

# Conference Sessions Thursday, October 6–Friday, October 7

## THURSDAY, OCTOBER 6

### TIME BLOCK A

3:30–5:30pm

#### 110 Torrey Pines Nature Walk M

*Diane Buchta*

This hike will take you to the beautiful Torrey Pines State Reserve. While walking on the trails, you will see views of the Pacific Ocean and the beauty of nature in this venerable area. The emphasis of this walk is appreciation of and gratitude for nature. We are surrounded by so much beauty every day, if we only stop and look around. Experience Mother Nature at her best—the majestic views of the ocean, the smells of Torrey pines and the sounds of the birds and the crashing waves—and fill your mind, body and spirit.

*Repeated as session 413.*

### TIME BLOCK B

7:00–8:30pm

#### 120 Connect Your Feet to Your Body! M

*Jillian Hessel*

The feet are an integral part of the body that help us stay grounded and put us in touch with the sole (soul). This session will begin with a short lecture featuring foot anatomy, and then explore foot and leg alignment while standing and while in motion. You will perform massage on your feet, and learn exercises with and without props to strengthen the intrinsic muscles of the foot. Don't miss this discussion and demonstration of how foot alignment affects the entire body in a yoga pose or Pilates exercise.

#### 121 STOTT PILATES®: Jumpboard Interval Training on the Cardio Tramp™, Level 2 M

*Kim Kraushar*

Give your clients and classes something to jump about with this reformer workout! Learn to increase intensity and challenge coordination and cardiovascular fitness using more complex jumpboard intervals while ensuring safety and proper technique. Find out how to incorporate strengthening exercises for the upper and lower body as well as the all-important core. Designed for intermediate- to advanced-level clients or groups, this plyometric workout will deliver all-over fitness while motivating your clients and maintaining their interest.



#### 122 Boomer Pilates M

*Norma Shechtman, MEd, MA*

What precautions should you take when teaching Pilates to the Baby Boomer age group? How can you get this age group involved in Pilates? Learn how you can develop modifications for each exercise so that Boomers will feel more comfortable with Pilates movements. Discover how you can create an effective, safe and enjoyable workout designed with the Boomer in mind!

#### 123 The Art of Savasana, Empowered Rest M

*Shannon Paige Schneider*

A well-guided and inspired savasana not only completes a student's experience of a class but also empowers them into greater inner connection. This sacred time of inner stillness can be amplified with thoughtful guided meditations, hands-on enhancements for rest, and postural modifications to support ease, all based on the sequence that was taught. Artful savasanas can make a good class great, increasing student retention and inspiring students to bring their friends!

## FRIDAY, OCTOBER 7

### TIME BLOCK C

6:30–7:30am

#### 200 Reform Me M

*Alisa Wyatt*

Learn to use the reformer to re-form your client's shape and give them a whole new body. Find new tools and methods to create positive changes within the muscles and form of all bodies. This session offers suggestions for keeping your programming fresh and creative.

#### 201 Sun Salutations: Surya Namaskar M

*Eden Goldman, DC*

Sun salutations inspire us to energize our bodies and find balance in our yoga practice by reflecting some of our most natural and basic movements as human beings. We will explore some of the 10 different varieties of sun salutations along with refreshing, subtle variations within sequences. Learn how to promote better spinal stability in poses, discover tricks of unlocking the energetic anatomy of your asanas and learn to apply sports medicine techniques that enhance sun salutations to help you feel better when practicing yoga.

### KEY

M Movement Session

L Lecture

M/L Movement/Lecture

*Please bring your water bottle, towel, blanket, yoga mat, yoga blocks and straps as they will not be provided.*

# Conference Sessions Friday, October 7

## 202 Labyrinth Walking Meditation <sup>M</sup>

*Phyllis Pilgrim*

Walking the Chartres labyrinth is a meditative tool for self-inquiry. Learn a brief history of labyrinths and its inclusion in Chartres Cathedral, with an explanation of its use as a destination for Christian pilgrims. This journey can be used today as a metaphor for a modern-day pilgrimage to your own heart/soul center. *Repeated as session 303.*

## 203 The Inner Runner <sup>M</sup>

*Jason Karp, PhD*

In addition to the physical benefits of running, there are numerous psychological, emotional, cognitive and spiritual benefits. This unique workshop will explore the inner side of running. Join us for a group run, during which we'll explore what it means to be a runner and how running can help you become the person you want to be. Experience how running enhances your creativity, productivity and imagination. What a great way to begin the day!

### TIME BLOCK D

8:30–10:20am

## 210 STOTT PILATES®: Essential Reformer on the V2 Max Plus™ <sup>M</sup>

*PJ O'Clair*

Explore how altering the angle of resistance can facilitate and expand the existing reformer repertoire. Learn a series of Essential-level exercises using the V2 Max Plus Reformer adjustable pulley system and extensor straps. Using the height-adjustable pulleys on the unit's vertical frame, learn how the angle of resistance can be changed to help fire the appropriate muscles and achieve increased range of motion in triplanar movements. This session is ideal for instructors, from beginner to expert, and for clients at any fitness level.

## 211 BOSU®: Strong Feet—Strong Body <sup>M</sup>

*Stacey Lei Krauss*

Get strong and centered from the ground up using the BOSU Balance Trainer. Strengthen your feet and ankles as you learn techniques to help improve posture and prevent kinetic chain injuries. Stimulate your feet on the unstable surface of the BOSU ball and enhance proprioceptive awareness to reduce stress levels. You will leave this workshop understanding the benefits of barefoot training as well as a variety of foot and leg conditioning routines that will transfer to disciplines such as yoga and Pilates. Learn how strong feet will build a strong body!

## 212 Warrior Within <sup>M</sup>

*Kimberly Spreen*

Come be inspired to unleash the fierce yet graceful warrior inside you! This fusion workshop merges yoga with martial arts. Through a series of yoga poses and sequences, controlled strikes, blocks and core work, you will be challenged to find your inner strength as well as your inner balance. We'll finish with more traditional yoga poses designed to soothe and lengthen those tight, sore muscles.

## 213 Introduction to the GYROTONIC EXPANSION SYSTEM® (Part 1) <sup>M</sup>

*Karen Mullen, MS*

This is your opportunity to experience the GYROTONIC® Cobra™ Elite Pulley Tower Combination Unit. You will explore movement, energy and release, and discover what makes GYROTONIC exercises different from every other system. Learn to articulate your joints, experience three dimensions, and create space for more freedom in your spine. You'll feel relaxed, mobile and energized!

## 214 The Fundamental Mat Pilates Workshop <sup>M</sup>

*Jillian Hessel*

This is a classic Pilates mat class that begins with a pre-Pilates segment called B.E.A.M. (breathe, energize, align and move), designed to warm up your body and make your Pilates programming more effective. The mat fundamentals set a strong foundation for integrating the Pilates movement principles that incorporate the postural and fundamental elements necessary to building a multilevel group class. Explore cuing skills, modifications for different body types and fitness levels, pacing, rhythmic breathing and movement dynamics.

## 215 Somatic Experiencing and Integrative Wellness Study <sup>L</sup>

*Steve Hoskinson, MA, MAT, and Chris Zagelow*

Find out how somatic experiencing can blend with a wellness program and open doors to new opportunities in wellness. Explore how to integrative wellness and somatic experiencing have been welcomed by veterans in the Veteran's Administration and they have demonstrated success in areas of post-traumatic stress disorder. Follow the journey of the first contract of its kind in the veterans' system and find out how the VA is adding complementary and alternative medicine to its medical and behavioral health system.

## 216 The Pilates Professional—Understanding Studio Operations and Money to Create Success <sup>L</sup>

*Kelli Altounian and Andromeda Trumbull, DC*

Learn about the operations of a business and how to generate revenue. In every business it's important to have systems in place that are easy to understand, follow and duplicate. These systems include how to manage money, work with employees and independent contractors, track sessions and training hours, use session cards, implement online systems, and manage budgets. Find the balance between teaching your sessions and running your business. A comprehensive handout is included.

## 217 Define the Mind-Body Connection <sup>M</sup>

*Lyndsay Murray-Kashoid, MA*

In this session we will redefine the term "mind-body connection" with everyday language that everyone will understand. Explore our new definition in a series of yoga postures, core work and different styles of meditation. These tools are basic components to any mind-body program and can strengthen the mind-body experience in your classes.

## 218 Transformative Teaching: Yoga Adjustments <sup>M</sup>

*Stacy McCarthy*

People learn in many different ways. The most fulfilling yoga classes happen when the teacher successfully blends visual, auditory and kinesthetic teaching skills. One of the most challenging areas for many teachers is creating safe and proper yoga adjustments. Learn the philosophy of adjustments and gain hands-on experience adjusting. Take your teaching to a place that deepens and transforms your students' experience.

## 219 Dynamic Group Reformer Harmony <sup>M</sup>

*Erika Quest*

Experience this exciting and new total-body workout on the reformer. Progressive spring tension on the reformer creates the lengthening and strengthening within your muscles as you learn to integrate the movements into a flowing reformer workout. Props will be featured to enhance flow and dimensionalize repertoire, while challenging proprioception and balance.

# Conference Sessions Friday, October 7

## TIME BLOCK E

10:40–12:30pm

### 220 Instructing a Multilevel Group Reformer Class M

*Cathleen Murakami*

Instructing a group reformer class with both novices and veteran clients can often be overwhelming. Due to the various fitness levels and needs of clients, it is mandatory that your exercise repertoire and programming be safe, accessible, effective and enjoyable. Cuing must be crystal clear for all participants. This educational and experiential workshop will help you approach your multilevel reformer classes with inspiration and confidence.

### 221 Reformer Tower: The First Session M

*Michael King*

Your first session with each client has always been the most important, and it is without a doubt the hardest. A learning curve develops as the student tests his or her body and its limitations. This is a two-sided learning curve as the instructor also starts learning about the client's body, needs and goals. Learn how to prepare your clients physically and physiologically for the challenges and changes of the reformer.

### 222 BOSU® Pilates 3-D M

*Stacey Lei Kraus and Erika Quest*

Are you ready to add dimension to your Pilates repertoire? Experience ways to execute traditional mat- and equipment-based Pilates exercises, coupled with the Balance Trainer and Ballast Ball. Learn techniques to use with students ranging from the most advanced to the least experienced. Get unlimited ideas as well as dynamic and fresh content to use with clients in one-to-one training and in group settings. Come challenge your core and train the whole body!

### 223 Drums Alive®: The Mind-Body Connection M

*Carrie Ekins, MA*

Experience Drums Alive: The Mind-Body Connection, which unites the mind, body and spirit by allowing us to be in our body instead of our heads and to feel the ecstasy of letting go all while enjoying the benefits of physical, emotional and mental health. The power of the drum and the rapture of moving create an activity that anyone can enjoy. From exercise, nurturing and social support, to intellectual stimulation, spirituality and stress reduction, group drumming stimulates creative expression that elevates the entire being!

### 224 Introduction to the GYROTONIC EXPANSION SYSTEM® (Part 2) M

*Karen Mullen, MS*

This is your opportunity to experience the GYROTONIC® Cobra™ Elite Pulley Tower Combination Unit. You will experience movement, energy and release, and discover what makes GYROTONIC exercises different from every other system. Learn to articulate your joints, experience three dimensions, and create space for more freedom in your spine. You'll feel relaxed, mobile and energized!

### 225 The Art of Working In—Demystify the True Meaning of Core Work M

*Marie-José Blom*

Learn about the function of the “true core” by understanding the biomechanics of the core based on current science and research. The objective of this session is to offer a clear “core ability” model fit that can be integrated into any movement technique or mind-body approach. This model of movement will provide a valuable tool and sometimes a missing link for any professional fitness or wellness educator.

### 226 Hormones: A Critical Link to Health L

*Mark Stone*

Hormones are the often-overlooked link between your health, physical performance and consciousness. Explore the relationships between hormonal health and food quality, environmental toxicity, mental and emotional toxicity, physical health and consciousness. Get a new understanding of the link between our external and internal environments, and how important it is to maintain hormonal gland function and optimally regulate hormonal tides.

### 227 The Yogic Spine: Spirituality in Action M

*Michele Hébert*

To the yogi, the most important part of the anatomy is the spine because it houses the central nervous system and the spinal cerebral centers (chakras). This dynamic flowing session will emphasize asanas that give the spine greater flexibility and awaken the energies of the sacrum (sacred) and the spinal centers for healing and inspiration. You will experience pranayama practices that expand awareness, and learn to channel the awakening energy to areas of the body and mind in need of healing.

### 228 Mastering Arm Balance Technique M

*Joan Hyman*

In this workshop, we will break down the components used in arm balances to make them possible for everyone. Explore the use of core strength and proper alignment in the shoulder girdle to help make these poses more familiar and enjoyable. Learn how to break down arm balances and work other poses to help build strength and gain flexibility that can enhance confidence to practice these poses. All levels are welcome. Be prepared to work hard and have fun!

### 229 Core Control Using Mind-Body Water Movements M

*Norma Shechtman, MEd, MA*

Join us for a blend of mind-body water movements that help develop core strength and endurance. The water is the perfect place to allow the mind to mellow, the body to react and the blend of both to find the core. Using noodles and dumbbells, you will flow through a beautiful series of exercises for the core.

## TIME BLOCK F

2:00–3:50pm

### 240 STOTT PILATES®: Therapeutic Foundations and Application to Lumbo-Pelvic Stability M

*Kim Kraushar*

Discover how therapeutic applications of the STOTT PILATES method and the V2 Max Plus™ Reformer, along with select Matwork®, can improve a client's stability and mobility, particularly in the lumbo-pelvic region. Combine the elements of sound therapeutic principles, the integration of current research, and the ability to employ multiple equipment functions to modify exercises to suit clients' needs. Explore how the specific nature of selected movements can help clients develop awareness, strength and coordination to overcome pain and dysfunction.

### 241 Reformer Tower: Creative Programming for Older-Adult Clients M

*Michael King*

Explore the challenges we all face when we have older adults as clients. Learn the latest guidelines and research in working with specific spine conditions related to the older client and how to motivate the client while facilitating safe and effective exercise using the reformer tower.

## 242 Mind-Body Endurance on the CoreFitnessRoller™ M

*Bonnie Sessions*

Get valuable information for promoting overall body awareness, identifying proper cueing and breathing techniques, and reinforcing proper movement patterns while increasing workout intensity. Learn to apply this information to create effective and vibrant sessions and classes, address clients' progressive fitness goals, and help restore and eliminate compensation habits.

## 243 Tri Balletone® M

*Shannon Fable*

Tri Balletone is more than just a workout rooted in ballet, it is a family of programs utilizing fitness, ballet, Pilates and yoga inspiration to form a user-friendly workout everyone can enjoy. Learn the principles that inspire the creation and delivery of the workout as well as combinations from three different Balletone programs. Whether you are a fitness instructor searching for innovative movement sequences for your next strength class, or a mind-body instructor looking to be inspired, this is your chance to Tri Balletone!

## 244 An Appetizer for Advanced GYROTONIC® Exercises M

*Karen Mullen, MS*

This Level 2 pre-training program will take your spiral and your spine to a whole new level! You will sit, stand and kneel through spinal articulations, softly fold like pretzels in the hamstring series, and swim and yawn through the upper-body series. Deepen your understanding of Level 1 exercises and enjoy a spicy Level 2 appetizer in this session for experienced practitioners of the GYROTONIC method.

## 245 40 Is Not the New 30 M

*Sue Hitzmann, MS*

In our minds we may feel like we are 30 but the effects of aging are occurring whether we like it or not. Training like a 30 year old when we are over 40 significantly increases our chances of needing joint replacement surgery by the age of 70. Learn which movements and exercises are best for the joints and the body as it ages, along with proactive approaches to staying healthy, active and pain-free.



## 246 Tai Chi Ruler Meditation L

*Mark Stone*

The Tai Chi Ruler Meditation is a form of qigong that uses a wooden dowel or ruler derived from the shape of the ancient Chinese sword handle. This practice is a unique method of cultivating internal energy, or chi, that uses an external object as an aid. Learn two simple practices to quiet the mind and harvest chi, creating deep relaxation that also refreshes and vitalizes.

## 247 Ayurvedic Yoga—The Five Elements M

*Lindsay Murray-Kashoid, MA*

Explore the five elements of Ayurvedic yoga and experience each one of them in a series of postures. Come away with a holistic approach to your teaching repertoire, as well as a wide variety of tips and techniques for effectively sequencing your yoga classes.

## 248 Teaching Yoga to Ease Depression and Anxiety M

*Shannon Paige Schneider*

Blending the Prana Flow vinyasa yoga and a meditative calmness gives the practitioner the ability to move stuck energy and release patterns of tension and anxiety. Learn to delve deep into the senses and the wisdom of the elements to instruct yoga for those struggling with depression and anxiety. Explore the sequencing of Prana Flow, the integration of a three-part vinyasa technique, and the nature of teaching with heartfelt intention to create willingness and release.

## 249 Pilates Flow Water Style M

*Norma Shechtman, MEd, MA*

Learn a flowing Pilates routine that combines all of Joseph Pilates' exercises in the water. Discover how to use the water efficiently to execute each Pilates move. Enjoy the ease of movement and the flow of the choreography with gentle, soothing music in the background.

### TIME BLOCK G

4:10–5:40pm

## 260 STOTT PILATES®: Reformer With the Fitness Circle® M

*PJ O'Clair*

Seasoned instructors recognize the benefits of incorporating the Fitness Circle into most Matwork® sessions. Learn how the resistance ring can bring the same variety and challenge into group or private reformer settings. Discover modifications that bring focus to a different aspect of many traditional exercises and add more challenge to adductors and abductors of the peripheral limbs, as well as assist in activating the core. The addition of the Fitness Circle reinforces correct muscle firing patterns and helps ensure correct positioning while adding an element of fun and variety to each workout.

*“Inner IDEA not only gives you the tools for a successful career, but also skills for creating an amazing life.”*

—Kristen Stritter,

Pilates Instructor/Lifestyle Counselor,  
Sunkissed Living

# Conference Sessions **Friday, October 7–Saturday, October 8**

## **261 Principles for Enhanced Crossover-Fitness and Pilates with the CoreFitnessRoller™** M

*Rael Isacowitz, MA, and Kathy Kaehler*

Share an in-depth toolbox of Pilates principles, functional training, rehabilitative movement and balance training to create enhanced programming for the highest results in physical performance, balance, core strength and self-myofascial relief movements. The combination of exercise applications provides a versatile approach to create crossover movements and exercise sessions that bring a deeper level of practice to everyone from beginners to advanced athletes.

## **262 Burn at the Barre** M

*Kelli Altounian and Andromeda Trumbull, DC*

This session is designed to bring new light to the ballet barre craze. We have taken out the injury-inducing elements and brought this workout to a whole new level. Learn how to implement this class in your studio. The workshop requires only a chair or portable/bolted ballet barre, so the movements can be practiced almost anywhere. This information and these tools can add depth and creativity to any class or personal training session.

## **263 Find Y.O.G.A.—Your Own Gorgeous Asana** M

*Kimberly Spreen*

Alignment and safety are important in yoga, but, no two human bodies are exactly alike so why would we ever assume two Yoga poses should be? In this workshop, we'll discuss and experience how to tweak various yoga asanas so they will feel right in YOUR body. You will gain awareness and learn to "trust the journey" as you realize that your pose and your practice are gorgeous, even if they look a bit different than the yogi next to you.

## **264 Spa for the Soul: Instructor Self-Care** M

*Lawrence Biscontini, MA*

Instead of learning choreography or ideas to take back for others, in this workshop you'll get ideas on self-preservation for you. Embark on an in-depth experience in self-care from the fusion of mind-body applications, spa approaches, nourishment of the five senses, and internal healing and regeneration. Most amazingly, this experience addresses all of your senses and requires no equipment to be effective!

## **265 Progressive Studio Pilates on the Reformer** M

*Erika Quest*

Experience this total-body, progressive, integrated and flowing workshop on the reformer with emphasis on lengthening and postural elements, while strengthening with progressive spring tension. The BOSU®, along with other props, will be featured and utilized on the sliding reformer carriage to enhance flow and challenge classic Pilates while continually offering dynamic and new Pilates-inspired repertoire.

## **266 The 3 R's of Pilates: Read and Realign the Body, and Rejuvenate Movement** M

*Zoey Trap, MSc*

Guide your clients to healthier movement by learning to identify substitution patterns, bracing, inhibition, gripping, improper initiation and alignment issues. Learn strategies to restore alignment and improve movement efficiency and ease.

## **267 Super-Foods to Super-Fabulous: Optimize Your Immune System, Your Metabolism and Your Health** L

*Wendy Bazilian, DrPH, RD*

A life-enhancing diet is a masterful composition of delicious and healthful foods, with ingredients coming together harmoniously on the plate to provide energy and pump up your metabolism while protecting and optimizing your health. Explore the science of foods rich in antioxidants that have health-promoting, disease-fighting properties, along with other powerful nutrients such as nuts, berries, wine and chocolate-like antioxidants. Discover the keys to enhancing digestion and energy through mindful eating and conscious chewing.

## **268 Stress Reduction and Rejuvenating Techniques** L

*Ray Gin, DC*

Learn simple, effective ways to help you deal with stress and feel rejuvenated. Find out the consequences of chronic stress and how it can affect your health, body, behavior and relationships. You will learn the many different types of stresses (not just emotional) that may be keeping you from feeling terrific. Identify the stressful daily behaviors in your life that you may not even recognize. Take home skills and strategies that can make life more peaceful!

## **SATURDAY, OCTOBER 8,**

### **TIME BLOCK 1**

**6:30–7:30am**

## **300 Inspiring Creative Energy on the Reformer** M

*Cathleen Murakami*

The Pilates universal reformer is the most common and popular primary piece of Pilates equipment in the studio or gym setting. Join us for a creative and inspiring reformer workout. Expand your mind, stretch your boundaries, and let go of any previously held concepts about what should be done with the reformer. We may not be able to reinvent the wheel, but we sure can change the way we look at using a reformer.

## **301 Mastering Classical Mat Work** M

*Alisa Wyatt*

Pilates mat work is the original work that Joseph Pilates taught to every client. His apparatus was developed as a way to strengthen those who could not perform mat exercises properly. Learn how Joe taught the mat and the hands-on modifications and techniques he used to get the best results when working with his clients.

## **302 Yoga Safari to the Soul** M

*Stacy McCarthy*

This is a challenging, progressive series of yoga poses, one flowing into the next in a strong cardio style that works the entire body. Yoga Safari to the Soul is designed for all levels familiar with sun salutations. The emphasis is on postures that deepen your backbend, open your shoulders and release the hips. Options will be given for beginner to advanced students.



# Conference Sessions **Saturday, October 8**

## **303 Labyrinth Walking Meditation** M

*Phyllis Pilgrim*

Walking the Chartres labyrinth is a meditative tool for self-inquiry. Learn a brief history of labyrinths and its inclusion in Chartres Cathedral, with an explanation of its use as a destination for Christian pilgrims. This journey can be used today as a metaphor for a modern-day pilgrimage to your own heart/soul center. *Repeated as session 202.*

### **TIME BLOCK J**

**8:30–10:20am**

## **310 STOTT PILATES® Golf Conditioning on the V2 Max Plus™ Reformer** M

*Kim Kraushar*

There are few pieces of fitness equipment that will help golfers realize the same off-course training benefits as the STOTT PILATES® V2 Max Plus™ Reformer. Discover how to use the unique features of this groundbreaking unit to perform specially designed Reformer-based exercises raise a client's golf game to a new level. With a better understanding of the conditioning requirements of golfers, these moves will help improve balance and flexibility while enhancing core stability and body awareness. The height adjustable vertical pulley system allows exercises to be performed in sitting, kneeling and even standing positions to create a workout never possible before.

## **311 Reformer for Dancers** M

*Michael King*

A dancer's body requires special attention and care. Michael, a trained dancer, will explain his technique using specific unique sequences and variations to fine-tune the dancer's body. You will also learn how the reformer can be used to rehabilitate dance injuries.

## **312 BOSU® Studio Pilates** M

*Shannon Fable and Erika Quest*

Learn how to use the BOSU ball in one-to-one and group settings, and learn to accommodate the most advanced to the most beginning Pilates students or clients. Find out how to incorporate the Balance Trainer into mat classes, and how to use it in conjunction with other traditional Pilates accessories and equipment. Even if you don't have Pilates exercise experience, you will take home a library of new exercises designed to target the core and train the whole body!

## **313 Pilates Reformer on the Ball** M

*Zoey Trap, MSc*

You can think of the stability ball as a "poor man's reformer"! Perform reformer exercises on the stability ball in a unique session designed to simulate a reformer workout. Learn how to use the ball to assist, challenge and provide the feel and benefits of a reformer without the restriction of a reformer.

## **314 This Hurts My Neck! This Hurts My Back!** M

*Marshall Eklund, MA*

Pain in the back and neck are some of the some most challenging words we hear as Pilates and fitness instructors. The reasons for neck and lumbar pain are not the same for all clients. This workshop will introduce a powerful diagnostic matrix based on proper muscular strength, muscle length and neuro-muscular firing. You will gain tools to eliminate or minimize pain during flexion and extension exercises and gain precise coaching skills to teach your clients the proper adjustments needed to overcome or lessen discomfort.

## **315 Yo-Nia: Dynamic Movement Into Stillness** M

*Debbie Rosas*

Yo-Nia is an expressive mind-body workout that combines the wisdom and benefits of two movement practices: yoga and Nia®. This East-West fusion synthesizes traditional and nontraditional techniques and methods into a rich experience of improved body mechanics, self-knowledge, personal expression and connection. Yo-Nia enhances traditional yoga postures with the precision of martial arts, the expressiveness of dance arts, and the functionality of healing arts.

## **316 Whole-Brain Techniques and Exercise** L

*Mark Stone*

Today, most people live lives that could only be described as stressful! Exercise is also a form of stress, yet if wisely used, can help to lower total stress levels in the body. Explore the anatomy and physiology of both brain hemispheres, as well as the relationship between brain physiology and stress. You will learn that by activating the right brain hemisphere and integrating right and left hemispheres, stress levels can be reduced. Take away simple and effective tools to create a whole-brain learning experience, plus techniques for modifying your exercises and exercise environment.

## **317 Women, Weight and the Menopausal Middle—Optimal Strategies for Health** L

*Susan Dopart, MS, RD*

Are you at a loss as to how you can help your perimenopausal clients lose that middle belly fat...and is there a specific macronutrient balance or exercise prescription that is known to help eradicate this stubborn weight? In this highly informative session, we will discuss how to balance carbohydrate, protein and fat to positively impact metabolism. We'll explain the difference between omega-3 and omega-6 fats and describe their effects on inflammation in menopausal and perimenopausal women. Lastly, see how hormonal shifts and too much exercise can be detrimental and may lead to injuries.

## **318 Understanding Sun Salutations and Vinyasa** M

*Joan Hyman*

In this session, we will break down surya namaskra (sun salutations) to understand what each movement means and how the breath works in each part of the sequence. You will experience a vinyasa segment that stems from surya namaskra and learn how to create an effective vinyasa flow class.



# Conference Sessions Saturday, October 8

## 319 Yoga Tune Up®: Active Recovery M

Jill Miller

Keep the finer elements of your brilliant body machine in tune for longevity and optimum performance. Yoga Tune Up's innovative blend of yoga, calisthenics and body therapy focuses on functional biomechanics to help you find your body "blind spots" so you can prevent and heal annoying injuries, and maintain your athletic lifestyle. Learn to systematically break apart the nuts and bolts of the three major bioregions of the body: core, hips and shoulder girdle. The exercises help you to self-assess, tone, stretch and de-stress, all while creating lasting change in your muscles, joints and connective tissues. All levels welcome.

### TIME BLOCK K

10:40-12:30pm

## 330 Two-Point Touch Cuing for the Reformer Setting M

Cathleen Murakami

How you correct and guide your clients using your hands-on skills speaks louder than any verbal cue you can give. When those verbal cues are supported, reinforced and even empowered with distinct and accurate hands-on guidance, the experience for your client is enhanced immensely. Learn why two-point touch cuing is an optimal way of bringing a whole new level of sophistication and refinement to your instruction. You will be amazed at how these simple yet powerful points elicit a greater positive response from your client.

## 331 Contemporary Movement Utilizing the CoreFitnessRoller™ for Pilates-Based Workouts M

Rael Isacowitz, MA

Learn the importance of creating a fusion of functional training, rehabilitative movement and Pilates while learning to use the CoreFitnessRoller™. Through the use of this innovative new tool, you will discover exercises and movement flow to dramatically enhance physical performance, balance and core strength.

## 332 STOTT PILATES®: Total-Body Sculpting M

PJ O'Clair

Explore exercises that increase core and peripheral strength, and also add multidimensional joint movements, variety and challenge to the basic Flex-Band® exerciser routine. Discover how the resistance band can transform simple Matwork® exercises while maintaining focus on precision and control.

## 333 The Eight Ancient Treasures of Qigong M

David-Dorian Ross

Qigong is the ancient science of nurturing, conserving and circulating your chi, the inner energy of life. The Chinese healers of the past suggested that qigong was the key to vitality, long life and even spiritual growth. Learn two traditional qigong routines: "The Eight Pieces of Brocade," a series of simple yoga-like postures that combine breathing and easy-to-do motions to form a powerful health and longevity practice recommended for daily practice; and "Opening the Heart," a short and simple routine good to do when you need an on-the-spot way of centering your mind and heart. By the end of this session, you will definitely "feel the force!"

## 334 Stumbling Toward Grace M

Shannon Fable

Grace, balance and coordination are key components to fitness. Explore movement patterns designed to enhance and improve grace in any body. Whether using fitness, dance or yoga as your foundation, Balletone® has a unique way of teaching coordination, proprioception and kinesthetic awareness without judgments. Participate in an introduction to the Balletone workout, then learn how each section could be integrated into traditional strength-training workouts or core programs.

## 335 What IS Marketing? L

Derrick Wilburn, MBA

What is marketing, which tools and approaches work effectively, and which approaches should be avoided? Everyone wants to gain more clients through marketing but where do you start? What do you do to get noticed and how much does it cost to create a program that works? What is the message you want to send? Find out what works in marketing and what doesn't. Learn effective and successful approaches to marketing techniques!

## 336 East Meets West With Food, Flavor and Nutrition L

Jason Bazilian, DAOM, and Wendy Bazilian, DrPH, MA, RD

Spices and herbs have long been appreciated for their role in improving the taste, aroma and the appeal of food. Research explains the protective benefits of spices and herbs, which are surprisingly rich in polyphenols and antioxidants, with levels comparable to many fruits and vegetables. Herbs and spices are also an integral part of traditional Chinese medicine and dietary therapy, along with the balancing of the five flavors to support your internal system and optimize overall health.

## 337 Developing the Teacher's Eye M

Leeann Carey

Learn to help your students have the safest, most effective yoga practice possible. Develop the teacher's eye for therapeutic modifications and adjustments, and discover how to improve the postures and performances of your yoga students.



# Conference Sessions **Saturday, October 8**

## **338 Santosha: The Art of Being Content With Your Body and Your Practice** M

*Lauren Eirk*

Comparing oneself to others or to a picture in a book can cause frustration and haste, wanting to achieve a position no matter the cost. Santosha is the art of learning to be content with the body we are given. This is further validated by many scientific facts, given that certain joints have specific motion capabilities. Genetics, injury, previous activities and muscle inhibition further affect the outcomes of a yoga practice. We can only progress as fast as the slowest component, and we have to learn to live inside the body we have been given. Learn ways to incorporate these ideas in your yoga classes, giving students permission to make adjustments and modifications.

## **339 Aqua Mind-Body Experience** M

*Carrie Ekins, MA*

Discover the wonders and endless possibilities of water with this delightful fusion flow of mind-body techniques combined with the principals of aqua fitness. Learn to improve all the energy systems of the body and allow the bliss, beatitude of creative expression, and mindful techniques to calm and quiet the mind to experience oneness. Renew your body, quiet your mind, and relax your spirit in this unique Aqua Mind-Body Experience.

## **340 The Standing Reformer** M

*Kathy Corey*

From the original exercises to today's creative movement patterns of the standing Pilates repertoire, this class combines flow of movement with a challenging choreographed program. Learn to enhance any reformer class and create a dynamic program that honors the past but adds a contemporary vision of the Pilates work.

### **TIME BLOCK L**

**2:00–3:50pm**

## **350 STOTT PILATES®: Programming 1 on the V2 Max Plus™ Reformer** M

*PJ O'Clair*

Learn how to transform the STOTT PILATES V2 Max Plus Reformer to explore selected Essential-level exercises on the mat, reformer and Cadillac. Discover how to cue, correct and modify for individuals and groups to make the most of each workout. This workshop is guaranteed to keep you and your clients challenged, motivated and coming back for more!



## **351 Reformer Tower: Challenging the Advanced Client** M

*Michael King*

When working with professional athletes and clients who have been practitioners of Pilates for a long time, how do you balance the program to keep the clients happy and motivated? Learn how to use the reformer tower to give the ultimate session experience for the client. Having worked with many sports professionals, from ice hockey teams in Russia to cricket teams in India and soccer teams in the UK, Michael comes with vast experience in professional sports.

## **352 CoreFitnessRoller™: Improve Balance and Core for Women of All Ages** M

*Kathy Kaehler*

Learn to create a variety of balance training, rehabilitative movement and core-strengthening opportunities for women at every age. Through controlled instability, functional movement, repetitive patterns, modification options and varied strength challenges, discover how to create comprehensive fitness sessions to address balance considerations, and combine cardio, core strength requirements and rolling options. This program will give you the critical tools you need to enhance each user's workout experience while meeting the diverse needs of women at every age.

## **353 Dancing the Language of Energy** M

*Carrie Ekins, MA, and Zoey Trap, MSc*

Explore energy and emotion through mind-body-spirit practices, dance, and the arts. Emotion is energy, and this workshop will help you to understand and appropriately express feelings through the use of music, sound, movement, and art. Energy is vibration that links us more deeply to our intuitive self, to one another, and to the universe. Teach your body to speak the language of energy.

## **354 Mind-Body Circuit Sensations** M

*Debbie Rosas*

Join us for integrated conditioning techniques from a cross-section of movement types. Featured practices include Nia®, yoga, Pilates, tai chi, sound healing and more. Unlike traditional circuit workouts, this session allots each participant a specific time segment, allowing you to stay in one place rather than rotating around a room. Tone your body, expand your mind, energize your emotions and engage your spirit! Learn from leading wellness innovators who will come together to give you one of the most exhilarating experiences available.

*“Inner IDEA is the best thing I’ve done for myself and my clients in a very long time!”*

—Kris Stern, Owner, Core & Shell Pilates

# Conference Sessions Saturday, October 8–Sunday, October 9

## 355 Winning at Losing— Strategies for Insulin Resistance **L** *Susan Dopart, MS, RD*

As a fitness professional, you know there are certain body types that don't respond to reasonable lifestyle changes. In fact, you probably have clients who exercise regularly but can't seem to lose weight. This session will address insulin resistance versus insulin sensitivity and how they affect your client's success. We'll take a look at how insulin resistance can be affected by clean eating. Get the real story about macronutrient balance for this population and information on food trends.

## 356 How Your Thoughts and Attitude Affect Your Hormones and Life **L**

*Ray Gin, DC*

Your thoughts, attitude and emotions are your inner guidance system. Understand how your thoughts and emotions affect every single hormone and cell in your body, and discover ways to change them to gain greater health. Learn how your metabolism, weight, sexual drive and appearance can be affected by your thoughts and beliefs. Emerge stronger in both mind and body after this powerful session!

## 357 Teaching and Practicing From the Integrity of the Pose **M**

*Lauren Eirk*

Being a good yoga teacher or yoga practitioner is not about learning more poses. It is about the ongoing discovery of what makes up many of the most basic postures. A posture in itself is made up of many joint positions, with one joint affecting the other. One cannot progress in yoga when the integrity of a pose is not experienced and practiced. Explore five different yoga asanas, each chosen for their importance, joint position and complexity. Learn various ways to cue students, alter forces within the pose and modify the poses for various people. Think you are advanced? Think again!

## 358 Yoga Tune Up® Refine Your Spine **M**

*Jill Miller*

Back pain strikes most people at some point in their lives, even fitness professionals. Correct spinal alignment involves multiple layers of coordinated core activity, from the deep multifidus, psoas and diaphragm, to the more superficial latissimus and rectus abdominals. Find out how to identify spinal "blind spots," and recondition them with new therapeutic moves. Learn to thoroughly prepare your spine from every conceivable angle. This workshop will give you a backbone!

### TIME BLOCK M

7:00–8:30pm

## 370 The Urban Zen Integrative Therapy **L/M**

*Colleen Saidman Yee and Rodney Yee*  
Discover the five therapies that are combined in the Urban Zen method to deal with the most common symptoms of all illnesses. Explore a comprehensive history of the program, its present endeavors and its future aspirations. Experience the profound effects of this method by being led through an integrative session with Colleen and Rodney. You will do restorative poses, practice breath awareness, meditate, smell amazing essential oils, experience reiki, and feed your soul! Everyone is welcome.

## 371 Visions—The Pilates of Tomorrow **L/P**

*Rael Isacowitz, MA, Michael King,  
PJ O'Clair and Lolita San Miguel;  
Moderated by Kathy Corey*

Join this distinguished panel of experts for a mindful discussion of relevant issues facing Pilates professionals today. Panel members will explore individual strengths and differences, as well as their mutual foundation. Enjoy this insightful dialogue from these prominent teachers on how to continue growth and education within the Pilates industry.

## 372 The Art of Networking **L** *Derrick Wilburn, MBA*

In this session, you will be introduced to a variety of networking tools and techniques that demonstrate how to use individual styles to communicate, how to put yourself and others at ease, and how to sell yourself and promote your business. With so many networking tools available, find out which ones are right for you and how to use them to promote yourself and your business!

## SUNDAY, OCTOBER 9

### TIME BLOCK N

6:30–7:30am

## 400 Tai Chi to Go **M**

*David-Dorian Ross*

Learn a simple tai chi routine called Yang Style Tai Chi. Known as the 8-Step Form, it is like a "to go" portion of tai chi. It's easy to learn, perfect for beginners, and easy to take on the road. The 8-Step Form is also a great foundation for those who want to go on to the next level of tai chi training.

## 401 Arise! Awake!—Hatha/Raja Yoga—Harnessing the Opposite Forces **M**

*Mehrad Nazari, PhD*

"Ha tha" means "sun moon," "positive negative," or "masculine feminine." In this session, we will explore the harnessing of opposite forces and recognize the complementary nature of them. Learn to strengthen both aspects of our selves to operate from the center. With this mindfulness as the core philosophy, we will practice the asanas in a whole new way. As Mihaly Csikszentmihalyi, the pioneer in peak performance and flow says, "The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile."

### TIME BLOCK O

7:45–9:35am

## 410 Everyday Yoga **M**

*Colleen Saidman Yee and Rodney Yee*

This is a complete yoga class that will be sequenced to balance out all of the other trainings and activities that you are involved in. Yoga is the perfect cross-training that leads to injury-free longevity in all sports. Yoga also requires and leads to mental focus, which translates into all aspects of your life. Come join us to experience and understand a balanced and wonderfully sequenced yoga class that you can utilize in a multitude of ways!

*"Inner IDEA reconnected me with  
my passion for Pilates. It is truly a mindful  
life-altering experience."*

—Sadie Nutter, Pilates Studio Owner, Pilates By Sadie Nutter

# Conference Sessions Sunday, October 9

## 411 BOSU®: Balanced Body M

*Lawrence Biscontini, MA*

Explore new tools that redefine and explore your body's balance using the BOSU Balance Trainer and a soft-touch weighted ball. Walk away with a whole new perspective on balance! Balance signifies both the starting and ending point of human movement. Discover how to train complementary aspects of balance to improve proprioception, strength and flexibility. You'll also gain mind- and body-based methods for enhancing stability and mobility, from simple sitting to gait training. Note: This workshop focuses on barefoot training, but please bring a pair of shoes or sneakers as well.

## 412 STOTT PILATES®: Programming for Osteoporosis Management M/L

*Kim Kraushar*

Clients with osteoporosis face genuine issues when looking for a suitable exercise program. Learn the causation of osteoporosis, the different forms of the condition and how they will affect your client. Use the biomechanical foundation of STOTT PILATES to discover how to create effective programs that address the specific needs of this population. Explore how balance and resistance props can effectively assist clients and offer myriad modifications and variations to a Matwork® routine.

## 413 Torrey Pines Nature Walk M

*Diane Buchta*

This hike will take you to the beautiful Torrey Pines State Reserve. While walking on the trails, you will see views of the Pacific Ocean and the beauty of nature in this venerable area. The emphasis of this walk is appreciation of and gratitude for nature. We are surrounded by so much beauty every day, if we only stop and look around. Experience Mother Nature at her best—the majestic views of the ocean, the smells of Torrey pines and the sounds of the birds and the crashing waves—and fill your mind, body and spirit.

*Repeated as session 110.*

### TIME BLOCK P

9:50–11:40am

## 420 Shakti™ 2011 M

*Lawrence Biscontini, MA*

Communication is 93% nonverbal and is oftentimes very subtle and overlooked. Ignite your senses in this inspirational movement experience that is taught in silence while using visual cuing. The choreography combines and fuses the mind-body common disciplines and is enhanced by nontraditional music. This session is extremely mindful and deeply moving, a beautiful way to get in touch with your balance and your core essence.

## 421 The Wounded Weekend Warrior M

*Sue Hitzmann, MS*

Each year, 85% of elite and recreational athletes are injured and 80% of all orthopedic injuries are sports- or exercise-induced. Too many people experience chronic pain and injury while doing something positive for their health. Learn solutions to achieve peak performance without painful side effects of training. Discover how to self-treat the missing link just beneath your skin that remains untapped by exercise, yoga, stretching or myofascial release techniques.

## 422 Brain Body Training M

*Carrie Ekins*

What is good for the body is also good for the brain. Exercise is the single most powerful tool that we have to effectively utilize our brain function. In the same way we can take care of our physical health, we can take charge of our mental health and fitness. Brain Body Training aims to provide you with ways to help your clients maintain a continual level of mental fitness, strength and flexibility throughout their lives. Learn how to implement cognition and medical fitness training into your existing program to improve health and fitness for both the body and the brain.

### TIME BLOCK Q

12:10–2:00pm

## 430 Yoga for Restoration M

*Colleen Saidman Yee and Rodney Yee*

This session will integrate postures, breath work and meditation, and will give us a chance to absorb all that we have learned during the conference. Ironically, we will empty our minds and release the tension from the body to allow the multitude of input received to more fully integrate the information within. This will be the ultimate way to come together to close the conference and prepare to take the information with you into the world.

## 431 Pilates as a Lifestyle M

*Lolita San Miguel*

Learn about Joseph Pilates' philosophy as personally experienced by Lolita. A dynamic workout will follow featuring posture, breathing, axial elongation, emphasis on the importance of the feet, and discussion of the value of unity in the industry.

