



Mind-Body Professional

SAMPLE SCHEDULE

June 28–July 1, 2018 • San Diego, California

TIME BLOCK	SESSION NUMBER	SESSION TITLE	TYPE	PRESENTER
THURSDAY, JUNE 28				
C	212	ThinkFit Barre: The Bottom Line	WORKOUT	Portia Page and Lizbeth Garcia
D	234	Rock and Roll Pilates, by ActivMotion Bar	WORKSHOP	Abbie Appel
E	<i>Opening Ceremonies</i> Keynote Presentation & Awards			
F	IDEA World Fitness & Nutrition Expo			
G	276	STOTT PILATES® Mini Foam Roller Flow	WORKSHOP	Merrithew™ Presenter Faculty
H	IDEA World Fitness & Nutrition Expo			
I	301	Journey Within an Inner IDEA Experience	WORKOUT	Lawrence Biscontini, MA, Stacy McCarthy, Sadie Nardini, Yury RockIt
FRIDAY, JUNE 29				
J	417	Summer Solstice Salutations	WORKSHOP	Lawrence Biscontini, MA
K	449	Take the Pain Out of Pilates	WORKSHOP	Norma Shechtman, MEd, MA
L	IDEA World Fitness & Nutrition Expo			
M	492	Heavily Meditated and Highly Motivated	LECTURE	Petra Kolber
N	IDEA World Fitness & Nutrition Expo			
O	527	Diaphragm Tune-Up: Diaphragm Dynamics for Performance and Down-Regulation	WORKSHOP	Jill Miller
SATURDAY, JUNE 30				
P	619	Barre for Boomers	WORKSHOP	Leslee Bender
Q	650	ThinkFit Pilates: Functional Training Meets Pilates Mat	WORKSHOP	Portia Page and Lizbeth Garcia
R	IDEA World Fitness & Nutrition Expo			
S	681	The Female Lumbo-Pelvic Complex (ACE Mover Academy)	WORKSHOP	Farel Hruska
U	729	NO Sweat: Easy, New Methods to Create Lasting Exercise Motivation Among Your Clients, Members and Patients	LECTURE	Michelle Segar, PhD, MPH
SUNDAY, JULY 1				
W	807	Embody Your Body: Core Tour (ACE Mover Academy)	WORKSHOP	Jill Miller
X	825	Your Buddhi-Flow Lift	WORKSHOP	Amanda McCarroll and Carolina Vivas