



Inspire the World to Fitness®

**Contact:**

Kelly Nakai  
IDEA Health & Fitness Association  
858.535.8979, ext. 212  
[knakai@ideafit.com](mailto:knakai@ideafit.com)

Tabitha Bailey  
HetzelMeade Communications  
805.241.2532  
[tabitha@hetzelmeade.com](mailto:tabitha@hetzelmeade.com)

**Explore the Transformative Power of Wellness**

*Embark on an inner journey to find more balance and well-being  
for yourself and your clients at the 2009 Inner IDEA® Conference.*

**San Diego – June 15, 2009** – Sometimes you simply need to take a break—not just to get away from the daily grind, but to reassess where you are in your work and your life, to determine what matters most to you and where you want to go next. You can renew your sense of purpose—and recharge mind, body and spirit—at the 4th annual [Inner IDEA Conference](#), September 10-13, 2009.

With an attendee satisfaction rating of over 97%, Inner IDEA has become the world's leading [wellness conference](#), featuring more than 100 mind-body educational sessions presented by internationally renowned experts on Pilates, integrative movement, mindful living, meditation, Nia®, GYROTONIC® exercise, yoga and much more. The conference draws top presenters, and each session integrates the event's core philosophy of mind-body-spirit wellness.

In addition to its groundbreaking programming and acclaimed global leaders on the faculty, Inner IDEA is known for the unique and often profound experience it offers. In the serene setting of La Quinta Resort & Club near Palm Springs, California, participants are immersed in a mindful, nonjudgmental environment that encourages reflection and self-discovery along with exploration of a wide variety of wellness approaches and ideas.

**Conference Details**

- Choose from over 100 mind-body-spirit educational sessions from industry experts, researchers and visionaries on Pilates, integrative movement, mindful living, meditation, yoga and much more.
- Over 45 Pilates exercise sessions! Inner IDEA offers one of the most unique, diverse and comprehensive selections of Pilates programming in the world, including fresh programming from STOTT PILATES®, Peak Pilates® and BalancedBody® University.

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- Opening Ceremony is the entry point to the Inner IDEA journey. Keynote Speaker Steve D'Annunzio will explore “Wellness: The True Prosperity” and his perspectives on the essence of true wealth. D'Annunzio is a life success coach to Fortune 100 executives, professional athletes and high-performance entrepreneurs. By combining scientific and spiritual truth, he co-creates inner transformations for people, enabling them to experience more outer prosperity in their lives.
- Special events throughout the weekend include a lunch session with Pamela Peeke, MD, MPH, FACP, renowned chief medical correspondent for the Discovery Health Channel, and a closing ceremony that features Laughter Yoga.
- Attendees can meet representatives and learn more about products and services offered by Inner IDEA’s visionary sponsors including Senior Partner STOTT PILATES®, Balanced Body®, Chek Institute, Flexcusion®, Gaiam®, GYROTONIC®, MINDBODY®, Nia®, PeakPilates® and media sponsor PilatesStyle™.
- This conference is not only for mind-body wellness professionals but for enthusiasts as well.
- For programming and additional information, go to <http://www.inneridea.com/conference/inner-idea-conference-2009>

“It was an amazing opportunity to reconnect with myself and reignite the passion of why I am in this business,” said past attendee Damien Thibodeaux. “I will take this renewed passion back to my clients, my students and my co-workers.” Pattie Mandel, another past attendee said she “enjoyed the unity of spirit, growth and knowledge of all forms of fitness at the Inner IDEA Conference. The atmosphere was relaxing yet energizing! I would need a novel to explain what I learned from every class/session.”

### **About IDEA Health & Fitness Association**

IDEA Health & Fitness Association is the world’s leading membership organization of fitness and wellness professionals with more than 23,000 members in over 80 countries. Since 1982, IDEA has provided personal trainers, group exercise instructors, fitness program directors, mind-body teachers, health club owners and fitness center managers with pertinent information, health and fitness educational opportunities, career development programs and industry leadership while helping them enhance the quality of life worldwide through safe, effective lifestyle and fitness programs. IDEA members interact with consumers more than 25 million times a year in the fitness marketplace. For more information on IDEA fitness and wellness conferences, publications, professional fitness education and products, member services and other activities, visit [IDEA Health & Fitness Association](#).