolbox. A preview of the curriculum in our full Primal Pilates training, this workshop teaches Pilates instructors and physical therapists how to build lesson plans that are grounded in the Pilates repertoire but organized to follow motor development progressions. We touch on our systematic approach, but spend most of our time together exploring how early motor development, human movement, and animal movements can help refine, restore and revitalize your clients' movement patterns!

Appropriate for all instructors.

Instructor: Louise Johns

Main Conference Courses

SUNDAY AFTERNOON, JULY 22, 2018

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

Plantar Fasciitis

Plantar Fasciitis is a very common yet widely misunderstood painful condition.

There are varying opinions as to what causes the condition and which treatment is most successful. As a foot and gait specialist, Plantar Fasciitis is the number one problem people come to me seeking help for, and I have had success with programming using exercises in the Pilates environment. In this course we will discuss foot anatomy and the function of the plantar fascia, look at different possible causes and introduce exercise programming for relief of plantar fasciitis.

Appropriate for experienced instructors.

Instructor: Nancy Myers

Class 3

Invigorating Pilates Reformer with Small Stability Balls

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

Appropriate for reformer instructors.

Instructor: Erika Quest

Class 4

Let's Have Fun with the 34 Classic Mat Exercises

Get creative with the 34 Classic Pilates Mat exercises without losing the principles or the integrity of the exercises. Explore changing the order, creating dynamic, flowing sequences and adding choreographic variations to keep your classes fresh and your student's minds engaged and growing. Alan has been teaching Pilates Mat for almost 40 years and continues to find satisfaction and creativity in the work. Come and learn this invaluable skill from a true Pilates Master.

Appropriate for all instructors.

Instructor: Alan Herdman

Class 5

Living Biotensegrity in Pilates Mat

The interplay of tension and compression in the body. Movement vocabulary includes the analysis of the network of J. H. Pilates as well as Fascia-focused Movement that uses a wall for closed kinetic chain contact with hands and feet. Biotensegrity references include publications by Graham Scarr, Jean-Claude Guimberteau, Danièle-Claude Martin and Jaap van der Wal.

Appropriate for all instructors.

Instructor: Elizabeth Larkam

Presenters

Valentin

BALANCED BODY MASTER INSTRUCTOR
PILATES BODY BY 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 college and professional soccer team cheerleader and winning aerobic competitions. As Group Exercise Director at ClubSport Pleasanton, she authored articles, presented at IDEA and Body Mind Spirit and produced the Body Revival Fitness Convention.

Elizabeth Larkam's 10-year mentoring skills with Valentin are greatly responsible for the creativity of her choreography. Over the past 15 years, Valentin has influenced the pilates industry with her unique sense of movement to music and inspiration of functional exercises with the dynamic aging population. Her experience as a speech pathologist with the geriatric population and stroke patients as provided her with a strong foundation for rehabilitation for Parkinson's, brain-injured and aging clients.

Her 13-year old studio, Pilates Body by Valentin is where she holds group classes in reformer/tower, chair, arc, MOTR, and Orbit. Valentin has trained private clients and groups of men/women in an athletic style of pilates to enhance their sports activities. With a strong fitness background, her style is direct, circuit-oriented and a challenging.

Valentin's unique style and decades of experience has brought her to several fitness conventions in such international countries as Israel, Korea, Germany, Belgrade, Italy, Canada and England. She continues to blend her previous dance experience, love of movement, creativity, and fitness background into the world of Pilates.

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.

Karen Clippinger

Karen Clippinger, M.S.P.E. Professor, received her masters 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.

Dr. Bruce S. Crawford, MD

PFILATES

Dr Bruce Crawford MD is a board certified Obstetrician Gynecologist and Pelvic Floor Specialist in private practice in Northern Nevada. Dr. Crawford attended medical School at New York University before completing a residency at the University of Arizona, Tucson. Dr. Crawford is a member of the International Organization for Women and Development and has made several surgical trips to Niger, West Africa to repair obstetrical fistula. Dr. Crawford the creator of Pfilates; the only scientifically based plyometric program for pelvic floor conditioning. Dr. Crawford has published numerous articles in the areas of obstetric fistula and pelvic floor neuromuscular function. Dr. Crawford is a member of The Society of Gynecologic Surgeons, Society for Urodynamics and Female Urology, The International Continence Society, and the

American College of Obstetricians and Gynecologists.

Dallas Everleth

Dallas Everleth is an educator, Pilates instructor, massage therapist and anatomy nerd. She is the owner and program director of Center Strength in Berkeley, CA.

Her practice focuses on rehabilitation; she has helped clients use Pilates to manage a variety of conditions including spinal injuries, joint replacement, stroke, Multiple Sclerosis, Parkinson's, chronic pain conditions, and repetitive strain injuries. Since 1999, she has worked with clients of all ages, fitness levels, and conditions to move better, feel better, learn about their bodies, and take charge of their own health and wellbeing.

In an effort to more fully understand how the body informs the mind, Dallas studied Psychology & Cognitive Neuroscience at the University of California, Berkeley.

Dallas is a Balanced Body Master Instructor and, since 2005, has presented at conferences nationally and internationally, developing anatomy and Pilates workshops of special interest to movement educators and body workers..

Jennifer Gianni

Jennifer has over 20yrs of 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, testing and continuing education seminars with Romana Kryzanowska as well as other Classical Pilates greats like Siri Darma, Jillian Hessel and Jay Grimes. Jennifer taught with Jay Grimes at PAPT for 2 years and took over his clientele when he left which was a very high honor for such a young teacher.

Jennifer was very grateful for excellent training and the roots in Classical Pilates

but knew there was more to discover. She completed two more Comprehensive Professional Pilates Certifications. The first was with PhysicalMind Institute where she had the honor of studying with renowned movement therapist Marika Molnar.

Next Jennifer went study with 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 has been involved with the SmartSpine since the beginning and has created many of the SmartSpine Pre and Post natal techniques which are featured on her Fusion Pilates pre and post natal dvd's.

Jennifer has been holding teacher-training courses in her own Fusion Pilates Pre & Post Natal Specialist program across the US and in Japan since 2003. She is the owner and director of Fusion Pilates DVD's, which specialize in DVD programs for women's fitness. Jennifer released two new DVD's created for the Pilates Professional in 2009. These programs include Pre & Post Natal modifications for the Reformer, the Wunda Chair and the Cadillac.

Jennifer began conducting Balanced Body Comprehensive Professional Pilates Program in 2007 with courses offered in Asheville, Charlotte and Raleigh, North Carolina.

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.

Alan Herdman

ALAN HERDMAN PILATES

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.

Louise Johns

Louise Johns has been in the fitness industry for over 20 years and a Balanced Body Master Instructor since 2007, educating teachers in the Pilates Method. An expat from England, Louise is a certified Personal Trainer NASM, ACE, instructor in weightlifting B.A.W.L.A, Spin, Yoga 200 RYT, Franklin and Co -founder of Primal Pilates. In addition, she is co-owner of Absolute Center in Lafayette CA where she has created continuing education workshops for student teachers and works daily with her own clientele. She also teaches numerous group fitness and Pilates classes on an on going basis and is inspired and invests in her own continuing education with distinguished teachers such as; Jennifer Kries, Elizabeth Larkam, Rael Isacowitz, Wendy LeBlanc-Arbuckle, Jean-Claude West, Benjamin Degenhardt, Cara Reeser and many more.

Elizabeth Larkam, MA

Elizabeth Larkam is internationally recognized as an innovator of mind body movement techniques for therapeutic, athletic, fitness, performing arts and academic settings.

For 25 years she has worked within organizations to develop new applications for Pilates techniques. While a Dancemedicine Specialist at Center for Sports Medicine, Saint Francis Memorial Hospital 1985-2000 she created Pilates protocols for orthopedic, spine and chronic pain diagnoses.

As Director of Pilates & Beyond for Western Athletic Clubs, 2000-2010 Elizabeth developed the internationally acclaimed Mind & Body Center within The San Francisco Bay Club where she served as Pilates & Yoga Director. Since 2008 she has been working with wounded soldiers at rehabilitation centers in San Diego, Copenhagen and Tel Aviv, teaching movement techniques to physical therapists who work with polytrauma patients. Elizabeth joined YogaWorks in 2010 to develop new programs in Pilates mat and apparatus.

Elizabeth began her study of Pilates in 1985 while teaching dance at Stanford University. A Gold Certified Pilates Method Alliance teacher, she was educated by the first generation Pilates teachers Ron Fletcher, Eve Gentry, Carola Trier, Romana Kryzanowska, Bruce King and Alan Herdman. Elizabeth is a guild-certified Feldenkrais practitioner, certified Gyrotonic® and Gyrokinesis™ instructor, Franklin Method teacher and OM Yoga instructor. She received her bachelor's and master's education at Stanford University. Elizabeth worked as a Pilates and Dancemedicine Specialist with the San Francisco Ballet and Cirque de Soleil, a lecturer at the University of San Francisco in Exercise and Sports Science and a Reebok Master Trainer. She is a mind-body spokesperson for the American Council on Exercise and a contributor to PilatesStyle.

As co-founder and co-owner of Polestar Education Elizabeth developed Pilates curriculum for clinical and fitness professionals. When Balanced Body Education was founded in 1985 she became a Master Teacher conducting courses throughout North America, Europe and Asia.

Since 1992 Elizabeth has created 30 instructional DVDs for fitness, therapeutic, education and home markets. As program director of Balanced Body Pilates, she developed the instructional video series that launched the Pilates Allegro Reformer and created the Mat with Roller & Ring program, Mat with Rotator Discs, Reebok Core Pilates, BOSU Pilates, and Kinesis Mind Body for Techno Gym. Elizabeth choreographs and performs with PilatesPerformance. Her podcasts are on www.pilates.com. DVDs are available on www.pilates.com and www.optp.com

Diedra Manns, PT

MONARCH WELLNESS GROUP
Has had a wide variety of clinical experiences since entering the physical therapy profession in 1997. She has completed extensive postgraduate training programs and has received a certification in orthopedic manual therapy (COMT). Recently, Dr. Manns returned to her passion for treating

through movement and completed Kaiser Permanente's Movement Science Fellowship, spearheaded by Dr. Clare Frank, PT, DPT. Diedra has been a Pilates Practitioner for 10 years and is certified through the Pilates Method Alliance. She has presented her research on enhancing postural stability through Pilates at multiple professional conferences and is a part of the Educator community for Polestar® Pilates International. Diedra has served as an Instructor in the Physical Therapist Assistant Program's at New York University and Concorde Career College, Los Angeles. Today, Diedra serves as the Director of the Monarch Wellness Group, Inc. a consulting, wellness and rehabilitation company based in Los Angeles, CA

Tom McCook

CENTER OF BALANCE, BALANCED BODY MASTER INSTRUCTOR
Tom McCook, founder and director of Center of Balance is a nationally recognized fitness and movement specialist. Beginning his full time career in personal training in 1984, Tom designs programs for health and life performance for working professionals, people rehabilitating from injuries and world class athletes including Olympic Gold Medal swimmers Natalie Coughlin, Jenny Thompson and Misty Hyman. Teaching Pilates since 1995, Tom's approach integrates a range of training disciplines including Yoga, Shiatsu, stretching, The Franklin Method and Pilates in order to broaden his effectiveness in designing programs for optimal health. In 2003, Tom produced "Yoga and Pilates for Balance" an exercise video that brings together the benefits of Pilates and Yoga.

Nancy Myers

HS PILATES, BALANCED BODY MASTER INSTRUCTOR
Nancy Myers is the Co-owner and CEO of EHS Pilates, Inc. in San Francisco, CA. She is a Certified Senior Pilates Trainer with special focus on Gait Therapy. Nancy is also a faculty member of EHS Pilates Institute, Balanced Body, MBT Trainer/ Educator, and Director of EHS Pilates Institute's International Teacher Training Program and Retreats. Specialties: »

Postural alignment » Essential Posture and Gait patterning » Common foot problems with corrective protocols » Pilates-based rehabilitation » Author of "Fabulous Feet" History of Pilates Experience: Nancy was introduced to Pilates at St. Francis Dance Medicine Center by Elizabeth Larkam in 1989 after injuring both knees from years of teaching dance and running. In 2000, she certified with Ellie Herman Studios in San Francisco. Nancy has extensive knowledge in anatomy and kinesiology. She has dedicated her Pilates career to an emphasis on posture and gait analysis and how it applies to the Pilates work. Nancy has experience teaching all types of fitness populations including dancers, professional athletes, pre and post natal, senior citizens, and clients with injuries and special issues. Nancy is also a certified personal trainer and group exercise director. She has a BS in International Business and is currently working on her masters in Holistic Nutrition. Nancy's current projects include co-authoring "Walk-ilates" and authoring of "Fabulous Feet", both due out in 2010.

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, MA

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.

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.

Madeline Black

PASSING THE TORCH MENTOR

STUDIO M

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.