



Inner IDEA[®]

Conference

2008

A Community in Motion

SEPTEMBER 11-14, 2008 | LA QUINTA RESORT & CLUB | PALM SPRINGS, CALIFORNIA

www.inneridea.com

Table of Contents

Welcome Message	1	Eating With a Purpose	12	Inner IDEA Scholarship	28
Experience Inner IDEA	2	Schedule at a Glance	12	Visionary Sponsors	28
Opening Ceremony	4	2008 Inner IDEA Inspiration Award	13	Faculty Bios	29
Programming Highlights	6	Evening Experiences	13	Event Information	31
La Quinta Resort & Club	8	Programming Grid	14	Hotel & Travel Information	32
Preconference Sessions	10	Session Descriptions	18	Registration Form	33

The Inner IDEA Journey

Follow the journey throughout this brochure.



CONNECTION
COMMUNITY
BALANCE
SANCTUARY
PRESENCE
PRACTICE
INTEGRATION
SPIRIT
INTENTION
TRANSFORMATION

Welcome Message

A COMMUNITY IN MOTION

Here we are again, looking forward to our third annual Inner IDEA gathering, an event so unique that the word “experience” is more accurate than “conference.” There is no doubt that the timing is right for the Inner IDEA movement that started 3 years ago: attendees have been overwhelmingly and increasingly enthusiastic, giving Inner IDEA a 97% positive satisfaction rating in its first 2 years.

Participants tell us that what they find most compelling about Inner IDEA is its feeling of community: like-minded people—passionate about holistic health that honors mind, body and spirit—coming together to create a new paradigm. That resounding feedback inspired this year’s theme, “A Community in Motion.”

Inner IDEA has quickly become the leading event for Pilates instructors, yoga teachers, fitness professionals, lifestyle coaches, wellness professionals and even enthusiasts. With over 150 mind-body-spirit sessions, there is a wealth of holistic and wellness education for the very advanced practitioner to the individual expanding their own wellness knowledge. This year we are encouraging professional attendees to invite their students to come with them and experience the Inner IDEA journey.

Our program and faculty are stronger than ever, offering the best, newest, most promising and innovative ideas and developments in mind-body-spirit wellness. Inner IDEA continues to be guided by our 10 principles (see opposite page), with mindfulness at its core. We are maintaining our limited-attendance, intimate-event size and returning to the beautiful La Quinta Resort and Club.

The Inner IDEA community represents the leaders of a new and changing consciousness that is taking hold around the globe. This year we celebrate the power of this new industry force—this “community in motion”—to inspire and change the world.

Peter & Kathie Davis

Peter and Kathie Davis, Co-founders of Inner IDEA

Pilates

Yoga

Nia®

Integrative Movement

Mindfulness & Meditation

*Health, Nutrition, Research
& Wellness*

*Business & Lifestyle
Coaching*

*GYROTONIC® &
GYROKINESIS® Exercises*



Experience Inner IDEA

A GLOBAL GATHERING

Inner IDEA has rapidly become the premier annual event for wellness and fitness professionals and enthusiasts from around the world who want to immerse themselves in an exploration of integrative health.



This year's highlights include:

- Opening Ceremony with Keynote Presenter **Patrick Gentempo** and special guest **Swami Veda Bharati**.
- A diverse, ground-breaking program of over 150 mind-body-spirit sessions, each designed to integrate mindfulness and the 10 principles of Inner IDEA.
- A faculty of world-renowned presenters dedicated to the principles and practices of holistic wellness.
- Presentation of the second Inner IDEA Inspiration Award, this year honoring the community outreach efforts of Silver Age Yoga.
- Community events that include the Inner IDEA Welcome Reception to meet old and new friends, the Opening Ceremony to inspire your experience, five unique meal experiences that emphasize conscious eating and community connection, special evening experiences and closure at Sunday's final session.
- Expand your mind, body and spirit with educational products available at the Inner IDEA Marketplace.
- Connect with the innovators and educators behind the industry's leading providers of equipment, apparel and education. Products from these Visionary Sponsors will be available for purchase during the Inner IDEA conference.



A PERSONAL JOURNEY

From your first moment at Inner IDEA, you will experience the differences that make Inner IDEA a personal journey of discovery and transformation:

- A serene environment designed to foster reflection, contemplation and “wellness within.”
- A scenic desert resort setting for you to create your own private retreat experience.
- An intimate event (attendance is limited) that provides the opportunity to think, breathe and connect meaningfully with other participants.
- A sensory immersion experience that engages you through your five senses.
- A non-competitive, non-judgmental environment to cultivate self-discovery and transformation.
- A culture of acceptance and support that honors your individual path.



Opening Ceremony

Thursday, September 11 • 5:30–7:30pm

KEYNOTE PRESENTATION: CREATING A VISION OF WELLNESS



The Healthcare Crisis— YOU Are the Solution!

In this inspiring presentation, Dr. Patrick Gentempo takes an in-depth look at the health predicament our culture faces and what it will take to create true and lasting change. He will discuss what he believes to be the only rational solution to the challenge: lifestyle wellness service professionals stepping up to increase their effectiveness in their communities.

Gentempo will give you a vivid picture of the real impact of unhealthy lifestyles on individuals, corporations and the economy today. His spirited discussion will explore the root causes of the crisis, including the distinction between health care and “sick care,” and the enormous business opportunities that exist for the people involved in lifestyle wellness services.

Find out how you can play a critical role in the wellness revolution to turn today’s failing healthcare model around—and how you can leverage opportunities to your business or career advantage. “In the end,” says Gentempo, “it is all about the lives we can save by what we do.”

Dr. Patrick Gentempo, Jr. is a world-renowned speaker, successful chiropractor and one of the most recognized names in alternative health care, known for his passionate dedication to helping people regain their health. A former two-time Amateur Athletic Union National Karate Champion, he is the co-founder and CEO of Creating Wellness Alliance, which has over 230 Creating Wellness Centers in three countries.

Gentempo has been featured on television programs on ABC, PBS and the Discovery Channel. He was also selected to give testimony to the White House Commission on Complementary and Alternative Medicine.

Meditation with Swami Veda Bharati

During the Opening Ceremony, special guest Swami Veda Bharati will lead us in a short but powerful meditation.

Swami Veda Bharati is the spiritual director of Sadhana Mandir Ashram, founded by Swami Rama in Rishikesh, India and the spiritual guide of the worldwide organization AHYMSIN. Swami Veda Bharati has lectured, and taught meditation and yoga philosophy since the age of nine. He traveled the world extensively, serving as a spiritual guide and teacher, and for more than 60 years he has been highly regarded as a scholar and yogi.





“The paradox is that the foundation for greatness is honoring the small things of the present moment instead of pursuing the idea of greatness. The present moment is always small in the sense that it is always simple, but concealed within it lies the greatest power.”

—ECKHART TOLLE

Programming Highlights



A PROGRAM OF MINDFULNESS

With ground-breaking topics and world-renowned presenters that integrate mind, body and spirit into every session experience

The World's Most Advanced and Diverse Selection of Mind-Body-Spirit Sessions



PILATES Inner IDEA is the place to find the newest trends and developments in the field of Pilates. This year you'll find more Pilates sessions than ever before, from beginner to advanced, reformer and mat, for mainstream and special interest markets, featuring the latest equipment, leading instructors and newest techniques from STOTT PILATES®, Balanced Body®, Peak Pilates® and more.

NIA® Experience a broad spectrum of Nia programs, including sessions that focus on movement, healing techniques, sounding (blending voice and breath) and awakening the sacred athlete within.



YOGA From restorative yoga to laughing yoga, sound and healing yoga, inversions, yoga combined with yoga therapy and much more. Inner IDEA features a comprehensive experience of yoga in many forms and for all skill levels.

GYROTONIC® AND GYROKINESIS®

Introductory sessions for both individuals and group training. Choose from 7 sessions, from GYROTONIC Building Blocks to GYROKINESIS Format 2 Group Class.

INTEGRATIVE MOVEMENT

These innovative sessions include Buddha Camp, chakra study, tai chi, qigong, Feldenkrais®, sound healing and awareness techniques utilizing stone therapy.





MINDFULNESS AND MEDITATION

Labyrinth meditation, walking meditation, mindfulness techniques and environmental awareness are some of the topics covered.

HEALTH, NUTRITION, RESEARCH AND WELLNESS

Find out about the latest wellness research trials, strategies to enhance fat metabolism and weight loss, relaxation techniques and more.

BUSINESS AND LIFESTYLE COACHING

Wellness career planning, spiritual aspects of business, how to become a brilliant facilitator and the Tao of negotiation are just some of the sessions offered for holistic professional and business development.

For full descriptions of these and many other unique Inner IDEA sessions, see pages 18-27.

NEW sessions for 2008 include:

- **SHAKTI™ 2008: The Experience**
- **Pilates, Biomechanics and Reality**
- **The New Balance**
- **Yoga Power and Tai Chi Grace**
- **Happiness Coaching**
(preconference workshop)
- **STOTT PILATES® Essential Pilates on the Edge**
- **Creating and Deepening Your Yoga Practice** *(preconference workshop)*
- **Buddha Camp**
- **Relax Deeply With Autogenic Training**
- **Silver Age Yoga**
- **It's Easy Being Green**
- **Winning at Losing: The Truth About Successful Weight Loss**
- **Awaken Your Senses**
- **Nia®: Moving Meditation**
- **Manifesting Spirit in the Business of Fitness**
- **Experience is How You Use it**
- **The Tao of Negotiation**

Location

INNER IDEA RETURNS TO LA QUINTA

The Perfect Desert Oasis Setting for Your Restful Inner IDEA Retreat

It's no wonder Inner IDEA is returning to historic La Quinta Resort & Club in Palm Springs, California—last year's attendees gave the serenely magnificent La Quinta location high ratings as an ideal setting for the Inner IDEA experience.

La Quinta's philosophy of caring for mind, body and spirit melds beautifully with Inner IDEA's focus on integrative wellness and personal transformation. You'll enjoy your private Spanish casita in the shadow of the Santa Rosa mountains, set in a sage-and-citrus garden sanctuary with winding paths that lead to over 40 pools, 5 golf courses, 5 restaurants, 23 tennis courts, 50 hot tubs and 35 treatment rooms.

Spa La Quinta offers detoxifying and restorative treatments that include sacred stone therapies, sage wraps, therapeutic sessions in cascading outdoor showers, citrus and seawater soaks and much more.

La Quinta Resort & Club
49-499 Eisenhower Drive | La Quinta, CA 92253
760.564.4111 or 800.598.3828
www.laquintaresort.com



*“From the moment I drove into La Quinta,
the sense of ‘ah-h-h-h’ was overwhelming.”*



*“Inner IDEA has such a wonderful underlying focus on peace and acceptance.
The La Quinta venue was amazing—and perfect for the event.”*



*“I most enjoyed the caliber of the presenters, the smaller conference size,
and the exceptional environment of La Quinta.”*

Inner IDEA Experiences

COMMENTS FROM 2007 INNER IDEA ATTENDEES

*“From the first moment to the last, Inner IDEA was truly transformative.
This conference was not only a dream come true, but also an incredibly
positive learning experience. Inner IDEA was definitely a
highlight of 2007 for me.”*



*“I greatly appreciate this new forum that allows professionals to explore
wellness in a truly holistic fashion. Inner IDEA has created an environment
that fosters a healthy way of being for movement professionals
and ultimately, for their clients.”*

Preconference Sessions

EXPLORE MORE DEEPLY

This year we are offering two new and unique all-day preconference workshops that give you an opportunity to venture more deeply into specialized wellness areas.



PRECONFERENCE #OIO

Happiness Coaching: It's in Our DNA

9:00am–3:00pm

Margaret Moore, MBA, founder of Wellcoaches Corporation

First, there is the DNA that we are born with. Then there is the DNA of well-being that we build throughout our lives. This preconference workshop will explore and coach a new model for the DNA of well-being. Just as DNA has four chemical bases and is connected by a strong backbone, our happiness is driven by four components supported by our relationships:

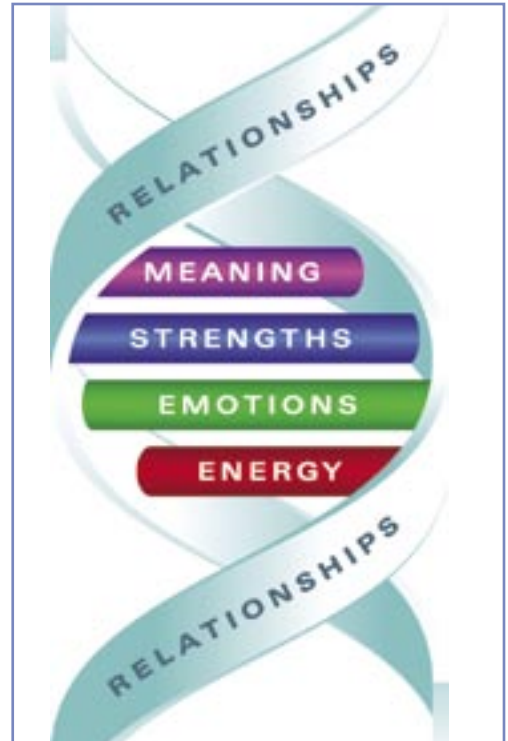
ENERGY Our physical wellness (exercise, eating, weight, sleep, self-care) makes up the energetic foundation of our well-being.

EMOTIONS To thrive, we need to be emotionally intelligent, have resilience and cultivate just the right balance of positive to negative emotions.

STRENGTHS Engagement in life depends on developing our talents and strengths at home, at work and in our relationships.

MEANING Our visions, values and higher purpose, in service to others—along with our peak performance and accomplishments—make life worth living.

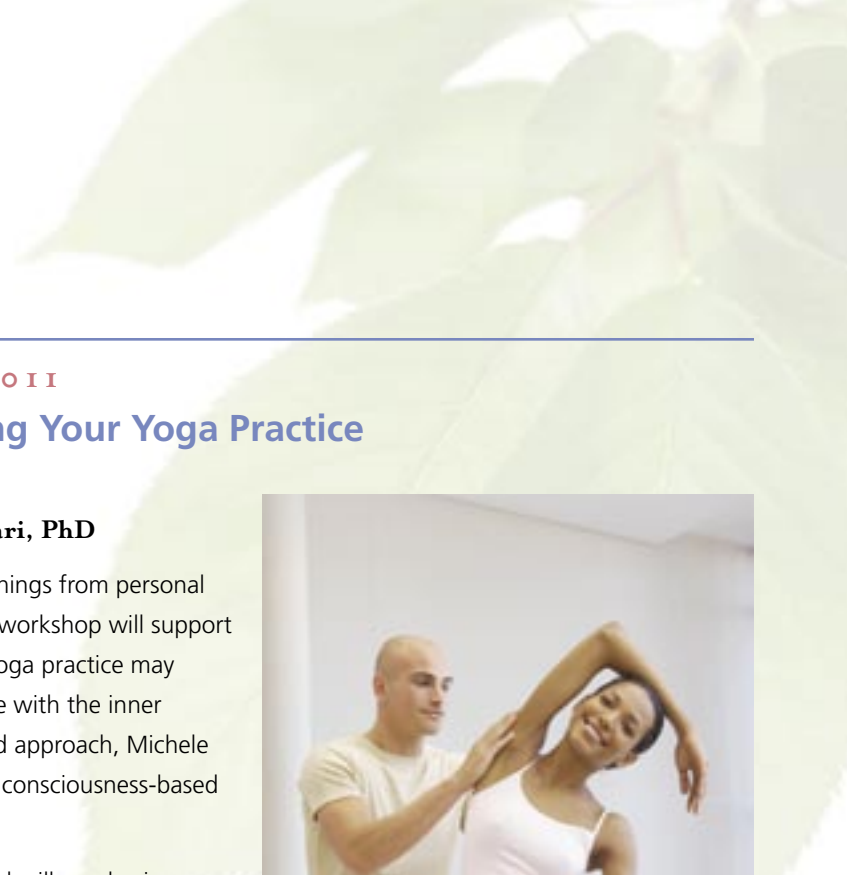
These four bases are supported by our relationships, the double-stranded backbone of our well-being and our lives.



Advance Registration After 7/25/08

Inner IDEA Attendee	\$150	\$170
Non Inner IDEA Attendee	\$170	\$190

Lunch on your own: 12 Noon–1:00pm



PRECONFERENCE #011

Creating and Deepening Your Yoga Practice

9:00am–3:00pm

Michele Hébert and Mehrad Nazari, PhD

Learn to transmit authentic yoga teachings from personal experience. This comprehensive yoga workshop will support and enhance whatever your current yoga practice may be as you learn to unite asana practice with the inner practices of yoga. Applying a balanced approach, Michele and Mehrad will guide you through a consciousness-based journey into the joyful heart of yoga.

A strong morning session with Mehrad will emphasize the yoga asanas and their related psychology, followed by a pranayama (breathwork) session with Michele. In the afternoon, you will explore the inner dimensions of mindfulness, concentration, chakra balancing and meditation.

If you are a practicing yogi, the retreat will serve to deepen your practice. If you are a new practitioner, it will provide you with a solid base and a time-tested tradition from which to grow. Transcending the boundaries of the many styles of yoga available today, the classic method of raja yoga will connect you to their underlying essence.



	<i>Advance Registration</i>	<i>After 7/25/08</i>
Inner IDEA Attendee	\$150	\$170
Non Inner IDEA Attendee	\$170	\$190

Lunch on your own: 12 Noon–1:00pm

www.inneridea.com

Eating With a Purpose

THE JOY OF MINDFUL EATING

Your five Inner IDEA meal experiences offer opportunities to explore the gifts of conscious eating and connection. This year's hosted meal options will include:

Thursday • 7:30–8:30pm

THE BEAUTIFUL OUTDOOR WELCOME RECEPTION with healthy, light fare on Thursday night—your first experience of gathering with the 2008 Inner IDEA community.

Friday & Saturday • 7:00–8:00am

NOURISHING OUTDOOR BREAKFASTS on Friday and Saturday, featuring your choice of a hosted mindful silent breakfast or eating as you meet and talk with others.

Friday & Saturday • 12:30–1:40pm

FRESH, HEALTHY LUNCHESES on Friday and Saturday, including one meal with featured speaker, Lorna Francis, PhD, on your choice of either day* or a community lunch that will allow you to meet and talk with others.

*During your session selection process you will be prompted to either choose a Friday or Saturday lunch with our featured speaker, Lorna Francis. The date not chosen will automatically default to the community lunch.



Schedule at a Glance

THURSDAY, SEPTEMBER 11

Registration Hours: 8:00–11:00am & 2:00–8:00pm

- 9:00am–3:00pm Happiness Coaching: It's in Our DNA (Preconference Session)
- 9:00am–3:00pm Creating and Deepening Your Yoga Practice (Preconference Session)
- 3:15–5:05pm Sessions
- 5:30–7:30pm Opening Ceremony & Keynote Presentation
- 7:30–8:30pm Welcome Reception

FRIDAY, SEPTEMBER 12

Registration Hours: 6:00am–12 Noon & 2:00–5:00pm

- 6:30–7:15am Sessions
- 7:00–8:00am Hosted Mindful Breakfast
- 8:15am–12:15pm Sessions
- 12:30–1:40pm Hosted Lunch *See above*
- 1:50–5:30pm Sessions
- 7:30–8:30pm Evening Experiences *See page 13*

SATURDAY, SEPTEMBER 13

Registration Hours: 6:30–11:30am

- 6:30–7:15am Sessions
- 7:00–8:00am Hosted Mindful Breakfast
- 8:15am–12:15pm Sessions
- 12:30–1:40pm Hosted Lunch *See above*
- 1:50–5:30pm Sessions
- 7:30–8:30pm Evening Experiences *See page 13*

SUNDAY, SEPTEMBER 14

- 7:40–10:40am Sessions
- 10:50–11:15am Closing Ceremony

Inspiration Award

THE 2008 INNER IDEA INSPIRATION AWARD

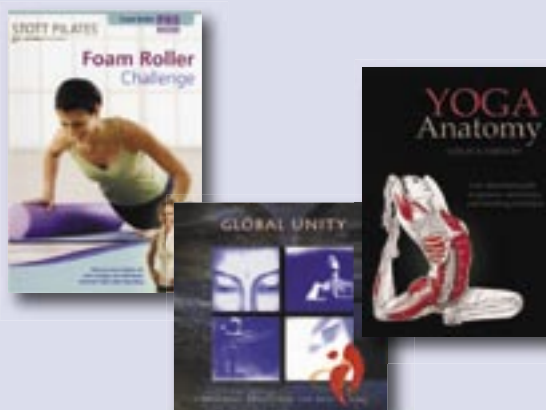
The Inner IDEA Inspiration Award recognizes individuals whose outstanding leadership in the wellness field has inspired people toward mindful activity and a healthy lifestyle.

This year's award recipients are **FRANK AND SERPIL ISZAK**, founders of Silver Age Yoga Community Outreach. The program provides instructors with skills to teach older yoga students, reaching over 400 seniors. Frank and Serpil have trained over 100 yoga teachers in geriatric science-based yoga to meet the special needs of their senior citizens. So far over 4,000 free weekly classes have been delivered at 23 sites in San Diego since the start of this project four years ago.

Inner IDEA Marketplace

Expand your mind, body and spirit with knowledge.

Visit the Inner IDEA Marketplace to find great mind-body-spirit books, DVDs, CDs, apparel and accessories.



Evenings at Inner IDEA

EVENING EXPERIENCES

Balance your daytime journey with one of our very special Inner IDEA evening adventures. This year, choose from:

Friday • 7:30–8:30pm

LAUGHING YOGA WITH SEBASTIEN GENDRY

Learn a physically-oriented technique that uses a perfect blend of playful, empowering and tension-releasing laughter exercises with Laughter Yoga International's worldwide operations director Sebastien Gendry.

Friday • 7:30–8:30pm

MOON MEDITATION WITH LAWRENCE BISCONTINI, MA

Take advantage of the spectacular Palm Springs setting for a special moonlit meditation aimed at healing. Moon bathing offers a unique opportunity to heighten the sense of self, combat depression, deepen introspection and balance yin and yang forces.

Saturday • 7:30–8:30pm

NIA®—MUSIC MOVEMENT MAGIC WITH CARLOS AND DEBBIE ROSAS

Discover the ultimate Nia experience and join them in celebrating 25 years of inspiring movement. Come dressed to move; open to all levels and backgrounds.



Programming Grid

	GYROTONIC®	PILATES REFORMER	PILATES MAT	YOGA	INTEGRATIVE MOVEMENT	MINDFULNESS AND MEDITATION	HEALTH, NUTRITION, RESEARCH & WELLNESS	BUSINESS AND LIFESTYLE COACHING	OUTDOOR SESSIONS
THURSDAY, SEPTEMBER 11					THURSDAY, SEPTEMBER 11				
TIME BLOCK A 3:15–5:05pm <i>Up to 2 CEC hours</i>	105 GYROTONIC® Building Blocks—Exercises for Certified Trainers M Mullen/Schwarz	103 STOTT PILATES® V2 Max Plus™ Golf Conditioning M Garey		101 Restful and Restorative Poses M Kappmeier	100 Buddha Camp M Biscontini 102 Nia®—Moving Meditation M Rosas/Rosas			104 Manifesting Spirit in the Business of Fitness L Murakami	
5:30–7:30pm	Opening Ceremony & Keynote Presentation				Opening Ceremony & Keynote Presentation				
7:30–8:30pm	Welcome Reception				Welcome Reception				
FRIDAY, SEPTEMBER 12					FRIDAY, SEPTEMBER 12				
TIME BLOCK B 6:30–7:15am <i>Morning Experience; No CECs Offered</i>						200 The Labyrinth: A Meditation Walk M Pilgrim			200 The Labyrinth: A Meditation Walk M Pilgrim
7:00–8:00am	Hosted Mindful Breakfast				Hosted Mindful Breakfast				
TIME BLOCK C 8:15–10:05am <i>Up to 2 CEC hours</i>	210 An Introduction to GYROTONIC® Methodology: “Meet the System” M Schwarz	211 STOTT PILATES® Athletic Conditioning on the Edge M Garey 212 Balanced Body University: Mindfulness on the Reformer M McCook 213 Peak Pilates®: MVe™ Perfect Pair: Chair and Reformer Combo M Trap 216 Chakra-lates: Empower Your Energy Centers M Murakami		218 Self Mastery Through Raja Yoga M Nazari 219 Why Invert? Face Your Fear of Falling M McCarthy 220 Finding Stability in an Unstable Environment M O’Byrne 221 Silver Age Yoga M Iszak/Iszak	216 Chakra-lates: Empower Your Energy Centers M Murakami 217 SHAKTI™ 2008: The Experience M Biscontini 220 Finding Stability in an Unstable Environment M O’Byrne		214 Integrative Fitness: The New Science of BodyMind Fitness L Peeke	215 Balanced Body University: Creating Your Career Map as a Mind-Body Professional L Larkam	
TIME BLOCK D 10:25am–12:15pm <i>Up to 2 CEC hours</i>	230 An Introduction to GYROTONIC® Methodology: “Meet the System” M Mullen <i>Special Time: 10:25am–12:05pm</i>	231 STOTT PILATES® Vertical Frame Workshop M Garey 232 Pilates, Biomechanics and Reality M Isacowitz 233 Realignment of the Chakras Through Movement M Bender	236 STOTT PILATES® Stability Ball Challenge M O’Clair	237 Yoga Power and Tai Chi Grace M Cole 238 Blending Styles to Fit Your Classes M Ambrosini/Kappmeier 239 Yin Yang Yoga M Hébert	237 Yoga Power and Tai Chi Grace M Cole 240 Nia®—The Five Stages of Healing M Rosas/Rosas	237 Yoga Power and Tai Chi Grace M Cole	234 Exercise is Medicine: How to Benefit from Teaming with Health Care Professionals L Peeke 235 Top 10 Mind-Body Research Trials: Lessons Learned L La Forge		
12:30–1:40pm	Hosted Lunch				Hosted Lunch				
TIME BLOCK E 1:50–3:40pm <i>Up to 2 CEC hours</i>	261 An Introduction to GYROKINESIS® M Schwarz <i>Special Time 2:00–3:40pm</i>	250 STOTT PILATES® Essential Pilates on the Edge M Kraushar 251 Myofascial Meridians on the Pilates Arc™ and Allegro® M Larkam 252 Peak Pilates®: MVe™ Reformer Energy M Glenn	256 The Inner Unit M Murakami	258 1,2,3 Stress-Free With Yoga Nidra M Nazari 259 Working From the Inside Out—A Healthy Body and Flexible Back M McCarthy 260 Yoga—Movement as a Metaphor M Pilgrim	256 The Inner Unit M Murakami 257 Discover Tai Chi M Cole			253 How to Become a Positively Brilliant Facilitator, Part 1 L Reding 254 The New Balance L Moore 255 Mass Customization: Making It Work! L Bensky	
TIME BLOCK F 4:00–5:30pm <i>Up to 1 CEC hour</i>		270 STOTT PILATES® V2 Max Plus™ Programming, Workshop 1 M O’Clair 271 The Art of Asymmetrical Exercise M Corey 272 Fabulous Functional Reformer M Bender	276 STOTT PILATES® Pilates on the Green, Level 2 M Garey	278 Yoga for the Core M O’Byrne 279 Utilize Power(ful) Yoga to Connect With the Core and the Breath M Ambrosini/Kappmeier	277 PurposeFit™ M Biscontini 280 Nia® Sounding: Blending Voice and Breath M Rosas/Rosas	277 PurposeFit™ M Biscontini	273 Forming Relationships With Medical Groups—Key Considerations L La Forge 274 Relax Deeply With Autogenic Training L Cammarata	273 Forming Relationships With Medical Groups—Key Considerations L La Forge 275 Transformation—Making It Stick! L Bensky	
TIME BLOCK G 7:30–8:30pm <i>Evening Experience; No CECs Offered</i>				290 Laughing Yoga M Gendry		291 Moon Meditation M Biscontini			

KEY **M** Movement Session **L** Lecture **M/L** Movement/Lecture **P** Panel Discussion

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

Programming Grid

	GYROTONIC®	PILATES REFORMER	PILATES MAT	YOGA	INTEGRATIVE MOVEMENT	MINDFULNESS AND MEDITATION	HEALTH, NUTRITION, RESEARCH & WELLNESS	BUSINESS AND LIFESTYLE COACHING	OUTDOOR SESSIONS
SATURDAY, SEPTEMBER 13									
TIME BLOCK H 6:30–7:15am <i>Morning Experience; No CECs Offered</i>				300 Laughing Yoga <i>M Gendry</i>		301 The Labyrinth: A Meditation Walk <i>M Pilgrim</i>			301 The Labyrinth: A Meditation Walk <i>M Pilgrim</i>
7:00–8:00am	Hosted Mindful Breakfast				Hosted Mindful Breakfast				
TIME BLOCK I 8:15–10:05am <i>Up to 2 CEC hours</i>	310 An Introduction to GYROTONIC® Methodology: "Meet the System" <i>M Mullen</i>	311 STOTT PILATES® Intermediate Pilates on the Edge <i>M Kraushar</i> 312 Reaching Higher Ground: The Advanced Pilates Repertoire <i>M Isacowitz</i> 313 Peak Pilates®: MVE™ Reformer Synergy <i>M Trap</i>	317 Intermediate to Advanced Matwork <i>M Winsor</i>	314 Laughter is the Best Medicine <i>M Gendry</i> 318 Yoga Power and Tai Chi Grace <i>M Cole</i> 319 Unlocking Your Personal Power <i>M McCarthy</i>	318 Yoga Power and Tai Chi Grace <i>M Cole</i> 320 Nia®—Awakening the Sacred Athlete Within <i>M Rosas/Rosas</i>	318 Yoga Power and Tai Chi Grace <i>M Cole</i>	315 Mindful Exercise for Chronic Disease <i>L La Forge</i> 316 Support and Strengthen Your Immune System <i>L Cammarata</i>		
TIME BLOCK J 10:25am–12:15pm <i>Up to 2 CEC hours</i>	331 An Introduction to GYROKINESIS® <i>M Schwarz</i> <i>Special Time 10:25am–12:05pm</i>	332 STOTT PILATES® V2 Max Plus™ Programming, Workshop 2 <i>M O'Clair</i> 333 Balanced Body University: Mindfulness in Pilates <i>M McCook</i>	336 TRIADBALL™ Excel! 2008 <i>M Fritzke/Voogt</i>	337 Restorative Exercise for Spinal Alignment <i>M Santiago</i> 338 Yoga Therapy: Free Your Body, Open Your Mind <i>M Scott</i> 339 Journey to the Interior <i>M Williams</i> 340 Sound Healing and Yoga <i>M Hébert</i>	340 Sound Healing and Yoga <i>M Hébert</i>	330 Experience is How You Use It <i>L Szekely</i> <i>Special Time 10:25–11:25am</i> 333 Balanced Body University: Mindfulness in Pilates <i>M McCook</i>	335 Strategies to Enhance Fat Metabolism <i>L Kravitz</i>	330 Experience is How You Use it <i>L Szekely</i> <i>Special Time 10:25–11:25am</i> 334 The Future of Pilates <i>P Corey/Garey/Isacowitz/Winsor</i>	
12:30–1:40pm	Hosted Lunch				Hosted Lunch				
TIME BLOCK K 1:50–3:40pm <i>Up to 2 CEC hours</i>	361 GYROKINESIS® Format 2 Group Class <i>M Mullen</i> <i>Special Time 2:00–3:40pm</i>	350 STOTT PILATES® Prenatal Pilates on the Reformer <i>M Kraushar</i> 351 Embracing the Differences on the Reformer <i>M Corey/Fritzke/Voogt</i> 352 Peak Pilates®: Reformer Split Series <i>M Glenn</i>	356 Advanced Mat Work: A Warm-Up and Conditioning Routine <i>M Isacowitz</i>	358 Yoga and a Firm Foundation <i>M Williams</i> 359 YESOLOGY: The Energy Meridians of Movement <i>M Dean</i>	357 Feldenkrais Awareness Through Movement® <i>M Larkam</i> 360 Eight Mindful Movements of Qigong <i>M Cammarata</i>	355 It's Easy Being Green <i>L Biscontini</i> 357 Feldenkrais Awareness Through Movement® <i>M Larkam</i> 360 Eight Mindful Movements of Qigong <i>M Cammarata</i>	354 The Science of Breathing <i>L Kravitz</i>	353 How to Become a Positively Brilliant Facilitator, Part 1 <i>L Reding</i>	
TIME BLOCK L 4:00–5:30pm <i>Up to 1 CEC hour</i>		370 STOTT PILATES® Athletic Conditioning, Level 2 <i>M Garey</i> 372 Intermediate and Advanced Reformer for Instructors <i>M Winsor</i>	371 Balanced Body University: Roll, Release, Relax <i>M St. John</i> 377 Pilates Total Toning <i>M Cabán</i> 380 STOTT PILATES® Prenatal Pilates <i>M O'Clair</i>	378 Strength Training for Your Yoga Practice <i>M Scott</i>	376 The Path of Awareness Using Stones in Your Mind-Body Practice <i>M Smith</i> 379 Nia®—The Five Sensations of Feeling Fitness <i>M Rosas/Rosas</i>	374 Living in the Full Presence of Life <i>L Francis</i> 376 The Path of Awareness Using Stones in Your Mind-Body Practice <i>M Smith</i>		373 How to Become A Positively Brilliant Facilitator, Part 2 <i>L Reding</i> 374 Living in the Full Presence of Life <i>L Francis</i> 375 The Tao of Negotiation <i>L Nazari</i>	
TIME BLOCK M 7:30–8:30pm <i>Evening Experience; No CECs Offered</i>					390 Nia®—Music Movement Magic <i>M Rosas/Rosas</i>				
SUNDAY, SEPTEMBER 14									
TIME BLOCK N 7:40–9:30am <i>Up to 2 CEC hours</i>			400 STOTT PILATES® Active Aging, Level 2 <i>M O'Clair</i> 401 Balanced Body University: Feel Good Pilates Mat Workout <i>M St. John</i> 402 Peak Pilates®: Mindful Mat <i>M Glenn</i>	407 The Hidden Energy Wave <i>M Dean</i> 408 Yoga Therapy: Free Your Body, Open Your Mind <i>M Scott</i> 411 Correct with Confidence: Biomechanics, Part 1 <i>L/D Lipton</i>	405 Meridians and Movement <i>M Fritzke/Voogt</i> 406 The Path of Awareness Using Stones in Your Mind-Body Practice <i>M Smith</i> 409 Nia®—FloorPlay: Grounded Conditioning <i>M Rosas/Rosas</i>	404 Mindfulness Meditation: The Power of Presence <i>L Cammarata</i> 405 Meridians and Movement <i>M Fritzke/Voogt</i> 406 The Path of Awareness Using Stones in Your Mind-Body Practice <i>M Smith</i> 407 The Hidden Energy Wave <i>M Dean</i> 408 Yoga Therapy: Free Your Body, Open Your Mind <i>M Scott</i> 410 Full Presence Sensory Walking <i>M Francis</i>	403 Winning at Losing: The Truth About Successful Weight Loss <i>L Kravitz</i> 411 Correct With Confidence: Biomechanics, Part 1 <i>M/L Lipton</i>		410 Full Presence Sensory Walking <i>M Francis</i>
TIME BLOCK O 9:40–10:40am <i>Up to 1 CEC hour</i>		420 Peak Pilates®: The Natural Dancer <i>M Glenn/Trap</i> 424 STOTT PILATES® Prenatal on the Mat <i>M Kraushar</i> 427 Pilates Body Band® Challenge <i>M Cabán</i>	423 Correct With Confidence: Practice, Part 2 <i>L Lipton</i> 426 Vinyasa Yoga and the Breath <i>M Williams</i>	425 Listening to Stones as a Path to Deep Awareness <i>M Smith</i>	425 Listening to Stones as a Path to Deep Awareness <i>M Smith</i> 426 Vinyasa Yoga and the Breath <i>M Williams</i>	425 Listening to Stones as a Path to Deep Awareness <i>M Smith</i> 426 Vinyasa Yoga and the Breath <i>M Williams</i>	421 Awaken Your Senses <i>L Cammarata</i> 422 Female Fysics <i>L Santiago</i> 423 Correct With Confidence: Practice, Part 2 <i>L Lipton</i>		
10:50–11:15am	Closing Ceremony				Closing Ceremony				

KEY *M* Movement Session *L* Lecture *M/L* Movement/Lecture *P* Panel Discussion
Please bring your water bottle, towel, blanket, yoga mat and straps as they will not be provided.

THURSDAY, SEPT. 11

TIME BLOCK
A 3:15–5:05pm

100 Buddha Camp ^M

Lawrence Biscontini, MA

If you know Lawrence, you know he's a lover, not a fighter. So the traditional "boot camp" format is not a part of his usual repertoire. Join us for a mindful approach to boot camp with an aggressive fusion of effective and intense applications from yoga, tai chi, Feldenkrais®, GYROKINESIS® and Nia™ inspirations.

101 Restful and Restorative Poses ^M

Kathy Lee Kappmeier, PT

Come and experience the peacefulness of passive poses to release deep tension and imbalances in your body and mind. Let go of unnecessary stress and allow the stillness of each asana to be absorbed into your entire being. Layers of lightness will unfold for you as you focus on your breath and gently and easily move into a meditative state of relaxation. Please bring extra blankets if you can.

102 Nia®—Moving Meditation ^M

Carlos Rosas and Debbie Rosas

Movement can help you discover the power of stillness. Music, space, the floor, emotions, moving freely without thought, and light come together in a unique body-mind-spirit experience. Simple and adaptable for all levels, participants will experience a deep sense of conscious, mindful appreciation, inner calm and inner connection.

103 STOTT PILATES® V2 Max Plus™ Golf Conditioning ^{M P}

John Garey, MS

Fine tune your client's game and gain a better understanding of the conditioning requirements of golfers. We will explore movements that are specifically designed to improve balance and flexibility as well as overall conditioning. Perform exercises using a variety of angles of resistance with the V2 Max Plus reformer's adjustable pulley system. This session is ideal for instructors working with amateur and professional sports enthusiasts.

104 Manifesting Spirit in the Business of Fitness ^{L P}

Cathleen Murakami

Have you ever dreamed of starting your own mind-body business? Join us for an inspirational look at how you can create a niche for yourself by taking advantage of the multitude of opportunities that exist in our industry. Cathleen will share her inspirational journey into fitness and how it evolved into a thriving Pilates and GYROTONIC® studio. In addition, see how you can diversify and still manage to stay in the game for years to come.

105 GYROTONIC® Building Blocks—Exercises for Certified Trainers ^{M P}

Karen Mullen, MS, and Barbara Schwarz

This class will look at the sometimes challenging task for new teachers in helping clients bridge the gap between exercises in the Level I syllabus and the client's physical limitations. We will look at modifications that help trainers create intermediate steps, allowing them to move toward other exercises. Prerequisite: Attendees must be GYROTONIC® Level I certified trainers.

FRIDAY, SEPT. 12

TIME BLOCK
B 6:30–7:15am

200 The Labyrinth: A Meditation Walk ^M

Phyllis Pilgrim

Walk the Chartres labyrinth (on a cloth replica) as a tool for meditation. This session includes a history of labyrinths and its construction in the Chartres Cathedral, along with an explanation of its use as a destination for Christian pilgrims. The labyrinth walk can be used today as a metaphor for a modern-day pilgrimage to your heart and soul center.

TIME BLOCK
C 8:15–10:05am

210 An Introduction to GYROTONIC® Methodology: "Meet the System" ^M

Barbara Schwarz

This class is designed to provide the novice with their first opportunity to move on the GYROTONIC pulley tower unit. Participants will feel and experience moving in a way that is unique to the GYROTONIC equipment and training, giving them an overview of some of the exercise families and movement vocabulary.

211 STOTT PILATES® Athletic Conditioning on the Edge ^M

John Garey, MS

Many athletes, whether professional or amateur, are recognizing the benefits of alternative training methods like Pilates. Utilizing the Pilates Edge™ and hand-held toning balls, this high-energy resistance workout strengthens the legs, arms and torso and improves balance and coordination. Always initiating from the core, you'll learn how to retrain muscles that may have become unbalanced and ultimately discover a new level of strength and agility.



212 Balanced Body University: Skill, Action and Mindfulness on the Reformer ^M

Tom McCook

To become skilled at any task requires being present. Mindfulness elicits integrity for skillful action. Blending meditation and experiential anatomy is a wonderful way to bring depth to a Pilates reformer class. Meditation, imagery and experiential anatomy are blended together in a progression of classical and contemporary reformer exercises, intended to release tension and improve efficiency for optimal learning and movement.

213 Peak Pilates®: MVe™ Perfect Pair: Chair and Reformer Combo ^M

Zoey Trap, MSc

Score a perfect 10 with this workout. This total-body workout challenges your core, develops stamina and strengthens and lengthens muscles. Learn to work with concentration, control and will power to get the results you're looking for. It's the perfect introduction to the MVe reformer and chair.

214 Integrative Fitness: The New Science of BodyMind Fitness ^{L P}

Pamela Peeke, MD, MPH, FACP

Fitness professionals are key to demonstrating and delivering the message of the new science of BodyMind fitness to kids to boomers to seniors. Attitudes are reflected in girth sizes, moods can make or break a physical performance, and joy conveys life-giving immunity from disease. The stronger the belief in oneself, the more powerful the individual—mentally, physically and spiritually. Mental and physical pain is optimally controlled by mental aerobics, or exercises that help the individual discover and use psychological power that supersedes any physical feeling. Dr. Peeke will explain the BodyMind basics behind these extraordinary truths, and how fitness professionals can incorporate this new knowledge into their daily client routines and communication.

Conference Sessions FRIDAY, SEPT. 12

215 **Balanced Body University:** **Creating Your Career Map as a Mind-** **Body Professional** L

Elizabeth Larkam

There is a bright future for mind-body movement professionals. Design your optimal career map in this interactive forum. Experience movement, journaling, affirmations and active listening to refine your vision and make a plan for your professional development. Choose your path for education and continuing education, envision a supportive work environment and integrate technology to enhance your clients' experiences.

216 **Chakra-lates: Empower Your** **Energy Centers** M P

Cathleen Murakami

Chakras are the energy centers of the body and they can become congested or depleted due to physical, emotional or energetic duress. Utilizing Pilates movements, sound, breath and visualization, you can recharge, realign and strengthen your chakras while coming away with new teaching skills and ideas. Come for an experience of uniting your multilayered energy bodies.

217 **SHAKTI™ 2008: The Experience** M

Lawrence Biscontini, MA

SHAKTI is the Sanskrit word for the energy released throughout the body when one practices particular hatha yogic asanas. This is a non-purist mind-body approach that fuses fitness-choreographed applications of yoga, Feldenkrais®, GYROTONIC® exercise, Nia®, Pilates and tai chi, all with inspiring (yet non-traditional) body-mind music. This workshop will teach you the power of nonverbal cuing skills (taught in silence) and choreographed body-mind flow so you can feel energized from a fusion blend of body-mind disciplines.

218 **Self Mastery Through** **Raja Yoga** M

Mehrad Nazari, PhD

This authentic time-tested classical style of raja yoga is inclusive of all yogas. Beyond the boundaries of many styles of yoga available today, this classic method will connect you to your underlying essence. It combines the flowing physical postures utilizing the breath, the yoga philosophy and the psychological aspects of each pose. For practicing yogis, this session will serve to deepen your practice. For new practitioners, it will provide you with a solid base and time-tested tradition from which to grow.

219 **Why Invert? Face Your** **Fear of Falling** M P

Stacy McCarthy

This intermediate-level yoga workshop focuses on arm balancing and inversions. It can be a mirror for personal transformation and may deepen your understanding of self. Turning upside down lifts your energy and creates a being of lightness. On the emotional and psychic level, inversions throw new light on old patterns of behavior.

220 **Finding Stability in an Unstable** **Environment** M

Suzette O'Byrne

The core is the root of our being, the center of our balance, and in a healthy body, the root of our movements. Many of us know how to train the outer core but are disconnected from our inner core. Discover strengths and weaknesses in the core and how they translate into compensations and movements throughout the body. Develop key methods for retraining these muscles and releasing the tonic muscles, allowing your body to move more freely and assisting in pain or stress reduction.

221 **Silver Age Yoga** M

Frank Iszak and Serpil Iszak

Founded in geriatric science, this evidence-based senior health enhancement exercise program is supported by measurable results. This mindful exercise program combines breathing techniques, meditation and specially-developed postures called Silver Age Yoga asanas, which help seniors to stretch and strengthen muscles and improve their balance, along with providing a long list of additional physiological and psychological benefits.



10:25am–12:15pm

230 **An Introduction to** **GYROTONIC™ Methodology:** **“Meet the System”** M

Special Time: 10:25am–12:05pm

Karen Mullen, MS

This class is designed to provide the novice with their first opportunity to move on the GYROTONIC pulley tower unit. Participants will feel and experience moving in a way that is unique to the GYROTONIC equipment and training, giving them an overview of some of the exercise families and movement vocabulary.

231 **STOTT PILATES® Vertical Frame** **Workshop** M P

John Garey, MS

Step up your reformer workout by implementing the vertical frame. See how the roll-down bar, push-through bar and arm and leg springs will add variety to your clients' workout. Essential exercises normally performed on the cadillac can be replicated with the vertical frame and used to complement any reformer or mat work routine.



232 Pilates, Biomechanics and Reality ^{M P}

Rael Isacowitz, MA

Science offers new information, or in many instances, substantiates old theories. This allows movement professionals to better their systems, ultimately providing better teaching methods and better outcomes. At times, however, some of this information is implemented either incorrectly or taken to the extreme, creating a new set of problems. This workshop will explore this phenomenon and delve into several examples of common problems that have evolved from good movement concepts.

233 Realignment of the Chakras Through Movement ^M

Leslee Bender

Feeling unbalanced? When chakras are out of balance, so are you. Utilizing the reformer, learn how to realign the meridians of your body through unique exercises and movements. You will feel energized and alive after this special session.

234 Exercise is Medicine: How to Benefit from Teaming with Health Care Professionals ^{L P}

Pamela Peeke, MD, MPH, FACP

It is time for fitness professionals to formally align with health care professionals to provide men, women and families with optimal mental and physical fitness. It is time for the fitness industry to merge with the health care industry. This includes traditional medical offices and groups, as well as the newly evolving medical spas. Dr. Peeke will provide attendees with a specific plan for forming business alliances with health professionals for ongoing referrals and collaborations for individual and group fitness programs.

235 Top 10 Mind-Body Research Trials: Lessons Learned ^L

Ralph La Forge, MSc

Let's take a look at the 10 most influential research studies since 1945 that have continued to impact mindful preventive and therapeutic practice today. Each of the 10 studies will be explored from a lessons learned perspective and how this information can be employed in our day-to-day personal application and program development. From Hans Selye to Candice Pert, this lecture will describe work by some of the most respected researchers in the world, including Nobel Prize-winning investigators.

236 STOTT PILATES® Stability Ball Challenge ^{M P}

PJ O'Clair

Add increased challenge and movement variety to this intermediate- to advanced-level workout with the stability ball. Pick up innovative strategies that will challenge upper- and lower-body strength, core stability, balance and control. By alternating body parts holding or being supported by the ball, the unstable nature of this tool will stimulate dynamic stabilization and proprioception.



237 Yoga Power and Tai Chi Grace ^M

Scott Cole

The ultimate fusion of power and grace, prana and chi, vinyasa and martial flow, moving from one seamless sequence to the next are what distinguish this session from the rest. Strength, flexibility, breath, balance and insight are only a few of the benefits of this delectable blend of martial and healing arts.

238 Blending Styles to Fit Your Classes ^{M P}

Diane Ambrosini, MA, and Kathy Lee Kappmeier, PT

There are numerous hatha yoga styles and each has its own particular focus and flavor. No matter what style you practice or teach, it is important to remember that each is intended to increase one's mind and body awareness. Blending yoga styles can bring a new sense of opening and connection to one's practice. This sampler session will introduce popular hatha yoga styles along with methods to blend them into creative and fulfilling class sessions.

239 Yin Yang Yoga ^{M P}

Michele Hébert

The athletic (yang) styles of yoga prevalent today are most effective when balanced by an inner approach to the yoga asanas (yin). Every posture in yoga brings out a different part of the mind. In this thought-provoking yoga workshop, we will explore the benefits of both yin and yang, and experience a yin yoga session in which the postures are held longer, with an emphasis on deep release and mental and emotional centering within the asana.

240 Nia®—The Five Stages of Healing ^M

Carlos Rosas and Debbie Rosas

Experience the power of the five developmental stages and moves that use preverbal wisdom and sensation as a guide to help organically realign the body. Each unique stage is a foundation for reclaiming the body's mobility, flexibility, agility, strength and stability, making it possible to heal one's self and move with greater precision, power and comfort.



1:50–3:40pm

250 STOTT PILATES® Essential Pilates on the Edge ^{M P}

Kim Kraushar

Teach your classes on the edge! This versatile tool will help you increase the intensity level by changing the angles employed in your workout routine. By applying the five basic principles of STOTT PILATES, you'll learn how to modify the essential level exercises to develop a total-body workout. Discover how the Pilates Edge™ can be used with supine, prone and standing variations to take advantage of the foam triangle's increased height.

251 Myofascial Meridians on the Pilates Arc™ and Allegro® ^{M P}

Elizabeth Larkam

Together, the Pilates Arc and Allegro create an environment that gently supports mobility of the spine in forward flexion, lateral flexion, extension and rotation. As you move beyond familiar reformer material, feel how the lungs cradle the heart and learn how the myofascial meridians functionally integrate the whole body. Knowledge of the myofascial meridians can lead to an appreciation of whole-body patterns of movement, compensation and strain distribution.

252 Peak Pilates®: MVE™ Reformer Energy ^M

Colleen Glenn

Use the energy from your body, mind and soul as you transfer it to the reformer to become one. This workout will move you in and out of extraordinary shapes with a focus on deep-core strength and fluid movement. Experience how fabulous it feels to move from the inside out and with a sense of ease. You will love how your body will lengthen as it tones up in a new way that can only be achieved through Pilates.

253 How to Become a Positively Brilliant Facilitator, Part 1 ^L

Peter Reding, MBA

Be a positively brilliant facilitator of learning! In this experiential workshop, you will learn what to look for in your students, how to acknowledge criticism and why any form of criticism slows down the learning process. The benefits from this cutting-edge learning environment are faster learning, more joyousness and greater retention of students.

254 The New Balance ^L

Margaret Moore, MBA

While we typically think about balancing our work and personal lives, there are more dimensions to life balance informed by amazing new advances in the fields of coaching and positive psychology. This includes alone time and relating time, inner and outer focus, intense flow and recovery, positive and negative emotions, movement and rest. This session will explore and inspire new dimensions of balance and awaken higher well-being.

255 Mass Customization: Making It Work! ^{L P}

Jeff Bensky, PhD, MA

We hear the words all the time now, "the car buying experience," "the restaurant experience," "the fitness experience." We get it! We are in the age of the experience economy. But what can you really do with this theory and strategy? How can you make it real for your small business? You will understand the strategy as a basis for detailing a realistic plan for making it happen in your real-life business situation.

256 The Inner Unit ^{M P}

Cathleen Murakami

We know the core as the transversus abdominis, diaphragm, pelvic floor and multifidus. Understand how this group of muscles function as a team through fascial continuations. Experience why it is absolutely necessary to deepen the relationship between them as a unit in order to advance your Pilates practice. This workshop will teach you to find these major players individually and coordinate them synergistically.

257 Discover Tai Chi ^M

Scott Cole

Feel your body come alive as you reclaim the beauty of natural organic movement as Scott guides you through Taoist principles, philosophy and free-flowing movement in this gorgeous blend of qigong and tai chi.

258 1,2,3 Stress-Free With Yoga

Nidra ^M

Mehrad Nazari, PhD

Stress and suffering is the result of losing connection with our higher self. The classic and ancient remedy is through Yoga Nidra, a practice of connecting with our supreme self by relaxing the physical and mental body for the enfolding of our deep awareness. As you send a wave of relaxation throughout your body, you will also experience a deeper state of awareness throughout your being.

259 Working From the Inside Out—A Healthy Body and Flexible Back ^M

Stacy McCarthy

Explore how overdoing abdominal exercises can lead to a flattening of the lumbar curve, creating a weakened spinal structure. Using back arches, twists and forward bends, reclaim the power of space in the body.

260 Yoga—Movement as a Metaphor ^M

Phyllis Pilgrim

Learn to weave together the many variables of life's experiences to the challenges of your yoga practice by integrating all aspects of the human experience: body, mind, spirit, emotion and intention. The weave of life's challenges within the yoga poses include courage, boldness, creativity, holding your ground, compassion, surrender and integrity. Understand how the yoga practice comes alive with the broader picture of your own life as you live it.

261 An Introduction to GYROKINESIS® ^M

Special Time 2:00–3:40pm

Barbara Schwarz

This is a class for those with no GYROTONIC® or GYROKINESIS experience. It will incorporate the fluid movements unique to these methodologies and will mobilize the joints while simultaneously stretching and strengthening the body. GYROTONIC involves equipment, GYROKINESIS is practiced on stools and mats. Come enjoy the work that gave birth to the GYROTONIC equipment.



4:00–5:30pm

270 STOTT PILATES® V2 Max Plus™ Programming, Workshop 1 ^{M P}

PJ O'Clair

This workshop uses the unique features of the STOTT PILATES V2 Max Plus, an all-in-one system that expands programming options for group classes and private training. Learn how to transform the machine to explore selected essential-level exercises on the mat, reformer and cadillac. This workshop is guaranteed to keep you and your clients challenged, motivated and coming back for more.

271 The Art of Asymmetrical Exercise ^{M P}

Kathy Corey

Muscle imbalances need to be addressed asymmetrically in order to create balance and symmetry. Everything, from the way we stand, lift and carry, affects this asymmetry. This course teaches the assessment of hypermobility and rigidity, as well as how to correct problems from scoliosis to sports-related imbalances.

272 Fabulous Functional Reformer ^{M P}

Leslee Bender

Every day we twist, bend and move in a standing position, and not on our backs! Learn to use the reformer in a completely new way and create exercises that are functionally safe. Experience new exercises for the athletic client and the beginner. By utilizing props with the reformer, you will see how to move a client from instability to stability. This is a course for innovative thinkers.

273 Forming Relationships With Medical Groups—Key Considerations ^{L P}

Ralph La Forge, MSc

In this session, Ralph will discuss how mind-body professionals can work more closely with health care professionals. He will offer suggestions based on the model of Duke University's Integrated Medicine Program. Learn ways to take your program to the next dimension.

Conference Sessions FRIDAY, SEPT. 12–SATURDAY, SEPT. 13

274 Relax Deeply With Autogenic Training L

Larry Cammarata, PhD

Autogenic training teaches your body and mind to respond quickly to your own verbal suggestions for relaxation. It is the oldest Western method of self-regulation. Autogenic training is a rarely taught method that is very useful for promoting stress and pain reduction along with numerous health benefits that will enhance your work in the field of mind-body wellness.

275 Transformation—Making It Stick! L

Jeff Benksy, PhD, MA

Change for large organizations, small companies and individuals—what is it, how is it done and how do we make it stick? Since we are in the transformation business, it only stands to reason that we should not forget about our own transformation! In this very special presentation, we will review why and how people change and then create a personal plan for our own transformation.

276 STOTT PILATES® Pilates on the Green, Level 2 M P

John Garey, MS

A movement as complex as a golf swing requires focus, strength, flexibility, balance and power from the ground up. In this interactive Level 2 workshop, instructors will learn how to use specially-designed exercises to help their clients sharpen all these skills. We'll also focus on the key physical components that are necessary for increasing club head speed to send the ball further down the fairway and get that extra advantage on the green.

277 PurposeFit™ M

Lawrence Biscontini, MA

Join Lawrence in this Inner IDEA debut session to explore the secrets of research-based mind-body fitness from a new perspective. You will focus on the six elements of training that should be present in every workout. In addition, gain insight that will help you to maximize benefits and minimize time, all without using any equipment other than your own body. This empowering session will teach you how to fuse the brain-body-breath connection in 20-minute experiences.

278 Yoga for the Core M P

Suzette O'Byrne

Over time our bodies can develop many different layers of compensations. By utilizing yoga therapy, you will learn how to identify, release and retrain the body to allow it to move with greater ease and functionality.

279 Utilize Power(ful) Yoga to Connect With the Core and the Breath M P

Diane Ambrosini, MA, and

Kathy Lee Kappmeier, PT

The dynamic flow of Power Yoga is based on the ashtanga style of hatha yoga, where each pose is linked together by the breath. The flow of the poses (vinyasa) easily leads to a very active practice. By making simple, creative modifications to traditional yoga poses, you can create classes that target both the arms and core musculature.

280 Nia® Sounding: Blending Voice and Breath M

Carlos Rosas and Debbie Rosas

Discover the art of blending voice and breath to make sounds, naturally integrating the whole body to cleanse the emotional body and organically strengthen the physical body. Sounding energetically and intrinsically creates support from the inside out to create a sound resonator that positively affects all systems and levels of consciousness in the body, mind, emotions and spirit.

TIME BLOCK
G 7:30–8:30pm

290 Laughing Yoga M

Sebastien Gendry

Come to this wonderful experiential session with Laughter Yoga International's worldwide operations director Sebastien Gendry. Learn a physically-oriented technique that uses a perfect blend of playful, empowering and tension-releasing laughter exercises. You do not need to have a sense of humor, be happy or have any reason to laugh. Do not miss this unique opportunity to find out why laughter is truly the BEST medicine!

291 Moon Meditation M

Lawrence Biscontini, MA

Join us as we take advantage of our spectacular geographical location in Palm Springs for a special moonlit meditation aimed at healing. Moon bathing offers a unique opportunity to heighten the sense of self, combat depression, deepen introspection and balance yin and yang forces within us. We will include a small fusion of movement from yoga and tai chi before our meditation and read the story "Good Night Moon" in conclusion.

SATURDAY, SEPTEMBER 13

TIME BLOCK
H 6:30–7:15am

300 Laughing Yoga M

Sebastien Gendry

Come to this wonderful experiential session with Laughter Yoga International's worldwide operations director Sebastien Gendry. Learn a physically-oriented technique that uses a perfect blend of playful, empowering and tension-releasing laughter exercises. You do not need to have a sense of humor, be happy or have any reason to laugh. Do not miss this unique opportunity to find out why laughter is truly the BEST medicine!

301 The Labyrinth: A Meditation Walk M

Phyllis Pilgrim

Walk the Chartres labyrinth (on a cloth replica) as a tool for meditation. This session includes a history of labyrinths and its construction in the Chartres Cathedral, along with an explanation of its use as a destination for Christian pilgrims. The labyrinth walk can be used today as a metaphor for a modern-day pilgrimage to your heart and soul center.

TIME BLOCK
I 8:15–10:05am

310 An Introduction to GYROTONIC® Methodology: "Meet the System" M

Karen Mullen, MS

This class is provided to give the novice with their first opportunity to move on the GYROTONIC pulley tower unit. Participants will feel and experience moving in a way that is unique to the GYROTONIC equipment and training, giving them an overview of some of the exercise families and movement vocabulary.

311 STOTT PILATES® Intermediate Pilates on the Edge M P

Kim Kraushar

Take your intermediate-level mat work routines to new heights with the Pilates Edge™. This workshop will show you how to continuously add intensity and challenge to your clients' workouts by taking advantage of the foam triangle's increasing height. Using a variety of positions—prone, supine, sitting and standing—you'll discover how this innovative tool can drastically expand your programming options and make you a trainer in demand.

312 Reaching Higher Ground: The Advanced Pilates Repertoire M P

Rael Isacowitz, MA

As more people do Pilates over an extended period of time, more enthusiasts are reaching the advanced-level repertoire. This milestone is exciting and inspiring, and as long as a good and solid foundation has been built over time, it is a well-deserved reward. Teachers need to be equipped to teach this challenging repertoire with accuracy and safety in mind. This workshop will offer hands-on guidance in developing systematic and effective instruction. Recommended for accomplished professionals.

313 Peak Pilates®: MVe™ Reformer Synergy M P

Zoey Trap, MSc

Get your energy in motion and balance with this workout. From the moment the music begins and you start moving on the reformer, you can experience the synergy of your body working from its core. Let the springs provide the resistance and focus on centering your body and mind as you experience a totally new workout.

314 Laughter is the Best Medicine M Sebastien Gendry

Experience a unique workshop that will introduce you to a most refreshing and innovative approach to stress management as well as physical and mental well-being. Get ready to exercise your laughter muscles and enjoy the liberating and empowering effect that proves laughter is the best medicine! This workshop is of special interest to you if you are stressed, depressed, have low self-confidence, little or no sense of humor, or experience physical challenges. Please bring a big smile!

315 Mindful Exercise for Chronic Disease L

Ralph La Forge, MSc

This session will explore key 2008 consensus guidelines for working with several major chronic disease states (diabetes, cardiovascular disease, hypertension, dyslipidemia, metabolic syndrome and depression) and how they relate to mindful exercise practices. Practical guidelines for working with these chronic conditions will be explored in detail along with helpful physician and midlevel provider referral recommendations.

316 Support and Strengthen Your Immune System L

Linda Cammarata, RN

See how easy it is to support and balance your immune system. Participants will explore how to successfully relate to their immune system as they understand the science behind this incredible gift. This class will demonstrate how resilient we can become when we live in our body more consciously. Learn how ancient practices and practical skills empower our health and directly nourish our immune system every day of our lives.

317 Intermediate to Advanced Matwork M P

Mari Winsor

The focus of this movement workshop is to help you create a dynamic, energy-changing workout and how to use all of the Pilates tools. Learn how to make a class fun for you and your clients. Go beyond what you think you can do by incorporating visual tools (i.e., body-mind connection). Practice cues that your clients will respond to, but above all, have fun! Pilates experience is required.

318 Yoga Power and Tai Chi Grace M Scott Cole

The ultimate fusion of power and grace, prana and chi, vinyasa and martial flow, moving from one seamless sequence to the next are what distinguish this session from the rest. Strength, flexibility, breath, balance and insight are only a few of the benefits of this delectable blend of martial and healing arts.

319 Unlocking Your Personal Power M

Stacy McCarthy

Do you feel stiff and tight in the hips? Standing for extended periods drives stress up your legs and into the hips. If you sit for long periods of time, the tension builds in the back and travels down the sacrum where it is then stored in the hips. Tight hips also affect other parts of your body, including the health of your back, knees and feet. Explore yoga postures designed to target the hips, glutes and pelvis. Balance between strength and flexibility and learn how yoga is a practice of opposites.

320 Nia®—Awakening the Sacred Athlete Within M

Carlos Rosas and Debbie Rosas

Challenging your body, testing your boundaries and becoming the coach of your own body and self are all part of the process of awakening your sacred athlete—the one inside you who is responsible for helping you reach high levels of mechanical and organic skill. For the advanced student, practice is over and the game has begun!



10:25am–12:15pm

330 Experience is How You Use It L

Special Time 10:25–11:25am

Deborah Szekely

Deborah Szekely will share her interpretation on the famous quote by Aldous Huxley, "Experience is not what happens to a man; it is what a man does with what happens to him." Deborah explains that if time is not used, it is not experienced and a bad experience is often better than good as it can offer the opportunity to learn more. Join us for this enriching insight from the founder of the world-class spas Rancho La Puerta and Golden Door.

331 An Introduction to GYROKINESIS® M

Special Time 10:25am–12:05pm

Barbara Schwarz

This is a class for those with no GYROTONIC or GYROKINESIS experience. It will incorporate the fluid movements unique to these methodologies and will mobilize the joints while simultaneously stretching and strengthening the body. While GYROTONIC involves equipment, GYROKINESIS is practiced on stools and mats. Come enjoy the work that gave birth to the GYROTONIC equipment.

332 STOTT PILATES® V2 Max Plus™ Programming, Workshop 2 M P

PJ O'Clair

Diversify your programming on the V2 Max Plus. Experience a multitude of exercises and modifications that will provide you with an array of programming choices. Explore exercises from the reformer, mat and Cadillac repertoire and see how you can enhance your clients' program by utilizing the vertical frame and reformer at the same time for increased challenge.



333 Balanced Body University: Mindfulness in Pilates M

Tom McCook

Blending meditation and experiential anatomy is a wonderful way to bring more mindfulness to the Pilates mat work for enhanced health benefits. We will use experiential anatomy and imagery to promote body mechanics, tension release and efficiency for an optimal learning and movement experience. We will blend these approaches with a progression of classical and contemporary Pilates mat exercises.

334 The Future of Pilates P

Panelists: John Garey, MS, Rael Isacowitz, MA, and Mari Winsor

Facilitator: Kathy Corey

Inner IDEA's panel of experts will engage in a mindful discussion on issues relevant to Pilates and what we can expect in the years to come. This session will report on the growth of Pilates, discuss the challenge of retaining qualified instructors, review the myriad of approaches and identify trends within this industry.

335 Strategies to Enhance Fat Metabolism L

Len Kravitz, PhD

Here is a comprehensive session that explains the detailed physiological and metabolic aspects of fat metabolism. Participants will learn, from a cellular perspective, the major terms of fat metabolism, the hormonal regulation of lipolysis during exercise, the effect of exercise on lipolysis and fat oxidation, the effect of the glycemic index on fat metabolism, recommended intensities for fat loss and strategies to enhance fat metabolism with exercise. This is a must-attend lecture for ALL fitness professionals who did not take a biochemistry course in school.

336 TRIADBALL™ Excel! 2008 M P Michael Fritzke and Ton Voogt

This advanced Pilates workout with the TRIADBALL will challenge you to the core! This unique program fuses the structure of classical mat exercises with Pilates equipment exercises in a seamless and flowing fashion.



337 Restorative Exercise for Spinal Alignment M

Katy Santiago, MS

When the spine is aligned in its mechanically best position, the attaching muscles operate optimally. The resulting core strength affects cardiovascular function, respiration, digestion and waste removal of the lymphatic system. In addition to learning the objective markers of alignment, you will also learn exercises from the restorative exercise program that are designed to mobilize the entire spine and increase overall motor skill.

338 Yoga Therapy: Free Your Body, Open Your Mind M P

Megan Scott, PhD

The Anusara Yoga® universal principles of alignment is a powerful and therapeutic hatha yoga system that effectively provides tremendous therapeutic relief to a wide variety of biomechanical limitations and injuries. By incorporating the concept of the “three A’s,” attitude, alignment and action, we learn to holistically address physical injuries. This course is open to all and is especially suitable for body workers and yoga teachers who want to learn how to help themselves and others.

339 Journey to the Interior M P

Kimberly Williams

Essential to the practice of ashtanga yoga are two internal locks, or bandhas, which are distinct muscular contractions in the lower abdomen and pelvic floor. Sun salutations and asanas are carried out while maintaining these locks. Insightful cultivation and application of locks increases the intensity of the practice as well as its therapeutic and restorative aspects. Practicing with bandhas, we’ll cultivate strength, lightness and clarity.

340 Sound Healing and Yoga M

Michele Hébert

From ancient times to the present, the use of sound can be found in all wisdom traditions to balance and heal both the physical and energetic bodies. Learn to bring a variety of sounds and instruments to create entrainment and healing during your yoga practice using chanting, toning, chakra tones and instruments designed to enhance a meditative state.

TIME BLOCK
K **1:50–3:40pm**

350 STOTT PILATES® Prenatal Pilates on the Reformer M P

Kim Kraushar

This innovative workshop will help you employ the reformer when working with moms-to-be. Drawing on the latest medical information and ACOG guidelines, we will discuss anatomical and physiological changes, risk factors and movement considerations with emphasis placed on creating a safe and effective workout for your expectant clients.

351 Embracing the Differences on the Reformer M P

Kathy Corey, Michael Fritzsche and Ton Voogt

Join us for a reformer program with world-renowned teachers. From their diverse backgrounds and extensive knowledge of the reformer repertoire, they present a program that is innovative, exploratory and informative. The message is unity. This special program suggests that there is not just one right version of an exercise, only the right version for the individual body. Your teachers have pooled their knowledge to create an interactive class with openness to tradition and change.

352 Peak Pilates®: Reformer Split Series M P

Colleen Glenn

Discover the abundant vocabulary of small to large stretching and strengthening movements traditionally taught at the end of the reformer. This series is designed to progressively open the hips and give mobility to the entire lower body while challenging balance and control. Appropriate progression and programming for your students and classes are introduced. Your students will feel both accomplished and confident with the instruction tools obtained from this workshop.

353 How to Become a Positively Brilliant Facilitator, Part 1 L

Peter Reding, MBA

Be a positively brilliant facilitator of learning! In this experiential workshop, you will learn what to look for in your students, how to acknowledge criticism and why any form of criticism slows down the learning process. The benefits from this cutting-edge learning environment are faster learning, more joyousness and greater retention of students.

354 The Science of Breathing L

Len Kravitz, PhD

For the first time, one of the most interesting and central topics in all aspects of fitness will be comprehensively presented. This lecture will include the neurological, physiological, biological and philosophical aspects of how breathing relates to restoring health, deepening awareness, reducing stress and promoting mental functioning. All fitness professionals are encouraged to attend this breathtaking session, which will include countless practical applications on optimal breathing for total health.

355 It’s Easy Being Green L

Lawrence Biscontini, MA

What does all of this talk about “greening” mean? What is your carbon footprint? How does this affect you as a fitness professional today and tomorrow? In this unique lecture, we will take a look at the present and the future and outline the steps you can take in your wellness environment toward being part of the greening solution in your work, your public life and your private life. As a wellness professional and a concerned individual, it’s your responsibility.

356 Advanced Mat Work: A Warm-Up and Conditioning Routine M P

Rael Isacowitz, MA

Mat work, which forms the foundation of the Pilates method, is multi-faceted in its possible uses. This session will deal with the mat work as a warm-up and conditioning routine for fit individuals and athletes. The Body Arts and Science™ (BASi) approach will be specifically used and addressed. The BASi Flow Sequence™ is pure and traditional, and at the same time contemporary. It offers a unique view of the traditional Pilates mat work.

357 Feldenkrais Awareness Through Movement® M P

Elizabeth Larkam

Moshe Feldenkrais created nearly 1,000 awareness through movement (ATM) lessons, addressing every human function and area of the body. The learning process facilitated by this subtle form of retraining the nervous system is full of pleasure and unexpected delight. Discover how you can gently, yet powerfully transform your movement and that of your clients while investigating attention, self-image, intention and self-responsibility.

358 Yoga and a Firm Foundation M P

Kimberly Williams

In ashtanga yoga, the standing postures are the foundational asanas. Cultivating proper technique in these asanas strengthens the feet, ankles, knees, legs, abdomen, spine and neck. They correct our day-to-day posture and enhance overall stamina, balance and well-being. Stable standing asanas heal weakness in the ankles and knees and also increase hip flexibility. These asanas are appropriate for all students.

359 YESOLOGY: The Energy Meridians of Movement ^M

Dennis Dean

No one has actually ever seen a thought, a dream, a sensation, an emotion, a desire or an instinct. Nor have we ever seen our egos, love or consciousness itself. Yet all of these are central to our experience as human beings. You can feel these experiences within the body, and in particular within a yoga energy movement class, and feeling is as good as believing! Come learn how to move your body through a series of YES Energy Meridians yoga postures.

360 Eight Mindful Movements of Qigong ^M

Larry Cammarata, PhD

Relax and energize your body by practicing the Eight Pieces of Brocade, regarded as the most popular classical form of qigong. Qigong, loosely translated as “energy practice” or “energy cultivation,” is an ancient Chinese form of healing meditative movement. These eight simple movements are designed to relax the body, mind and emotions, promoting calmness, stability and the free flow of qi (energy). Those who are new to qigong will find this form to be an easily accessible entry point for this practice.

361 GYROKINESIS®: Format 2 Group Class ^M ^P

Special Time 2:00–3:40pm

Karen Mullen, MS

This is a group class for those with GYROTONIC and/or GYROKINESIS experience. We will focus on the second format to create a more vigorous workout with deeper connections throughout the body while exploring three-dimensional movement. This class utilizes chairs and mats.

TIME BLOCK
L
4:00–5:30pm

370 STOTT PILATES® Athletic Conditioning, Level 2 ^M ^P

John Garey, MS

Athletes and trainers alike recognize the benefits of Pilates training for performance enhancement. This Level 2 reformer session builds on the first full-body routine by placing even more emphasis and instruction on core stability. Instructors will learn new variations on familiar exercises and unique moves that challenge unilateral movement, weight transference and torso rotation. This high-caliber program is perfect for your very fit clients and accomplished sports enthusiasts.

371 Balanced Body: Roll, Release, Relax ^M ^P

Nora St. John

Learn simple techniques using the foam roller and small balls to release tension, improve joint function and decrease pain. You and your clients will love the relaxation and release that come from these simple techniques. This workshop introduces the concept of myofascial release techniques for Pilates teachers and other mind-body fitness professionals.

372 Intermediate and Advanced Reformer for Instructors ^M ^P

Mari Winsor

When done correctly, the reformer does exactly what it says... it reforms the body. There will be a review of the basics, which is an imperative foundation to moving into intermediate and advanced reformer work. Being in control of the equipment, finding the powerhouse, developing rhythm and flow, smooth transitions and safety are a must in any studio. Participants will experience an intermediate to advanced workout, as well as discuss how students will benefit from the work and why.

373 How to Become a Positively Brilliant Facilitator, Part 2 ^L ^P

Peter Reding, MBA

Go deeper into the tools and skills of becoming a powerful facilitator. This session will provide insight and understanding of both yourself and the tools necessary to develop within the group dynamic, leading to productive results.

374 Living in the Full Presence of Life ^L

Lorna Francis, PhD

Awakened presence is the only place where deep and lasting inner peace and joy can be experienced. What is it? What are its wondrous qualities? What are the health benefits of being fully present? What keeps people from being fully present? How might awakened presence be rediscovered? These questions will be explored in this highly interactive and stimulating multisensory presentation. Life will never be the same again!

375 The Tao of Negotiation ^L

Mehrad Nazari, PhD

Negotiation is the most valuable tool for your professional or personal life! Your success in business or personal life depends on the nature of your negotiation style. Integrative negotiation offers the most efficient method of agreement, and it is a vital tool for any healthy professional or personal relationship. Learn how to establish and achieve your goals in any negotiation.

376 The Path of Awareness Using Stones in Your Mind-Body Practice ^M

Kirk Smith

The foot, with its 55 articulations, connects us to the ground. Shoes dampen this connection and splint us mechanically, thus interrupting energetic and neuromuscular patterns. Explore exercises for the feet and lower legs and learn to use stones to stimulate the feet and the whole body. Then integrate these techniques into your mind-body classes!



377 Pilates Total Toning M P

Ana Cabán

In this fun workout, you will perform a series of Pilates exercises using the mat and light hand weights. The addition of the weights intensifies the workout and forces you to truly connect to your powerhouse.

378 Strength Training for Your Yoga Practice M P

Megan Scott, PhD

This is an experiential course using Anusara® yoga universal principles of alignment for performance enhancement. Participants will learn preconditioning and strength training exercises, and yoga asanas that enhance core conditioning and prevent injury. Strong muscles are flexible muscles. Learn how to condition the core in a powerful new way and expand the body's potential.

379 Nia®—The Five Sensations of Feeling Fitness M

Carlos Rosas and Debbie Rosas

Sensing precisely how you feel during a workout is the best way to become your own best teacher and guide. Learning to feel your fitness as it happens gives you tools to realign, balance and repattern the whole body and helps you achieve optimal functioning and results.

380 STOTT PILATES® Prenatal Pilates M P

PJ O'Clair

This interactive seminar will draw upon the most current medical information, exercise guidelines and research available on pregnancy and movement. Appropriate STOTT PILATES exercise adaptations will be explored using the stability ball and Flex-Band exerciser. Programming concepts for teaching small groups and private clients will also be discussed. Focus will be on anatomical and physiological changes, risk factors and movement considerations, and tips for providing a safe and effective workout throughout all trimesters.



7:30–8:30pm

390 Nia®—Music Movement Magic M

Carlos Rosas and Debbie Rosas

Come dressed to move. This is the ultimate Nia experience. Share in the delight as you join Nia in celebrating 25 years of inspiring movement. Open to all levels and backgrounds.

SUNDAY, SEPTEMBER 14



7:40–9:30am

400 STOTT PILATES® Active Aging, Level 2 M

PJ O'Clair

Building on the foundation developed in Level 1 of this series, this workshop will continue to show exercise variations for those whose mobility does not permit them to exercise on the floor. In addition to exploring movements that incorporate the gentle resistance of the STOTT PILATES Flex-Band® exerciser, you will work through a number of exercises performed in a supported standing position.

401 Balanced Body University: Feel Good Pilates Mat Workout M

Nora St. John

Using foam rollers and resistance bands, enjoy a creative flowing Pilates mat class designed to awaken and align your body for a day of active adventures. This class combines traditional Pilates exercises, myofascial release work and imagery into a centering and balancing experience.

402 Peak Pilates®: Mindful Mat M P

Colleen Glenn

Let's connect the dots. Cognitive understanding of Pilates mat exercises does not produce profound results. Teaching to the body, bridging the gap kinesthetically and putting it in motion does provide results. Experience several fundamental exercises and critical connections, with exact cuing and touch techniques, to get a new awareness in your technique. This workshop is perfect for instructors who want to find fresh new connections.

403 Winning at Losing: The Truth About Successful Weight Loss L

Len Kravitz, PhD

This lecture is the all-inclusive review on understanding weight management for women and men. Topics include genetics, hormonal concerns, behavioral approaches, dieting, lifestyle management, exercise, maintenance, the most successful strategies and future research directions. Fitness professionals and personal trainers will learn strategies to implement successful weight management programs.

404 Mindfulness Meditation: The Power of Presence L

Larry Cammarata, PhD

Mindfulness is a key component of integrative fitness, a centering skill that can enhance personal and professional effectiveness. The benefits obtained from the practice of meditation include improved cardiovascular health, enhanced concentration, increased self-awareness, anxiety reduction, decreased stress and chronic pain, and improved sleep. Learn how to meditate and integrate mindfulness into everyday life situations.

405 Meridians and Movement M P

Michael Fritze and Ton Voogt

Chi can be considered the activating energy of the universe. Almost every culture in the world has a word to express this concept (e.g., ki, qi, life force, spiritual energy). No matter how each culture expresses it, they all consider it the pure, balancing and free-flowing energy that sustains life. It is a part of everything that exists and the animating factor in all living beings. As the animating factor, chi bridges our body and our consciousness. Learn what chi is, what meridians are and how they are enhanced with movement.

406 The Path of Awareness Using Stones in Your Mind-Body Practice M

Kirk Smith

The foot, with its 55 articulations, connects us to the ground. Shoes dampen this connection and splint us mechanically, thus interrupting energetic and neuromuscular patterns. Explore exercises for the feet and lower legs and learn to use stones to stimulate the feet and the whole body. Then integrate these techniques into your mind-body classes!



Conference Sessions **SUNDAY, SEPT. 14**

407 The Hidden Energy Wave M

Dennis Dean

The energy of the “mature mind” will often hide the presence of a “beginner’s mind.” The beginner’s mind is the state of excitement and has the empowering ability to be fun and deeply honest. Learn how to be open with your beginner’s mind while embracing the hard-earned wisdom of the mature mind, all while moving through a sequence of new, unique and fun yoga postures.

408 Yoga Therapy: Free Your Body, Open Your Mind M *P*

Megan Scott, PhD

The Anusara Yoga® universal principles of alignment is a powerful and therapeutic hatha yoga system that effectively provides tremendous therapeutic relief to a wide variety of biomechanical limitations and injuries. By incorporating Anusara’s concept of the “three A’s,” attitude, alignment and action, we learn to holistically address physical injuries. Even if you are not challenged with specific injuries, these principles help to open up your body like never before, taking your yoga practice to a whole new level.

409 Nia®—FloorPlay: Grounded Conditioning M

Carlos Rosas and Debbie Rosas

FloorPlay is an expressive and grounded floor workout that creatively conditions the body, mind, emotions and spirit using gravity, space, the voice, and freestyle and structured exercise moves. FloorPlay is rooted in play, providing freedom to explore and learn about yourself and the body while regaining and developing whole-body conditioning.

410 Full Presence Sensory Walking M

Lorna Francis, PhD

Experience the joy of being fully present to all of your senses while walking through the beautiful grounds of the La Quinta Resort. Come celebrate the spontaneous unfolding of Life in all of its perfection.

411 Correct With Confidence: Biomechanics, Part 1 M/L *P*

Lee Lipton, MA

This one-of-a-kind seminar is presented in two parts. Part 1 details biomechanics of common asanas, giving participants a firm understanding of the how, what and why of postural cues for teaching yoga poses. Guidelines for cuing are emphasized, and effective, noninvasive correction will be demonstrated and discussed. This session is a must for both new and seasoned yoga instructors who wish to cultivate a firm foundation of biomechanics as it applies to teaching yoga.



9:40–10:40am

420 Peak Pilates®: The Natural Dancer M

Colleen Glenn and Zoey Trap, MSc

Feel the rhythm of your body, your breath and the beat as you move through this mindful and uplifting workout. Discover how the elements of earth, wind, fire and water give shape and life to movement in the body. Joseph Pilates’s exercises embodied the natural rhythms of nature and animals—come and explore those rhythms by translating them vertically in dynamic dance sequences. Release your natural dancer and set your spirit soaring.

421 Awaken Your Senses L

Linda Cammarata, RN

Our senses can lead us to the sweet smell of success, activate our imagination, reinforce a memory, provoke an emotion, stimulate ideas, create mindfulness, enhance sensuality, and support happiness, health and healing. This unique class combines color therapy, aromatherapy, taste exploration and energetic chakra movements with intentional music to open your senses to a full mind-body experience. A spirited adventure, this experience will enhance energy, establish mind-body awareness, expand your intuition and provide a heart-centered, fun-loving space to grow and play within.

422 Female Fysics L *P*

Katy Santiago, MS

Studies show that women are more likely to seek personal training than men. This course will show you how slight mechanical differences, coupled with gender-related habits and situations, set the female client up for knee, pelvic floor and foot problems—without them even knowing it. Be prepared to wow your clients with information they never knew about their own bodies. Men are strongly encouraged to attend!

423 Correct With Confidence: Practice, Part 2 L *P*

Lee Lipton, MA

Part 2 in a two-part series, this session integrates biomechanical principles into teaching through in-depth practice. Practice correcting common postural errors in a safe, effective and noninvasive manner. Issues such as gender differences in flexibility, hypermobility and muscle imbalances will be discussed. This session will also feature a yoga practice that seamlessly blends the principles addressed in both parts into practice. Completion of Part 1: Biomechanics is recommended prior to attending this session, but is not required.



424 STOTT PILATES® Prenatal on the Mat M *P*

Kim Kraushar

This interactive seminar will draw upon the most current medical information, exercise guidelines and research available on pregnancy and movement. Appropriate STOTT PILATES mat work exercise adaptations will be explored. Anatomical and physiological changes, risk factors and movement considerations will be discussed with an eye to providing a safe and effective workout throughout all trimesters.

425 Listening to Stones as a Path to Deep Awareness M

Kirk Smith

In many mind-body practices, we learn from quadruped, reptilian and amphibian ancestors how to brilliantly access the body’s core. Paying attention to how we walk on stones teaches the same mechanical and energetic spirals. In this class, we will play with the loop from the foot to the core and back again.

426 Vinyasa Yoga and the Breath M

Kimberly Williams

Vinyasa yoga develops a steadfast integration of body and mind, creating an intensity of experience that is the pure exhilaration of yoga. The heart and soul of this experience is the vinyasa breathing/movement technique. This class follows the traditional ashtanga sequence of sun salutations, and standing and seated asanas. Coordinating each movement with each breath remarkably enhances strength, balance, flexibility and mental clarity.

427 Pilates Body Band® Challenge M

Ana Cabán

This class is for those who have mastered multilevel, non-equipment-based Pilates workouts. Ana has created this resistance training, muscle burning class using an increased-resistance Body Band, which serves to intensify familiar Pilates moves and to perform more advanced movements inspired by equipment exercises. The results create longer, stronger and shapelier muscles.

Inner IDEA Scholarship

WHAT IS YOUR WELLNESS PASSION?

Inner IDEA offers 5 scholarships

Recipient(s) receives a complimentary registration to the 2008 Inner IDEA Conference.

Accommodation and travel costs are not included in this scholarship.



ELIGIBILITY

This scholarship recognizes:

1. Person(s) who strive to inspire the world to wellness through mind, body and spirit.
2. Person(s) who are financially "in need" and would be unable to attend the event without the benefit of this scholarship.
3. Person(s) who can demonstrate how their mindfulness training has made an impact on others through their teaching or coaching.

HOW TO APPLY

Write an essay explaining your program(s), your impact on your community or clients, and a brief description of your financial hardship situation.

Please provide an essay (two pages or less, single-sided, typed), a résumé (limit of one page) and a photograph of yourself and mail it to: Inner IDEA, Attn: Jacki Gerstle, 10455 Pacific Center Ct., San Diego, CA 92121-4339.

Inner IDEA must receive your essay and information by **June 16, 2008** to be eligible.

Inner IDEA Visionary Sponsors

OUR GRATITUDE

We would like to thank the following organizations for their dedicated support of the Inner IDEA experience:



GYROTONIC®



Faculty Bios

What makes the Inner IDEA program experience so unique and so highly rated by its participants? Presence. Every Inner IDEA session and instructor is selected for their effectiveness in providing a mindful, balanced experience that acknowledges and uplifts your mind, body and spirit. The innovative Inner IDEA curriculum challenges existing paradigms with diverse, cutting-edge topics and research. Leading presenters from around the globe welcome the opportunity to engage with you—Inner IDEA's unique community of passionate, dedicated wellness professionals.

Diane Ambrosini, MA, is director of Yoga Club in East San Diego County. She co-authored *Instructing Hatha Yoga* and has presented yoga workshops internationally. She blends her educational background in biomechanics with the wisdom and insights of traditional yoga philosophy in her teaching of yoga, fitness and hands-on yoga teacher training programs.

Leslee Bender is founder of The Pilates Coach and has certified thousands of trainers internationally in Pilates training. She has produced over 25 DVDs and her Bender Method™ of training was voted best short form fitness commercial.

Jeff Bensky, PhD, MA, has always been on the new frontier of business innovation. Jeff's application of experience design principles, especially in the area of personalization and individualization, has helped many professionals create unique and profitable businesses.

Lawrence Biscontini, MA, is the recipient of the 2004 IDEA Instructor of the Year award. He works for Golden Door Spas, is the creator of Yo-Chi® and is a master trainer for Resist-A-Ball®, Gliding™ and Smart Bells®. He possesses multiple personal training and group certifications, and is a registered Yoga Alliance teacher.

Ana Cabán is the star of Gaiam's award-winning Pilates video series. She was certified by Romana Kryzanowska and has owned Pilates studios in both Miami and Los Angeles. For more than a decade, Ana has helped countless individuals improve their lives through Pilates.

Larry Cammarata, PhD, is a licensed psychologist, wellness educator and instructor of tai chi chuan with over 25 years of experience in the field of mind-body health and wellness. In his spare time, he is a professional musician who has performed locally, nationally and internationally.

Linda Cammarata, RN, is a registered yoga teacher, energy therapist, life coach and wellness consultant in the field of complementary medicine. Linda creates wellness programs and teaches for the spa industry, health care organizations and corporations.

Scott Cole has presented in over 30 countries and appeared on the Food Network, CNN, *The View*, WebMD and in over 500 publications in his mission to "increase wellness literacy."

Kathy Corey is the owner and director of West Coast Pilates and the developer of the CORE Band™. She travels worldwide teaching workshops, training and certifying teachers. An active leader in the Pilates community for almost 30 years, Kathy is a valued member of the advisory boards for Inner IDEA and *Pilates Style* magazine.

Dennis Dean is the owner and senior teacher at The Yoga Mandiram in Cardiff, California. Formerly a senior teacher at the Ashtanga Yoga Center in Encinitas, Dennis has over 20 years of teaching experience and has traveled the world presenting at yoga retreats, workshops and master classes.

Lorna Francis, PhD, brings 30 years of experience as a university professor, author, international speaker and certified life coach to her interactive presentations. As a fitness and wellness professional, Lorna has published extensively and has received numerous honors for her contributions to the fitness field, including two lifetime achievement awards.

Michael Fritzsche is a Pilates master teacher, international presenter, certified personal trainer and Reiki practitioner. He is co-creator of the TRIADBALL™, several independently run Pilates certification programs and two Pilates video/DVD lines for professionals and consumers.

John Garey, MS, has studied Pilates for more than 10 years. The owner of two Pilates studios in California, he is a STOTT PILATES®-certified instructor and holds a master's degree in adult fitness. *American Fitness Magazine* chose John as one of the top six instructors in the United States.

Sebastien Gendry is the founder and director of the American School of Laughter Yoga and one of the most senior figures in the international laughter club movement. He currently represents laughter yoga in the U.S. and is known for his ability to inspire and empower others.

Colleen Glenn is a master trainer and senior development director for Peak Pilates®. She is a sought-after lecturer and educator and has been a pioneer in Pilates teaching and instructor training for over 20 years.

Michele Hébert is a master yoga and meditation teacher, natural nutritionist, author and pioneer in women's wellness and spirituality. She is the owner of Spa Spirit Wellness, providing spiritually-based wellness programs for groups and individuals.

Rael Isacowitz, MA, is a 30-year veteran teacher and recognized international Pilates expert. He is the founder of Body Arts and Science International™ and author of *Pilates (Human Kinetics)*, a definitive text for Pilates professionals.

Frank and Serpil Iszak are yoga and Pilates practitioners and instructors. They are founders and executive directors of Silver Age Yoga Community Outreach, an award-winning charitable organization delivering free yoga classes to needy seniors. Their teamwork has garnered numerous awards at the local, state and national levels.

Kathy Lee Kappmeier, PT, holds degrees in physical therapy and psychology. She is a certified childbirth educator with over 25 years experience in teaching teachers and presenting at conferences. Kathy Lee's work has been published in scientific journals and she is the co-author of the book *Instructing Hatha Yoga*.

Kim Kraushar holds a degree in kinesiology from Dalhousie University and has trained hundreds of health and fitness professionals throughout Canada over the past 7 years.

Len Kravitz, PhD, is the program coordinator of exercise science and a researcher at the University of New Mexico in Albuquerque where he recently won the Outstanding Teacher of the Year award.

Faculty Bios

Ralph La Forge, MSc, is a physiologist and board-certified clinical lipid specialist. He is currently the managing director of the cholesterol disorder physician education program at Duke University Medical Center in Durham, North Carolina, and he has published over 300 professional and consumer publications on exercise science and preventive medicine.

Elizabeth Larkam is a Pilates Method Alliance gold-certified instructor with over 20 years experience in clinical, dance, fitness and academic environments. Elizabeth is internationally-recognized as an innovator in mind-body movement techniques.

Lee Lipton, MA, is an avid fitness and yoga instructor, health educator, published author and licensed physician assistant. Lee is the health and fitness manager for Apple Inc. and a faculty member for the University of California, Davis department of family and community medicine.

Stacy McCarthy holds a bachelor's degree in exercise science and is a well-respected conference teacher at some of the industry's most renowned conventions. She is a former regional program director for Club One and a former world champion athlete.

Tom McCook is the founder and director of Center of Balance and a nationally-recognized fitness and movement specialist. A personal trainer since 1984, Tom designs programs for health and life performance for working professionals, people rehabilitating from injuries and world-class athletes.

Margaret Moore, MBA, founded Wellcoaches Corporation in 2000 to establish professional wellness coaching as in intervention to be integrated into primary care and designed to help people master health and happiness on a large scale.

Karen Mullen, MS, is a GYROTONIC® and GYROKINESIS® master trainer and the owner of the GYROTONIC Movement Center. Karen has published and presented both nationally and internationally in movement-related fields.

Cathleen Murakami is the director of SynergySystems® Fitness Studio in Encinitas, California, specializing in Pilates and GYROTONIC® exercise. She is a veteran presenter at numerous IDEA conventions, an author and a producer of educational DVDs.

Mehrad Nazari, PhD, is a senior teacher of raja yoga and has been teaching for 15 years. He is a continuing education specialist in yoga for the American Council on Exercise (ACE) and an international presenter.

Suzette O'Byrne is a yoga therapist, personal trainer and sought-after international presenter specializing in core stability, indoor cycling and yoga therapy. She holds a bachelor's degree in kinesiology and is a registered Yoga Alliance teacher at the 500 level.

PJ O'Clair is the owner of Northeast Pilates, New England's largest STOTT PILATES®-licensed training center with locations in Massachusetts, Rhode Island and New Hampshire. She is a continuing education provider with 20 years of experience offering workshops in Pilates training, applied anatomy, stability ball and yoga.

Pamela Peeke, MD, MPH, FACP, is chief medical correspondent for Discovery Health TV and host of the *National Body Challenge* series, as well as the *Fit to Live* show. Dr. Peeke is a Pew Foundation Scholar in nutrition and metabolism, assistant professor of medicine at the University of Maryland and adjunct senior scientist at the National Institutes of Health. Dr. Peeke is an appointee to the Maryland Governor's Council on Fitness, a member of Oprah's O team of medical experts, an in-studio expert for the *Today Show* and CNN and the author of *Fight Fat After Forty*, *Body for Life for Women* and *Fit to Live*.

Phyllis Pilgrim is the education director of Body-Mind-Spirit and Specialty Week Programs at Rancho La Puerta Fitness Resort. She also teaches yoga, meditation, labyrinth and meditation walks.

Peter Reding, MBA, is a visionary leader, master-certified coach, trainer and author. During the past 35 years, Peter has been a manager, trainer, mentor and coach in over 20 countries.

Carlos Rosas and Debbie Rosas are creators of the Nia® Technique, an international mind-body-spirit fitness and lifestyle program taught in 40 countries by over 1750 licensed teachers. Since 1983, their focus has been on mind-body-spirit education and program development.

Katy Santiago, MS, is director of the Restorative Exercise Institute in Ventura, California. She holds undergraduate and graduate degrees in kinesiology. Her workshops on the physics of wellness are conducted throughout the United States, and have been featured in many national publications.

Barbara Schwarz is a GYROTONIC® master teacher and owner of GYROTONIC Los Angeles. She has been studying GYROTONIC methodology since 1995 and is certified in all levels of GYROTONIC and GYROKINESIS curriculums.

Megan Scott, PhD, has 20 years training and practice in mind-body self-regulation techniques. She teaches at California Pacific Medical Center, the Institute for Health and Healing and the University of the Pacific School of Dentistry. She is the founder, director and contributing researcher at the Chronic Pain Institute and the co-author of *Yoga With Weights for Dummies*.

Kirk Smith is owner of the Kirk Smith Studio in Bloomington, Indiana, where he practices Muscle Activation Techniques™ and teaches movement. He works with elite athletes as well as with seniors.

Nora St. John has been teaching Pilates in studio, group and post-rehabilitation settings for over 18 years. She is the education program director for Balanced Body University.

Deborah Szekely is founder of the world-class spas Rancho La Puerta and Golden Door. A spa industry pioneer, Deborah has dedicated more than 65 years to defining and enhancing the spa experience. She is the recipient of the first Inner IDEA Inspiration Award.

Zoey Trap, MSc, is a Peak Pilates® master trainer. She holds a master's degree in exercise science and has written educational programs for many fitness companies, including Life Fitness, Nautilus® and Keiser®.

Ton Voogt is a Pilates master teacher and international presenter. He holds a degree in physical education and is a certified group fitness instructor and personal trainer. Ton is also co-creator of the TRIADBALL™.

Kimberly Williams is a practitioner of ashtanga yoga as taught by Sri K. Pattabhi Jois and presented in the Yoga Sutras. In addition to teaching yoga internationally, she has pioneered workshops in chanting the Yoga Sutras and facilitating a transformational educational experience, a revelation of sound and knowledge.

Mari Winsor is responsible for bringing Pilates to new levels of public recognition through her workouts with celebrities and professional athletes. A long-time professional dancer and teacher, Mari now owns and operates two Pilates studios in the Los Angeles area.

Event Information

EVENT DETAILS

EVENT Inner IDEA® Conference

DATE September 11-14, 2008

LOCATION Palm Springs, California

HEADQUARTER HOTEL La Quinta Resort & Club

ADVANCE REGISTRATION DEADLINE

Tuesday, July 25, 2008

HOW TO REGISTER AND CHOOSE YOUR SESSIONS

1. By Website: You may register online by visiting our website www.inneridea.com at your convenience.

2. By Phone: Call now to register using MasterCard, VISA, American Express or Discover. Please have your credit card number and expiration date ready. Call **800.462.1876**. Outside the U.S. and Canada, dial **858.535.8979, ext. 7**, (7:00am–5:00pm Pacific Time, Monday–Friday).

3. By Mail: Mail registration form(s) and payment to: Inner IDEA, 10455 Pacific Center Court, San Diego, CA 92121-4339.

4. By Fax: 858.535.8234. Fax registration form(s) including payment information. All registrations will be confirmed by e-mail, not by fax. Please reserve fax line for registration forms only. For questions, call 800.462.1876.

REGISTER TODAY AND SELECT YOUR SESSIONS NOW!

After you register online for the event, you will be able to select the sessions you want to attend. You can select from all open sessions, the actual classes you want to attend. So register today to ensure your sessions are open!

INTERNATIONAL REGISTRATION

International attendees can submit event registration fees via wire transfer. Complete the registration form, fax to **858.535.8234** and wire transfer your payment. Please contact member services at **858.535.8979, ext. 7**, or by e-mail at bepresent@inneridea.com for Inner IDEA's wire transfer bank account information.

CANCELLATION POLICY

All requests for refunds or transfers must be in writing and include reason for cancellation. All cancellation requests will be subject to the following administrative fees.

<i>If received:</i>	<i>Administrative fee:</i>
Before 8/1/08	\$50
8/1/08–8/22/08	\$100
After 8/22/08	No refunds or transfers issued

Inner IDEA is not responsible for acts of God or nature, terrorist attacks, war, union or labor disputes or other events out of our control.

Hotel & Travel Information

HOTEL INFORMATION

La Quinta Resort & Club

49-499 Eisenhower Drive • La Quinta, CA 92253

760.564.4111 or 800.598.3828

At this tranquil sanctuary, you'll stay in a private Spanish villa with winding paths through magnificent gardens, numerous pools (over 40) and mountain views at your doorstep. While relaxing at this legendary hideaway, enjoy the 5 golf courses, 5 restaurants, 23 tennis courts, 50 hot tubs and 35 treatment rooms at the hacienda-styled Spa La Quinta.

Special Inner IDEA Room Rate

Single/Double \$160 *Inclusive of resort fee, plus applicable state and local taxes.*

In order to secure this special room rate, identify yourself as an attendee of Inner IDEA. This rate, based on availability, is good until Friday, August 15, 2008. Reservations received after the cutoff date of August 15, 2008, will be at the prevailing rack rate and based on availability.

A reservation fee of one night's room revenue is due and payable to the hotel for failure to cancel a guaranteed reservation 72 hours prior to arrival.

Check-In/Out Time

Check-In Time: 4:00pm

Check-Out Time: 12 Noon

Parking*

Valet parking is complimentary.

*Subject to change without notice.

TRAVEL INFORMATION

Airline Travel

A 5% discount is available from American Airlines. You can ticket online at **www.aa.com** or use your own travel agent. Make sure you reference the code below.

Enter code **A9198AA** in the aa.com discount code box. Certain restrictions apply.

American Airlines AUTHORIZATION NUMBER:

A9198AA

American Airlines Meeting Desk **800.433.1790**

Meeting desk is available 5:00am–12:00am CST 7 days per week.

Please note: There will also be a separate ticketing charge of \$15.00 USD for tickets purchased via the phone. This amount is subject to change. At this time, there is no ticketing fee for reservations made and ticketed on **www.aa.com**. The percentage discount can be booked online at **www.aa.com** for American Airlines and American Eagle flights only.

For international-originating guests, you will need to call your local reservations number and refer to code: **A9198AA**.

Transportation

For full details on your transportation options, go to **www.palm-springs.org** and click on the "Get Here" tab for driving and airport information. Please note: The La Quinta Hotel is approximately 45 minutes from the Palm Springs Airport.

"Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually. Peace, for example, starts within each one of us. When we have inner peace, we can be at peace with those around us."

—THE DALAI LAMA

REGISTRATION FORM

One form per person. Please make photocopies as necessary. Please print or type the following information.



Inner IDEA
Conference

September 11-14, 2008
Palm Springs, California

I PARTICIPANT INFORMATION

Name _____ Title _____

Company _____

Address H B _____

City _____ State _____ Zip _____ Country _____

Check here if this is a new address for all Inner IDEA mail.

E-mail _____

Home phone _____

Business phone _____ Fax _____

- Check if disability services are requested. Please attach description.
- Please add my name to your mailing list for future event information.
- Please delete my name from your mailing list. (Note: Inner IDEA uses other organization membership lists from time to time. Duplicate mailings may occur depending on the lists used.)

2 PRECONFERENCE FEES *September 11, 2008*

OIO Happiness Coaching: It's in Our DNA			
	ADVANCE REG Postmarked by 7/25/08	REGULAR REG After 7/25/08	
Inner IDEA Attendee	<input type="checkbox"/> \$150	<input type="checkbox"/> \$170	
Non Inner IDEA Attendee	<input type="checkbox"/> \$170	<input type="checkbox"/> \$190	
OII Creating and Deepening Your Yoga Practice			
	ADVANCE REG Postmarked by 7/25/08	REGULAR REG After 7/25/08	
Inner IDEA Attendee	<input type="checkbox"/> \$150	<input type="checkbox"/> \$170	
Non Inner IDEA Attendee	<input type="checkbox"/> \$170	<input type="checkbox"/> \$190	

3 EVENT FEES* *September 11-14, 2008*

	ADVANCE REG Postmarked by 7/25/08	REGULAR REG After 7/25/08	ON-SITE
Inner IDEA Registration Fee	<input type="checkbox"/> \$595	<input type="checkbox"/> \$645	<input type="checkbox"/> \$675

*Event fees do not include preconference fees.

4 TOTAL PAYMENT DUE

PRECONFERENCE FEES \$ _____

EVENT FEES \$ _____

\$ _____

TOTAL DUE

5 METHOD OF PAYMENT

CHECK/MONEY ORDER # _____
(Payable to IDEA Health & Fitness Association)

CREDIT CARD VISA MasterCard AmExpress Discover

Cardholder's Name _____ Exp. Date _____

Cardholder's Signature _____

Credit Card #

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6 SEND YOUR REGISTRATION FORM AND PAYMENT to:

Inner IDEA
10455 Pacific Center Court
San Diego, CA 92121-4339

Or fax this form to 858.535.8234.

FOR INTERNAL USE ONLY
Source Code _____



Your Event Registration Fees Include:

- Over 150 Mind-Body-Spirit Sessions
- Welcome Reception on September 11
- Hosted Breakfast and Lunch on September 12 & 13

*“Without a sense of caring,
there can be no sense of community.”*

—ANTHONY D’ANGELO



Inner IDEA®

C o n f e r e n c e

10455 Pacific Center Court • San Diego, CA 92121-4339

