



## SCHEDULE OF EVENTS

### Friday, April 28, 2017

**12:00pm – Registration Opens**

**1:00 – BONUS WORKSHOP I**

**Functional Anatomy in Pilates**

**Dr. Joe Muscolino (2.0 PMA)**

*Take an entry level look at specific components of the body in anatomical terms. Help solidify your Pilates practice and how you approach a client's individual needs. With special guest presenter, Dr. Joe Muscolino, we will review anatomy terminology, skeletal structure, types of joints, connective tissue, muscle function, nervous system control, and postural patterns. Whether this is your first Anatomy course or a review for the most skilled practitioner, you will gain a deeper insight of the anatomical body in front of you, and how the pieces are connected and work together, to help you improve our clients overall strength, flexibility, and posture and movement patterns.*

**3:00 – OPENING MAT**

**Simona Cipriani**

**4:00 – SEMINAR ONE**

**Wunda Times Three**

**Alisa Wyatt (2.0 PMA)**

*Join Alisa as she takes a look at the chairs, this deceptively challenging apparatus, from the different perspectives of her three primary instructors – Romana, Kathy Grant, and Jay Grimes. See how each elder had a different approach and purpose in this workshop and how that can color your approach to your client's needs. We might get a little Electric Chair in there, too!*

**Reformer Flow**

**Chris Robinson**

*Let Chris wring the juice out of every exercise while maintaining a flowing Advanced Reformer workout. If you're a teacher looking for ways to get more control out of your clients, Chris will open your eyes to a wealth of information and inspiration.*

**Find the Stretch**

**Dana Santi**

*We get lost in the vastness of the aerobic speed and strength that Pilates provides us. Re- discover the stretch in Pilates (without having to stretch on the ladder barrel) and watch how it just may change your work.*

**6:15 – 7:15 – BONUS WORKSHOP II**

**Maintenance: 101**

**Russell Soder**

*Get a step by step demonstration on how to maintenance your apparatus. Russell will show you how to take apart your Reformer, clean the wheels, measure straps, and answer your questions. This Bonus workshop will give you the know-how and confidence to take care of your equipment to last!*

**8:00 – Welcome Reception/Happy Hour**

*Join us for a drink and light snacks to meet and greet your fellow attendees and colleagues while we look forward to the weekend ahead.*

## **Saturday, April 29, 2017**

**7:00am – Registration Opens**

**8:00 – MORNING MAT**

**Alisa Wyatt**

**9:00 – SEMINAR TWO**

### **Pushes, Pulls, & Spotting on Mat**

**Alisa Wyatt (2.0 PMA)**

*Joe Pilates taught with a very hands-on approach that provided support, stretch and a kinesthetic awareness that teaches the body to move as a system. Learn how you can effectively use hands-on pushes and pulls in the Mat work and how to apply them for different needs such as tight vs. hyper-mobile bodies. You will also practice safe spotting techniques that build trust and awareness with clients. Come ready to partner up and discover the benefits of hands on Pilates.*

### **Pilates & Sports**

**Chris Robinson**

*Bring Athletes into your studio using the Pilates Method to enhance the four basic athletic movements in sports (push, pull, run and jump). Chris has added some new ideas to this workshop if you've attended it before.*

### **Pilates & The Aging Client**

**Dana Santi**

*Perhaps they've been practicing Pilates for a long time, perhaps they are a beginner at 80. Whatever the case, let's give them the movement and workout that they deserve.*

**11:00 – SEMINAR THREE/Break -This incorporates a 15 min break plus a 1:15 hour lunch break**

### **The Chair Workout - 11:15-12:45**

**Chris Robinson**

*The Chairs are usually used to highlight specific individual's needs in a session. However, you can use this apparatus to create a systematic flow for an entire workout.*

### **Smooth Mat Tower – 11:15-12:45**

**Laura Strawser**

*The Studio Wall Unit, or Tower, is a great way to get more clients working the Cadillac exercises in their body. But since there is no set order on the Cadillac, how can you structure your group class to create a smooth transitions and cohesive flow for your clients? We will look at the different formats to organize your class, how to keep your clients safe, and some all-time client favorites!*

### **Spine Corrector & Small Barrel – 12:15-1:45**

**Simona Cipriani (PMA 1.5)**

*Want to develop more flexibility and control? This class combines delicious stretches with core work that will simultaneously strengthen and stretch your body.*

**2:00 – SEMINAR FOUR**

### **Powerhouse Athletes**

**Alisa Wyatt (2.0 PMA)**

*Whatever your sport, Pilates will give you more control, better endurance, faster reflexes and coordination, more explosive power by connecting you to your center, and will help prevent injury by giving your joints the vital lubrication they need before you put them to use. Gain insight from Alisa's experience working with professional athletes including Olympic Pro-Beach Volleyball players, Lauren Fendrick and Nick Lucena, to create a workout that will not only challenge your athletic endeavors, but also strengthen your athletic mind. It can change your whole approach to your game!*

### **Reformer Workshop**

**Dana Santi**

*Gain a deeper understanding of the classical reformer as well as the order and the flow. Get hands on and learn how to get the most out of your clients and yourself at any level. Let's not forget the rigorous intentions of the exercises and rekindle those key ingredients.*

### **Wunda Favorites**

**Simona Cipriani (PMA 2.0)**

*Join Simona for all of your favorite Wunda exercises along with some rarely seen moves that will challenge your body and get you using your head (literally!). Along the way, Simona's direct and encouraging approach will help you get more out of each move.*

**4:00 – ENDING MAT**

**Chris Robinson**

**5:00 – Q&A**

**All (PMA 1.0)**

*Join our illustrious panel and hear their experiences, ask questions, and gain a higher insight to the Pilates community around you.*

**7:00 – PILATES, POPCORN, & PJS**

*Grab your PJs and a bucket of popcorn as we get together to watch our Pilates home movies! We'll take a look at Pilatesology footage with interviews, documentaries, and hear stories from the past. We'll see our industry's history, where we came from, and how we all can carry our predecessors with us in the future!*

## **SUNDAY, APRIL 30, 2017**

**7:00am – Registration Opens**

**8:00 – MORNING MAT**

**Dana Santi**

**9:00 – SEMINAR FIVE**

### **Barrels of Fun**

**Alisa Wyatt (2.0 PMA)**

*Discover how to use the Small Barrel, Spine Corrector, and Ladder Barrel to delight every client in your studio! The barrels are genius for fixing body issues like slumped shoulders, tight hips, and 'tech neck' with exercises that feel wonderfully restorative, and can also be used to challenge the most agile student with flips and tricks. You'll come away understanding alignment details such as when and where to add a pillow as well as simple routines to add to your repertoire including The Businessman's Lunch, and more.*

### **Cadillac Essentials**

**Simona Cipriani (PMA 2.0)**

*From your basic client to the advanced practitioner, we all love the Caddy! Join Simona as she takes us through the staples of this apparatus, and then fills in with special gems along the way.*

### **Brutal Basics**

**Dana Santi**

*Less talking, more work! Discover how a few clean cues and proper body placement on the apparatus can change your workout and give a crisp new approach to your personal work or the long-time client.*

**11:00 – LUNCH 12:00 – SEMINAR SIX**

### **Pre Pilates & Improving Balance**

**Simona Cipriani (PMA 1.5)**

*In this workshop, you'll learn how balance and Pilates work together. Coordination, balance, strength, precision, flexibility, willpower, control, and 'habits of the mind' including awareness, all can be learned and reinforced through practice. Join Simona for a basic workout that's great for starting a Pilates practice, for injury recovery, post-surgery or anytime to restore proper alignment. You can do this work out on a firm bed, in your living room while watching TV, or anywhere you can comfortably lie down and sit in a chair.*

### **Pilates Workout For Men**

**Chris Robinson**

*This work was created by a man, and the work sits differently in a man's body versus a female's. Chris is a perfect example to showcase certain exercises that both challenge a man's flexibility, as well as those that highlight their strengths. Chris has a unique perspective and experience in training, developing, and building the male structure to fully reach its maximum potential.*

### **Getting Down to Business**

**Dana Santi & Laura Strawser**

*We all love and believe in this work. But for most of us, the business of teaching Pilates or studio ownership does not come naturally to us. In this workshop, we will take a look at customer service tips, industry organizations, software programming, and the ongoing question how to balance it all. We will share our own experiences and offer ideas in a safe environment and establish a network of Pilates professionals in which to seek guidance from each other.*

**1:30 – SEMINAR SEVEN**

### **Traditional Endings**

**Alisa Wyatt (2.0 PMA)**

*The details that go into a traditional ending in Pilates are designed to leave a client feeling successful, uplifted, aligned, strong and flexible all at once. In this workshop we'll go over the elements that make up a great finish to a session for all levels of clients and then practice several often-forgotten endings on the mat as well as on the Ladder Barrel, Electric Chair and Cadillac.*

### **Cuing Made Simple**

**Dana Santi**

*Less talking, more work! Discover how a few clean cues and proper body placement on the apparatus can change your workout and give a crisp new approach to your personal work or the long-time client.*

### **Advance Your Mat**

**Chris Robinson**

*Take an in depth look at your mat work. Look at the purpose of each exercise; look at the goal of each exercise and work to achieve a higher level of practice and teaching.*

**3:30 – RAFFLE & IN CLOSING 4:00 – CONFERENCE END**

**Privates (\$150) & Duets (\$100) are available throughout the Conference.**