

	Pilates Reformer	Pilates Mat (and other Pilates formats)	Yoga	Mindfulness Meditation Motivational Coaching	Integrative Fitness	Specialty Sessions GYROTONIC® Exercises, Nia®, Franklin Method®, BOSU®	Health Nutrition Wellness Success	Outdoor Sessions
THURSDAY, OCTOBER 6—Preconference Sessions					THURSDAY, OCTOBER 6—Preconference Sessions			
<b>11:00am–3:00pm</b> PRECONFERENCE SESSIONS		<b>100</b> STOTT PILATES®: Pilates With Props, Levels 1 & 2 <i>M O'Clair</i> <b>101</b> SmartSpine™: Core Ability to Optimum Mobility <i>M Blom</i>						
THURSDAY, OCTOBER 6—Inner IDEA Conference Sessions					THURSDAY, OCTOBER 6—Inner IDEA Conference Sessions			
<b>TIME BLOCK A</b> <b>3:30–5:30pm</b> No CECs available								<b>110</b> Torrey Pines Nature Walk <i>M Buchta</i>
<b>TIME BLOCK B</b> <b>7:00–8:30pm</b> EVENING EXPERIENCES Up to 1 CEC hour	<b>120</b> Connect Your Feet to Your Body! <i>M Hessel</i> <b>121</b> STOTT PILATES® Jumpboard Interval Training on the Cardio Tramp™, Level 2 <i>M Kraushar</i>	<b>122</b> Boomer Pilates <i>M Shechtman</i>	<b>123</b> The Art of Savasana, Empowered Rest <i>M Schneider</i>		<b>122</b> Boomer Pilates <i>M Shechtman</i>			
FRIDAY, OCTOBER 7					FRIDAY, OCTOBER 7			
<b>TIME BLOCK C</b> <b>6:30–7:30am</b> MORNING EXPERIENCES No CECs available	<b>200</b> Reform Me <i>M Wyatt</i>		<b>201</b> Sun Salutations: Surya Namaskar <i>M Goldman</i>	<b>202</b> Labyrinth Walking Meditation <i>M Pilgrim</i>	<b>203</b> The Inner Runner <i>M Karp</i>			<b>202</b> Labyrinth Walking Meditation <i>M Pilgrim</i> <b>203</b> The Inner Runner <i>M Karp</i>
<b>7:30–8:30am</b>	Breakfast Please see page 9 for additional details.				Breakfast Please see page 9 for additional details.			
<b>TIME BLOCK D</b> <b>8:30–10:20am</b> Up to 2 CEC hours	<b>210</b> STOTT PILATES®: Essential Reformer on the V2 Max Plus™ <i>M O'Clair</i> <b>219</b> Dynamic Group Reformer Harmony <i>M Quest</i>	<b>214</b> The Fundamental Mat Pilates Workshop <i>M Hessel</i>	<b>218</b> Transformative Teaching: Yoga Adjustments <i>M McCarthy</i>	<b>217</b> Define the Mind-Body Connection <i>M Murray-Kashoid</i>	<b>211</b> BOSU®: Strong Feet—Strong Body <i>M Krauss</i> <b>212</b> Warrior Within <i>M Spreen</i> <b>217</b> Define the Mind-Body Connection <i>M Murray-Kashoid</i>	<b>211</b> BOSU®: Strong Feet—Strong Body <i>M Krauss</i> <b>213</b> Introduction to the GYROTONIC EXPANSION SYSTEM® (Part 1) <i>M Mullen</i>	<b>215</b> Somatic Experiencing and Integrative Wellness Study <i>L Hoskinson/Zagelow</i> <b>216</b> The Pilates Professional—Understanding Studio Operations and Money to Create Success <i>L Altounian/Trumbull</i>	
<b>TIME BLOCK E</b> <b>10:40am–12:30pm</b> Up to 2 CEC hours	<b>220</b> Instructing a Multilevel Group Reformer Class <i>M Murakami</i> <b>221</b> Reformer Tower: The First Session <i>M King</i>	<b>222</b> BOSU® Pilates 3-D <i>M Krauss/Quest</i> <b>225</b> The Art of Working In—Demystify the True Meaning of Core Work <i>M Blom</i> <b>229</b> Core Control Using Mind-Body Water Movements (Pool Session) <i>M Shechtman</i>	<b>227</b> The Yogic Spine: Spirituality in Action <i>M Hébert</i> <b>228</b> Mastering Arm Balance Technique <i>M Hyman</i>	<b>223</b> Drums Alive®: The Mind-Body Connection <i>M Ekins</i> <b>227</b> The Yogic Spine: Spirituality in Action <i>M Hébert</i> <b>229</b> Core Control Using Mind-Body Water Movements (Pool Session) <i>M Shechtman</i>	<b>222</b> BOSU® Pilates 3-D <i>M Krauss/Quest</i> <b>223</b> Drums Alive®: The Mind-Body Connection <i>M Ekins</i> <b>225</b> The Art of Working In—Demystify the True Meaning of Core Work <i>M Blom</i>	<b>222</b> BOSU® Pilates 3-D <i>M Krauss/Quest</i> <b>224</b> Introduction to the GYROTONIC EXPANSION SYSTEM® (Part 2) <i>M Mullen</i>	<b>225</b> The Art of Working In—Demystify the True Meaning of Core Work <i>M Blom</i> <b>226</b> Hormones: A Critical Link to Health <i>L Stone</i>	<b>229</b> Core Control Using Mind-Body Water Movements (Pool Session) <i>M Shechtman</i>
<b>12:45–2:00pm</b>	Lunch Please see page 9 for additional details.				Lunch Please see page 9 for additional details.			
<b>TIME BLOCK F</b> <b>2:00–3:50pm</b> Up to 2 CEC hours	<b>240</b> STOTT PILATES®: Therapeutic Foundations and Application to Lumbo-Pelvic Stability <i>M Kraushar</i> <b>241</b> Reformer Tower: Creative Programming for Older-Adult Clients <i>M King</i>	<b>249</b> Pilates Flow Water Style (Pool Session) <i>M Shechtman</i>	<b>247</b> Ayurvedic Yoga—The Five Elements <i>M Murray-Kashoid</i> <b>248</b> Teaching Yoga to Ease Depression and Anxiety <i>M Schneider</i>	<b>242</b> Mind-Body Endurance on the CoreFitnessRoller™ <i>M Sessions</i>	<b>243</b> Tri Balletone® <i>M Fable</i> <b>245</b> 40 Is Not the New 30 <i>M Hitzmann</i> <b>246</b> Tai Chi Ruler Meditation <i>L Stone</i>	<b>244</b> An Appetizer for Advanced GYROTONIC® Exercises <i>M Mullen</i>	<b>240</b> STOTT PILATES®: Therapeutic Foundations and Application to Lumbo-Pelvic Stability <i>M Kraushar</i> <b>245</b> 40 Is Not the New 30 <i>M Hitzmann</i> <b>246</b> Tai Chi Ruler Meditation <i>L Stone</i>	<b>249</b> Pilates Flow Water Style (Pool Session) <i>M Shechtman</i>
<b>TIME BLOCK G</b> <b>4:10–5:40pm</b> Up to 1 CEC hour	<b>260</b> STOTT PILATES®: Reformer With the Fitness Circle® <i>M O'Clair</i> <b>265</b> Progressive Studio Pilates on the Reformer <i>M Quest</i>	<b>261</b> Principles for Enhanced Crossover-Fitness and Pilates with the CoreFitnessRoller™ <i>M Isacowitz/Kaehler</i> <b>266</b> The 3 R's of Pilates: Read and Realign the Body, and Rejuvenate Movement <i>M Trap</i>	<b>263</b> Find Y.O.G.A.—Your Own Gorgeous Asana <i>M Spreen</i>	<b>264</b> Spa for the Soul: Instructor Self-Care <i>M Biscontini</i>	<b>262</b> Burn at the Barre <i>M Altounian/Trumbull</i> <b>264</b> Spa for the Soul: Instructor Self-Care <i>M Biscontini</i>		<b>264</b> Spa for the Soul: Instructor Self-Care <i>M Biscontini</i> <b>267</b> Super-Foods to Super-Fabulous: Optimize Your Immune System, Your Metabolism and Your Health <i>L Bazilian</i> <b>268</b> Stress Reduction and Rejuvenating Techniques <i>L Gin</i>	
<b>7:00–8:30pm</b>	Welcome Reception Please see page 9 for additional details.				Welcome Reception Please see page 9 for additional details.			

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<b>SATURDAY, OCTOBER 8</b>					<b>SATURDAY, OCTOBER 8</b>			
<b>TIME BLOCK I</b> 6:30–7:30am MORNING EXPERIENCES No CECS available	<b>300</b> Inspiring Creative Energy on the Reformer <i>M Murakami</i>	<b>301</b> Mastering Classical Mat Work <i>M Wyatt</i>	<b>302</b> Yoga Safari to the Soul <i>M McCarthy</i>	<b>303</b> Labyrinth Walking Meditation <i>M Pilgrim</i>				<b>303</b> Labyrinth Walking Meditation <i>M Pilgrim</i>
<b>7:30–8:30am</b>	<b>Breakfast</b> Please see page 9 for additional details.			<b>Breakfast</b> Please see page 9 for additional details.				
<b>TIME BLOCK J</b> 8:30–10:20am Up to 2 CEC hours	<b>310</b> STOTT PILATES® Golf Conditioning on the V2 Max Plus™ Reformer <i>M Kraushar</i> <b>311</b> Reformer for Dancers <i>M King</i>	<b>312</b> BOSU® Studio Pilates <i>M Fable/Quest</i> <b>313</b> Pilates Reformer on the Ball <i>M Trap</i> <b>314</b> This Hurts My Neck! This Hurts My Back! <i>M Eklund</i>	<b>315</b> Yo-Nia: Dynamic Movement Into Stillness <i>M Rosas</i> <b>318</b> Understanding Sun Salutations and Vinyasa <i>M Hyman</i> <b>319</b> Yoga Tune Up®: Active Recovery <i>M Miller</i>		<b>312</b> BOSU® Studio Pilates <i>M Fable/Quest</i> <b>315</b> Yo-Nia: Dynamic Movement Into Stillness <i>M Rosas</i>	<b>312</b> BOSU® Studio Pilates <i>M Fable/Quest</i> <b>315</b> Yo-Nia: Dynamic Movement Into Stillness <i>M Rosas</i>	<b>316</b> Whole-Brain Techniques and Exercise <i>L Stone</i> <b>317</b> Women, Weight and the Menopausal Middle—Optimal Strategies for Health <i>L Dopart</i>	
<b>TIME BLOCK K</b> 10:40am–12:30pm Up to 2 CEC hours	<b>330</b> Two-Point Touch Cuing for the Reformer Setting <i>M Murakami</i>	<b>331</b> Contemporary Movement Utilizing the CoreFitnessRoller™ for Pilates-Based Workouts <i>M Isacowitz</i> <b>332</b> STOTT PILATES®: Total-Body Sculpting <i>M O'Clair</i> <b>340</b> The Standing Reformer <i>M Corey</i>	<b>337</b> Developing the Teacher's Eye <i>M Carey</i> <b>338</b> Santosha: The Art of Being Content With Your Body and Your Practice <i>M Eirk</i>	<b>339</b> Aqua Mind-Body Experience (Pool Session) <i>M Ekins</i>	<b>333</b> The Eight Ancient Treasures of Qigong <i>M Ross</i> <b>334</b> Stumbling Toward Grace <i>M Fable</i> <b>339</b> Aqua Mind-Body Experience (Pool Session) <i>M Ekins</i>		<b>335</b> What IS Marketing? <i>L Wilburn</i> <b>336</b> East Meets West With Food, Flavor and Nutrition <i>L Bazilian/Bazilian</i>	<b>339</b> Aqua Mind-Body Experience (Pool Session) <i>M Ekins</i>
<b>12:45–2:00pm</b>	<b>Lunch</b> Please see page 9 for additional details.			<b>Lunch</b> Please see page 9 for additional details.				
<b>TIME BLOCK L</b> 2:00–3:50pm Up to 2 CEC hours	<b>350</b> STOTT PILATES®: Programming 1 on the V2 Max Plus™ Reformer <i>M O'Clair</i> <b>351</b> Reformer Tower: Challenging the Advanced Client <i>M King</i>	<b>352</b> CoreFitnessRoller™: Improve Balance and Core for Women of All Ages <i>M Kaehler</i>	<b>357</b> Teaching and Practicing From the Integrity of the Pose <i>M Eirk</i> <b>358</b> Yoga Tune Up® Refine Your Spine <i>M Miller</i>	<b>353</b> Dancing the Language of Energy <i>M Ekins/Trap</i> <b>354</b> Mind-Body Circuit Sensations <i>M Rosas</i>	<b>352</b> CoreFitnessRoller™: Improve Balance and Core for Women of All Ages <i>M Kaehler</i> <b>353</b> Dancing the Language of Energy <i>M Ekins/Trap</i> <b>354</b> Mind-Body Circuit Sensations <i>M Rosas</i>	<b>354</b> Mind-Body Circuit Sensations <i>M Rosas</i>	<b>355</b> Winning at Losing—Strategies for Insulin Resistance <i>L Dopart</i> <b>356</b> How Your Thoughts and Attitude Affect Your Hormones and Life <i>L Gin</i>	
<b>TIME BLOCK M</b> 7:00–8:30pm EVENING EXPERIENCES Up to 1 CEC hour	<b>371</b> Visions—The Pilates of Tomorrow (Panel) <i>Corey/Isacowitz/King/O'Clair/San Miguel</i>	<b>371</b> Visions—The Pilates of Tomorrow (Panel) <i>Corey/Isacowitz/King/O'Clair/San Miguel</i>	<b>370</b> The Urban Zen Integrative Therapy <i>M/L Yee/Yee</i>				<b>371</b> Visions—The Pilates of Tomorrow (Panel) <i>Corey/Isacowitz/King/O'Clair/San Miguel</i> <b>372</b> The Art of Networking <i>L Wilburn</i>	
<b>SUNDAY, OCTOBER 9</b>					<b>SUNDAY, OCTOBER 9</b>			
<b>TIME BLOCK N</b> 6:30–7:30am MORNING EXPERIENCES No CECS available			<b>401</b> Arise! Awake!—Hatha/Raja Yoga—Harnessing the Opposite Forces <i>M Nazari</i>		<b>400</b> Tai Chi to Go <i>M Ross</i>			
<b>TIME BLOCK O</b> 7:45–9:35am Up to 2 CEC hours		<b>412</b> STOTT PILATES®: Programming for Osteoporosis Management <i>M/L Kraushar</i>	<b>410</b> Everyday Yoga <i>M Yee</i>		<b>411</b> BOSU® Balanced Body <i>M Biscontini</i>	<b>411</b> BOSU® Balanced Body <i>M Biscontini</i>	<b>412</b> STOTT PILATES®: Programming for Osteoporosis Management <i>M/L Kraushar</i>	<b>413</b> Torrey Pines Nature Walk <i>M Buchta</i>
<b>TIME BLOCK P</b> 9:50–11:40am Up to 2 CEC hours				<b>422</b> Brain Body Training <i>M Ekins</i>	<b>420</b> Shakti™ 2011 <i>M Biscontini</i> <b>421</b> The Wounded Weekend Warrior <i>M Hitzmann</i> <b>422</b> Brain Body Training <i>M Ekins</i>		<b>421</b> The Wounded Weekend Warrior <i>M Hitzmann</i>	
<b>TIME BLOCK Q</b> 12:10–2:00pm Up to 2 CEC hours		<b>431</b> Pilates as a Lifestyle <i>M San Miguel</i>	<b>430</b> Yoga for Restoration <i>M Yee</i>					