A moving experience

September 6–9, 2007
La Quinta Resort & Club
Palm Springs, California

www.inneridea.com
Move Yourself, Move the World

We invite you to take the Inner IDEA journey... and move yourself to higher levels of health, energy, consciousness, knowledge and purpose.

Last year we decided to introduce a new kind of event, integrating all aspects of the body, mind and spirit—an ultimate transformational experience for professionals who are passionate about wellness. Your response was overwhelming. With this sold-out gathering, a new community was born, founded on values of mindfulness, openness, balance, intent and self-responsibility. Furthermore, from this event we received a satisfaction rating of 98% from attendees, the highest rating we have received from any conference that we have produced in the last 24 years.

This year we’re going deeper—to share a vivid, multi-sensory experience that will move you to the core of your being, physically, spiritually and emotionally. Based on your feedback, we’ve added more personal touches to the experience and increased the number and diversity of sessions, to create an unforgettable event with a remarkable body-mind-spirit curriculum that is unmatched anywhere.

Choose to take a 3-day journey that transcends the “usual” and transforms you...from within. Together as a community, we’ll continue to create one vision with many paths: inspiring the world to a more whole and authentic experience of wellness.

Peter & Kathie Davis
Co-founders of Inner IDEA
A gathering unlike any other in the industry

If you are passionate about wellness education and the intricate connection between body, mind and spirit, Inner IDEA is for you. Just don’t expect it to be like anything you’ve experienced before.

Never intended to be a “conventional” conference, this unique gathering has been consciously designed to be a multidimensional exploration that takes every participant on a personal and professional journey.

Inner IDEA has the power to move you...

...from the moment you arrive at the tranquil desert sanctuary, La Quinta.

...to the inspiring and visionary Opening Ceremony.

...through 150 mindful sessions at the forefront of the wellness arena.

...to five unique communal eating experiences with options for silent meals, conscious eating and interest-specific networking opportunities.

...to the touching moments and sharing of experiences at the Closing Ceremony.
Experience

At Inner IDEA, you’ll find:

A CALM, REFLECTIVE AND CONTEMPLATIVE ENVIRONMENT that encourages you to explore “wellness within” as you expand your knowledge of wellness concepts, research and movement forms (physical, emotional and spiritual).

AN IMMERSION EXPERIENCE into the rapidly-growing field of body-mind-spirit wellness, where you’ll learn the most up-to-date information and insights (see Page 6 for programming highlights) from the world’s most knowledgeable experts. Over 150 sessions of wellness programming that include yoga, Pilates, GYROTONIC® exercises, integrative exercise, business, research, meditation, lifestyle coaching, nutrition and water.

A MULTI-SENSORY EXPERIENCE that engages you on every level, through evocative sight, sound, taste, touch and smell, with memorable rituals, music, silence, meditation, visualization and much more.

A CULTURE OF MINDFULNESS will be cultivated at all levels, from meals that encourage conscious eating to programs that offer techniques to live more fully present and in the moment. Throughout the event, maintaining a “beginner’s mind” of openness to new ideas is encouraged.

AN ADVENTURE OF THE HEART AND SOUL that encourages you to be open to new ideas and possibilities, supportive of your peers, and fully present to experience every gift of the journey.
Inner IDEA Opening Ceremony

The Future is Here

BE PRESENT to fully experience the beginning of the 2007 Inner IDEA journey, with this insightful and energizing celebration of the body-mind-spirit connection, and its potential to profoundly change the health of the world.

Keynote Presentation

Minding the Molecules of Mental Motion:
The New Science of Mind–Body–Spirit Healing

With Pamela Peeke MD, MPH, FACP

For this year’s Keynote Presentation, join preeminent scholar and mind-body-spirit visionary Pamela Peeke, Pew Foundation Scholar in nutrition and metabolism and assistant professor of medicine at the University of Maryland School of Medicine. She is the TV chief medical correspondent for the Discovery Health Channel where she hosts the national Body Challenge TV series. She is also the author of the New York Times bestseller Body for Life for Women and the newly released Fit to Live. Known as a top “edutainer” and a doctor who walks her talk, Dr. Peeke combines the latest research with wit and humor to deliver her message.

"The gift of science is a new understanding of the extraordinary impact of mental state on physical self,” says Dr. Peeke. "Physical movement represents infinite opportunities for mental and spiritual motion. As a triad totality working in harmony, immune function is optimized for the lifelong journey of mental, physical and spiritual healing. The self is magnificent in its ability to heal and live well—and it all begins with the mind.”
INNER IDEA Journey

**CONNECTION** Inner IDEA promotes a stronger, more effective sense of relationship to each other, to those we teach and to the world around us.

**COMMUNITY** Inner IDEA is the formation of a new community of health and fitness professionals, joined together to inspire greater levels of wellness.

**BALANCE** Inner IDEA cultivates the development of balance as the centering principle for sustainable wellness.

**SANCTUARY** Inner IDEA provides a safe, supportive environment to nurture new thoughts, ideas and practices.

**PRESENCE** Inner IDEA fosters mindfulness and a culture of conscious living, or being engaged in the experience of the present moment.

**PRACTICE** Inner IDEA encourages committed practice as the essence of learning, teaching, discovery and mastery.

**INTEGRATION** Rather than one path, Inner IDEA encourages integration of the many pathways that work best for each individual.

**SPIRIT** A higher level of consciousness that gives meaning to life and connects us to a deeper purpose.

**INTENTION** Inner IDEA is founded on the power of intention, both individually and as a community, to effect change in us and in the world.

**TRANSFORMATION** The ultimate goal of Inner IDEA is transformation of body, mind and spirit.
Immerse Yourself in Over

With one-third more sessions than last year, this year’s 3-day Inner IDEA journey is the richest, most authoritative and forward-looking exploration of body-mind-spirit wellness in the industry. Highlights include:

**ULTIMATE PILATES CLASS SELECTION**

Over 45 Pilates sessions that include beginner to advanced training, both with and without equipment, taught by the world’s leading experts. Sessions include:

- Global Pilates
- Pilates Water Walking
- Assessing Alignment Utilizing Pilates
- Peak Pilates® Coaching Clinic
- STOTT PILATES® Matwork™ for Breast Cancer Patients
- STOTT PILATES® Jumpboard Interval Training on the Reformer
- Ball Pilates Choreography
- Intensive Overview—Romano’s Pilates

**YOGA-LOVERS DREAM PROGRAM**

Inner IDEA’s yoga program is exceptionally diverse. These sessions include:

- Laughing Yoga
- Colorgized Yoga
- Yoga For Conscious Loving
- Relaxation Yoga
- Tai Yoga Flow (in water)
- Introduction to Yoga Sutras
- Yoga: Movement as a Metaphor
- The Power of Yoga Now
- The Power of Deep Relaxation
- Raja Yoga: The Authentic Yoga Practice
- Chakra Energy

**THE GYROTONIC® EXERCISE PHENOMENON**

It’s a must-do experience: GYROTONIC® and GYROKINESIS® will be available—with equipment—throughout the event, with sessions that include:

- GYROTONIC® Lecture Demonstration
- GYROKINESIS® Group Class
- An Introduction to GYROTONIC® Methodology
- How to Become a Certified GYROTONIC® Trainer

**MEDITATION A-Z**

Meditation is infinite in its forms and in its rewards, as you’ll discover in this year’s multitude of mindful sessions that include:

- Beginning Meditation
- Morning Meditation and Journaling Experience
  - Walking in the Full Presence of Life
  - The Labyrinth: A Meditation Walk
  - Yoga For Conscious Loving
FOCUS ON INTEGRATIVE MOVEMENT

Experience movement at its most creative with our innovative selection of integrative movement. These sessions include:

- Emotion in Motion
- SHAKTI™: The Experience®
- 7 Steps to WillPower
- Strengthening Body and Mind Thru Tai Chi
- Tai Chi Fitness
- Qi-gong for Ener-qi
- Inspired by Prana and Power

ALL ABOUT NIA®

Explore the nuances of the Nia® Technique, the innovative and highly influential body-mind-spirit lifestyle, fitness and personal growth program that integrates martial arts, dance and the healing arts. These sessions include:

- The Body’s Way to Bring Anatomy to Life
- Conscious Personal Training
- The Five Stages of Self-Healing
- The Five Sensations of Feeling Fitness

EXPANDED RESEARCH SESSIONS

This year we’ve greatly expanded our offering of research sessions to keep you on the leading edge of the rapidly evolving science of body-mind-spirit wellness. These sessions include:

- Yoga Research Roundup: What You Need to Know
- Aiming for Balance—How Thoughts Effect Health
- The Bridge to Metabolic Enhancement and Rebalancing the Neuropsychology
- Nutritional Immunity for the 21st Century

MORE COACHING, CAREER & BUSINESS SKILLS

In 2007 you’ll find more sessions that focus on practical information, ideas and tips to help you cultivate success for your career or business, along with in-depth education in the growing field of coaching. These sessions include:

- Career Coaching from the Spa Experts
- Creating Your Career Map as a Mind-Body Professional
- How to Reduce Your Marketing Budget and Improve Your Effectiveness
- Mind/Body/Spirit Coaching Skills
- Building Revenue from Yoga with Baby Boomers
- Launch: Your Guide to a Mind, Body and Spirit Start-Up
A Secluded Desert Oasis for Your Inner IDEA Retreat

Relax in your private Spanish casita, surrounded by sage and citrus groves, sparkling pools and fragrant gardens, beneath the Santa Rosa Mountains.

Your Inner IDEA experience will be framed by the wide desert sky and the whispering palms of La Quinta Resort & Club, the well-known and beloved hideaway outside of Palm Springs that dates back to the 1920s. 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. There are 5 golf courses, 5 restaurants, 23 tennis courts, over 50 hot tubs and 35 treatment rooms at the hacienda-styled Spa La Quinta, where you can enjoy al fresco therapies such as Celestial Showers, or the cleansing, calming Cahuilla (pronounced Kaw-we-ah) Sage Wrap, a healing tradition of local Indians who have lived in the area for over 2000 years.

LA QUINTA RESORT & CLUB
49-499 Eisenhower Drive, La Quinta, CA 92253
760.564.4111 | 800.598.3828
WWW.LAQUINTARESORT.COM

“Nature does not hurry, yet everything is accomplished.”

—LAO TZU
Transforming Body, Mind and Spirit at Inner IDEA

“I’m so happy and grateful that you created a space for the combination of mind, body and spirit to be seen together. This is the future of wellness.”

“The concept of Inner IDEA was very clear and present each step of the way…from the silent breakfast to the mediations…it gave this conference a different feel.”

“I loved the excellent, experienced teachers and extremely varied program.”

“The great variety of topics and issues covered to represent the holistic field was amazing. There was so much attention to detail, and the experience was a wonderful combination of education and inspiration.”

“The quality of the instructors and programs was what I liked the most. The keynotes were wonderful.”

“Inner IDEA was the best experience of my life.”

At Inner IDEA, I discovered...

“...Information and references I can share with other staff and students.”

“...To approach clients with wonder, gratitude and spiritual openness.”

“...To say yes to what I am passionate about.”

“...That I am not alone in my dreams and am not afraid to practice what I believe in.”

“...With an open heart and mind, everything is a learning experience.”

“...Not to be afraid to teach, grow, explore and share my inner beliefs.”

“...That it is great to be alone but better to be with people who share the joy.”

“...That I am in the right place.”
Engage Yourself In Specialized,

In response to attendee requests for in-depth educational sessions, we are introducing two preconference programs to Inner IDEA this year:

**Preconference #1**

010 Power of Yoga Intensive Training *(All Levels)*

Thursday, September 6 • 9:00am–3:00pm

*Sherri Baptiste, founder of Baptiste Power of Yoga, author of Yoga with Weights for Dummies*

Learn how to confidently lead a safe and challenging multilevel yoga class that yields transformation and inspiration. You will learn postures, techniques and skills needed to effectively teach a 60-, 75-, or 90-minute yoga class. This Power of Yoga sequenced class includes centering practices (mindfulness), warm-up (preparatory) and breath-based flow (vinyasa) with balance and strength postures (dynamic).

**MORNING:** Learn the fundamentals of standing poses, sun salutations, seated forward bends, twists, backbends, breath awareness, transitions, modifications and restorative postures.

**AFTERNOON (Breathing Techniques):** Become a greater teacher by far, knowing when and how to add simple, effective breath techniques into training. Learn: complete breath, abdominal breath, ocean breath, balancing breath, alternate nostril breath, cleansing breath and vitality breath. This session concludes with deep relaxation and meditation.

*Please bring the following equipment with you to this session: Yoga mat, blanket, yoga strap and two yoga blocks.*

**LUNCH BREAK:** 12 Noon–1:00pm (Lunch on your own)

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<th>Advance Registration</th>
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<td>Non Inner IDEA Attendee</td>
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In-Depth Training

Preconference #2

011 Peak Performance and Well-Being—Positive Psychology Coaching in Action

Thursday, September 6 • 9:00am–3:00pm

Margaret Moore, MBA, founder of Wellcoaches Corporation

Discover the vibrant movement of positive psychology, which is rapidly validating interventions that support life satisfaction and happiness. Gain a foundation to become a trained coach of peak performance and well-being. This workshop will introduce you to the field of positive psychology, its relational sibling, coaching psychology, the concept of PEAK (physical, environment, affect, and (k)cognitive), as well as engage you in coaching demonstrations and coaching practice.

To prepare, we’ll ask participants to complete the VIA Signature Strengths survey at www.authentichappiness.com. The class will then share ideas on how to engage your strengths and how to get into a state of flow on a regular basis. We’ll discuss the importance of positive emotions to broaden thinking and build resources, and approaches to increase gratitude, hope and optimism. The relational skills and processes of coaching psychology will be demonstrated as a powerful vehicle to help your clients reach their PEAK best selves, best performance and best wellness.

LUNCH BREAK: 12 Noon–1:00pm (Lunch on your own)

Advance Registration After 7/31/07
Inner IDEA Attendee $175 $195
Non Inner IDEA Attendee $195 $225

Getting to Your Peak, Commissioned by Wellcoaches
Eating with a Purpose

There will be five unique community eating experiences with options for silent meals, conscious eating and interest-specific group discussion.

It will begin with an outdoor WELCOME RECEPTION* to celebrate the beginning of our wellness community gathering for this enriching event. Each morning, BREAKFAST* will be served outdoors as well, so that you can take advantage of the beautiful surroundings with your choice of either meeting fellow wellness professionals or enjoying your meal in silence. The LUNCH* hour will be a time for everyone to come together and share in an opportunity to network and to be a part of the special festivities of the day. So no matter what the occasion, it will be sure to delight you, provide proper nutrition and add value to your overall experience.

Come experience Inner IDEA’s eating with a purpose!

*These meals are included in your event fee.

Visionary Sponsors

Inner IDEA would like to show our gratitude to the following companies for their support in contributing to the success of this conference.
Full Moon Yo-Chi*

With Lawrence Biscontini, MA

FRIDAY NIGHT

September 7 • 9:00pm

Join Lawrence Biscontini, MA, outside to take advantage of this unique opportunity to moonbathe on a full-moon date at the 2007 Inner IDEA Conference! We will practice versions of the yoga moon salutation fused with movements from tai chi’s Yang short form and finish with an appropriate lunar meditation. Practicing mind-body outside under the full moon can awaken your sense of self, deepen your feelings of relaxation and help restore stability to your life.

WE’LL MEET AT SALÓN DE FIESTA BALLROOM AND GO TO THE SITE TOGETHER.

*Outside weather permitting.

The 2007 Inner IDEA Inspiration Award

Sponsored by Starizon

The first Inner IDEA Inspiration Award will be presented at lunch on Friday, February 7.

This award was established to recognize companies who have created an emotionally engaging and inspirational customer experience in the wellness field. This year’s recipient is Deborah Szekely, founder of the world class spas Rancho La Puerta and Golden Door. Deborah is a spa industry pioneer who has dedicated more than 65 years to defining and enhancing the spa experience.

Schedule at a Glance

THURSDAY, SEPTEMBER 6

registration hours: 8:00–11:00am & 2:00–8:00pm
3:30–5:15pm Sessions
5:30–7:00pm Opening Ceremony & Keynote
7:00–8:30pm Welcome Reception

FRIDAY, SEPTEMBER 7

registration hours: 6:00am–12 Noon & 2:00–5:00pm
7:00–8:00am Sessions
7:45–9:00am Hosted Mindful Breakfast
9:10am–1:05pm Sessions
1:15–2:30pm Hosted Gratitude Lunch & Inner IDEA Inspiration Award Presentation
2:40–6:35pm Sessions
9:00–10:00pm Full Moon Yo-Chi (weather permitting)

SATURDAY, SEPTEMBER 8

registration hours: 6:00–11:30am
7:00–8:00am Sessions
7:45–9:00am Hosted Mindful Breakfast
9:10am–1:05pm Sessions
1:15–2:30pm Hosted Gratitude Lunch
2:40–6:35pm Sessions

SUNDAY, SEPTEMBER 9

8:00–11:55am Sessions
12:10–12:45pm Closing Ceremonies
### Inner IDEA® Schedule

#### Thursday, Sept. 6–Friday, Sept. 7

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<td>5:30–7:00pm</td>
<td>Opening Ceremony &amp; Keynote Presentation</td>
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<td>7:00–8:30pm</td>
<td>Welcome Reception</td>
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#### Friday, September 7

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<td>9:10–11:00am</td>
<td>111 Suryanamaskar (Sun Salutation) (M) McCarthy</td>
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<td>112 Laughing Yoga (M/L)</td>
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<td>114 Essence of Yoga (M)</td>
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#### Lunch & Inner IDEA Inspiration Award Presentation

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<th>GYROKINESIS® Group Class (M) Mullen</th>
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<td>The Art of Asymmetrical Exercise (M) Corey</td>
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<td>STOTT PILATES® Advanced Reformer (M) Merrithew</td>
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#### Pilates Mat

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<th>STOTT PILATES® Jumpboard Interval Training on the Reformer (M) Garey</th>
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<td>4:45–6:35pm</td>
<td>180 How to Become a Certified GYROTONIC® Trainer (L) Doetzer</td>
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<td>182 STOTT PILATES® Fundamental Forms (M) Glenn</td>
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<td>181 Ball Pilates Choreography (M) King</td>
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<td>183 Intensive Overview—Romana’s Pilates (M) Davis</td>
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<td>185 Introduction to Yoga Sutras (L) Zador</td>
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<td>187 Nudates®, An Integrated Approach to Fitness for Improved Health and Happiness (M) Woodard</td>
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<td>184 Heartfelt Eating: Intuitive Wisdom (L) Gates</td>
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<td><strong>Integrative Movement</strong></td>
<td><strong>Mindfulness/Meditation</strong></td>
<td><strong>Wellness</strong></td>
<td><strong>Business, Research &amp; Lifestyle Coaching</strong></td>
<td><strong>Water</strong></td>
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<tr>
<td>101 Strengthening Body and Mind Thru Tai Chi (M) Bailis/Winston</td>
<td>104 Nia®—The Body’s Way to Bring Anatomy to Life (M) Rosas/Rosas</td>
<td>103 Pilates Water Walking (M) Argo</td>
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<td>102 Beginning Meditation (L) Hebert</td>
<td>106 Colorized* Yoga (M) Leon</td>
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<td>114 Nia®—Conscious Personal Training (M) Rosas/Rosas</td>
<td>115 Walking in the Full Presence of Life (M) Francis</td>
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<td>119 The Labyrinth: A Meditation Walk (M) Pilgrim</td>
<td>124 Aiming for Balance: How Thoughts Affect Health (L) Hebert</td>
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<td>120 Morning Meditation and Journaling Experience (M) Cammarata/Cammarata</td>
<td>125 Injury Prevention In Yoga and Pilates (L) Kane</td>
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<td>122 Nia®—The Five Stages of Self-Healing (M) Rosas</td>
<td>128 Yoga: A Powerful Tool for Metabolic Enhancement, Weight Loss and Anti-Aging (ML) Scott</td>
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<td>127 SHAKTI*: The Experience (M) Biscontini</td>
<td>131 Nia®—The Five Stages of Self-Healing (M) Rosas/Rosas</td>
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<td>130 Submerge, Integrate, Balance (M) Diamond</td>
<td>132 How to Be a Positively Brilliant Facilitator (L) Reding</td>
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<td>134 How to Establish Working Relationships with the Medical Practitioner Community (L) Peeke</td>
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<td>139 The Bridge to Metabolic Enhancement and Rebalancing the Neuropsychology (M/L) Scott</td>
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<td><strong>Friday, September 7</strong></td>
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<td>147 Emotion in Motion: Lifestyle Practice for Emotion Fitness (M/L) Cohen</td>
<td>148 The Seven Steps to WillPower (M) Krauss</td>
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<tr>
<td>149 The Seven Steps to WillPower (M) Krauss</td>
<td>150 The Power of Deep Relaxation (M) Baptiste</td>
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<td>151 Tai Yoga Flow (M) Argo</td>
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<td>168 Gliding™: Enter the Zen Den (M) Biscontini</td>
<td>167 Relaxation Training and Mindfulness Meditation (L) Cammarata</td>
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<td>169 Partner Thai Massage (M) Olson</td>
<td>166 Support and Strengthen Your Immune System (L) Cammarata</td>
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<td>177 Arthritis and Fibromyalgia Water Work (M) Essert</td>
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<td>187 Stretch, Strengthen, Align (M) Shechman</td>
<td>188 Sight and Insight—Feldenkrais Awareness Through Movement® (M) Larkam</td>
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<td>189 Vodates*: An Integrated Approach to Fitness for Improved Health and Happiness (M) Woodard</td>
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<td>186 Lighting the Eyes of the Dragon, Understanding the Flow of Qi (L) CiBik</td>
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<td>182 Sight and Insight—Feldenkrais Awareness Through Movement® (M) Larkam</td>
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<td>183 Mind/Body/Spirit Coaching Skills (L) Francis</td>
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*KEY: Movement Session; L—Lecture; M/L—Movement/Lecture; L/D—Lecture/Demonstration

Please do not forget to bring your water bottle, towel, yoga mat and straps as they will not be provided.
## Saturday, September 8

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<tr>
<th>Time Block</th>
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<tbody>
<tr>
<td>7:00–8:00am</td>
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<td>Gyrotonics®</td>
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<td>Pilates Reformer</td>
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<td>Pilates Mat</td>
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<td>7:45–9:00am</td>
<td>7:45–9:00am</td>
<td>Mindful Breakfast</td>
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<tr>
<td>9:10–11:00am</td>
<td>9:10–11:00am</td>
<td>An Introduction to Gyrotonics® Methodology: “Meet the System” (M) Doetzer</td>
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<td>Advanced Reformer</td>
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<td>Pilates Mat</td>
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<tr>
<td>11:15am–1:05pm</td>
<td>11:15am–1:05pm</td>
<td>Gyrokinesis® Group Class (M) Schwarz</td>
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<td>Pilates and Yoga (M) Trap</td>
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<td>STOTT PILATES®</td>
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<tr>
<td>2:40–4:30pm</td>
<td>2:40–4:30pm</td>
<td>Rhythmic Journey: Reformer with Flow (M) Bender</td>
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<tr>
<td>4:45–6:35pm</td>
<td>4:45–6:35pm</td>
<td>An Introduction to Gyrotonics® Methodology: “Meet the System” (M) Mullen</td>
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<td>Breath and Movement (M) Bankston</td>
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### Sunday, September 9

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<th>Time Block</th>
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<tr>
<td>8:00–9:50am</td>
<td>8:00–9:50am</td>
<td>Exercises for Certified Trainers: Building Blocks (M) Mullen/Schwarz</td>
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<td>Pilates Reformer</td>
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<td>Pilates Mat</td>
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<td>10:05–11:55am</td>
<td>10:05–11:55am</td>
<td>MVE™ Fitness Chair (M) Trap</td>
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<td>12:10–12:45pm</td>
<td>12:10–12:45pm</td>
<td>Closing Ceremonies</td>
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### Saturday, September 8

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<th><strong>INTEGRATIVE MOVEMENT</strong></th>
<th><strong>MINDFULNESS/MEDITATION</strong></th>
<th><strong>WELLNESS</strong></th>
<th><strong>BUSINESS, RESEARCH &amp; LIFESTYLE COACHING</strong></th>
<th><strong>WATER</strong></th>
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<tr>
<td>201</td>
<td>202 Strengthening Body and Mind Thru Tai Chi (M) Bailis/Winston</td>
<td>200 Partner Thai Massage (M) Olafonson</td>
<td>202 Strengthening Body and Mind Thru Tai Chi (M) Bailis/Winston</td>
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<td>203</td>
<td>204 Tai Chi Fitness (M) Li</td>
<td>202 Strengthening Body and Mind Thru Tai Chi (M) Bailis/Winston</td>
<td>202 Strengthening Body and Mind Thru Tai Chi (M) Bailis/Winston</td>
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#### Additional Information
Please do not forget to bring your water bottle, towel, yoga mat and straps as they will not be provided.

### Sunday, September 9

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<tr>
<td>307</td>
<td>307 The Sounds of Silence (M) Sachs</td>
<td>305 Reiki for Everybody (L) Cleary</td>
<td>304 Career Coaching from the Spa Experts (L) SPA Leaders</td>
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<td>325</td>
<td>329 Nia®—Awakening the Sacred Athlete Within (M) Rosas/Rosas</td>
<td>324 Chain Reaction Inner Core Conversion (L) Christie</td>
<td>323 Creating Your Career Map as a Mind-Body Professional (L) Larkam</td>
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<td>328 Building Revenue from Yoga with Baby Boomers (L) Devereux</td>
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Thursday, September 6
Time Block: 3:30–5:15pm
Workout Time Block. No CECs Offered.
100 GYROTONIC® Lecture Demonstration L/D
Barbara Schwarz
This class will begin with a choreographed demonstration by GYROTONIC Master Trainers Cori Doetzer, Karen Mullen, Barbara Schwarz and Matt Aversa. Participants will witness firsthand why GYROTONIC methodology is growing at a rapid rate worldwide among people from all walks of life. See why athletes, dancers and fitness professionals enjoy its benefits and utilize the GYROTONIC system of movement. Repeated as session 120.

101 Strengthening Body and Mind Thru Tai Chi M
Robyn Ballis and Nikki Winston, MBA
We will teach you how to strengthen your body and mind through tai chi and how to incorporate it into your clients’ workouts. Through tai chi, we teach you that every move you make matters. Learn to move body, mind and spirit in ways that bring clarity and serenity that you can bring to your clients. Repeated as session 202.

102 Beginning Meditation M
Michele Hefert
The core of spiritual practice is meditation. In meditation, the mind becomes peaceful and you merge with the essence of your being. In this user-friendly session, you will learn basic techniques of concentration, breathing and sound that naturally lead to a meditative state. When we tap into our inner spiritual resource, we bring to our outer lives new meaning and inspiration.

103 Pilates Water Walking M
Carol Argo
This workshop integrates the Pilates principles into water walking. Challenge the core musculature with trunk stabilization and extremity mobilization. An innovative variety of forward, backward, lateral and rotational movement will strengthen and lengthen the entire body. Learn to improve posture and body awareness.

104 Nia®—The Body’s Way to Bring Anatomy to Life M
Carlos Rosas and Debbie Rosas
Learn the how, what and why of moving in functional and safe ways. Listen to the voices of your bones, which along with imagery, turn the wisdom of your body into living anatomy that makes moving educational, self-directed, personal and dynamic. Deepen your connection between body, mind, emotions and spirit.

105 Laughing Yoga M/L
Sebastien Gendry
Come to this laughter yoga 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 otherwise “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, wonderful opportunity to find out why laughter is truly the BEST medicine! Repeated as session 113.

106 Colorgized™ Yoga M
Christina Leon
Colorgized™ Yoga is the incorporation of color-changing lighting, affirmations and hatha yoga poses done to balance energy throughout the chakras of the body. This combination of Eastern healing with Western ideologies blends to create a harmonious synthesis of body, mind and spirit. Repeated as session 171.

Friday, September 7
Time Block: 7:00–8:00am
Workout Time Block. No CECs Offered.
110 The Labyrinth: A Meditation Walk M
Phyllis Pilgrim
Walk the Chartres labyrinth (on a cloth replica) as a tool for meditation. Includes a history of labyrinths and its construction in Chartres Cathedral, with an explanation of its use as a destination for Christian pilgrims to avoid the dangers of going to Jerusalem during the Crusades. It can be used today as a metaphor for a modern-day pilgrimage to your heart and soul center. Repeated as session 203.
36 115 Walking in the Full Presence of Life  
Lorna Francis, PhD, CLC
Join this walking program to bring greater presence and mindfulness into the lives of your clients, allowing them to practice important body-mind techniques that will greatly enhance their overall health and well-being. Experience three specific walking approaches that encourage clients to be fully present in the moment, including sensory walking, full focus fitness walking and inspirational walking. Repeated as session 201.

116 Essence of Yoga  
Mehrad Nazari, PhD
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. Beyond the boundaries of the many styles of yoga available today, this classic flowing method of yoga will connect you to the underlying essence of all types of yoga. It is the classic system for the purposeful evolution of consciousness.

TIME BLOCK 9:10–11:00AM
Up to 2 CEC hours (unless otherwise indicated)

120 GYROTONIC® Lecture Demonstration  
Matt Aversa
This class will begin with a choreographed demonstration by GYROTONIC Master Trainers Cori Doetzer, Karen Mullen, Barbara Schwarz and Matt Aversa. Participants will witness firsthand why GYROTONIC methodology is growing at a rapid rate worldwide among people from all walks of life. See why athletes, dancers and fitness professionals enjoy its benefits and utilize the GYROTONIC system of movement. Repeated as session 100.

121 Assessing Alignment Utilizing Pilates  
Cathleen Murakami
In this informative workshop, you will learn how to train your eye to see postural discrepancies utilizing SynergySystems® Pilates Posture Grid. Assessing through plumb lines and bony landmarks will be included. Common misalignments and how to alleviate them via Pilates equipment will be shared.

122 STOTT PILATES® Intensifying Essential Reformer  
John Carey, MS
This interactive workshop teaches participants how to challenge clients with maximum safety and effectiveness by taking STOTT PILATES essential reformer exercises to a higher level of intensity. Participants will learn how to add variety and increase the pace of the workout to keep clients continually motivated and progressively challenged. Cues and corrections for safety and effectiveness are also covered.

123 How to Be a Positively Brilliant Facilitator  
Peter Reding, MBA, MCC
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. Repeated as session 214.

124 Aiming for Balance, How Thoughts Affect Health  
Michele Hebert
An overview of the body-mind-spirit connection and how your thoughts affect your health. This is an interactive lecture that reviews body-mind research and introduces the four pillars of balance: exercise, nutrition, mental attitude and spiritual connection. Michele will provide tips for accessing and maintaining your center off the mat and in the world.

125 Injury Prevention in Yoga and Pilates  
Terry Kane, PT
Although yoga and Pilates are both excellent forms of exercise, there are some clients for whom they may be considered inappropriate. This session will disclose common injuries seen in yoga and Pilates as well as a four-stage injury prevention program for instructors and program directors. Repeated as session 255.

126 Advanced Pilates Mat  
Kathryn Ross-Nash
The mat, as seen on the Romana's Pilates DVD series, focuses on integrating the principles of Pilates to create different workouts with the same movement by changing the intent of the movement. Repeated as session 218.

127 SHAKTI™: The Experience®  
Lawrence Disconti, MA
SHAKTI is the Sanskrit word for the energy released throughout the body when one practices particular hatha yoga asanas. This is a non-purist body-mind approach fusing fitness applications of yoga vinyasas, nontraditional yogic music, some tai chi and Pilates dance with choreographed applications of different types of music and movement. This workshop will allow you to experience different styles of choreographed flow so you can learn to choreograph your own version.

128 Yoga—A Powerful Tool for Metabolic Enhancement, Weight Loss and Anti-Aging  
Megan Scott, PhD
Yoga can promote weight loss by increasing metabolic efficiency and it can also produce anti-aging effects. Learn recent discoveries of well-known research scientists on yoga's uses in weight loss and anti-aging. This course also includes an experiential yoga practice where participants will learn breathing and meditation techniques as well as yoga asanas that affect human physiology by reducing cortisol levels, regulating glucose metabolism and enhancing fat burning capacity.

129 Namasté Yoga Flow  
Kate Olafson, MED
A fluid integration of meditative motion with the creative energy of breath. Experience a unique and dynamic presentation of enhanced sun salutations that combines ways to strengthen and lengthen the body, and stimulates the mind to be alert, creative and focused. Ultimately, the elements of the practice will be fused into a healthy balanced way to function in all dimensions of the human experience.

130 Submerge, Integrate, Balance  
Bethany Diamond
The dynamic of water makes balance poses both easier to accomplish and harder to sustain. Learn how to use this method of incorporating balancing yoga poses into a water fitness class. This unique method of utilizing the properties of water for balance and resistance will challenge and invigorate you. Body and mind integration is essential in this workout. Repeated as session 222.

131 Nia®—The Five Stages of Self-Healing  
Carlos Rosas and Debbie Rosas
Experience the power of five developmental stages and moves that use pre-verbal wisdom and sensation as your guide to help you 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 self-heal and move with greater precision, power and comfort.

132 How to Establish Working Relationships with the Medical Practitioner Community  
Pamela Peeke, MD, MPH, FACP
The good news is that the healing message of physical movement is permeating the consumer market. The tough news is that one of the most valuable referral sources—the medical practitioner community—has not been optimally utilized. Dr. Peeke will provide an effective networking strategy for yoga, Pilates and movement practitioners to connect with the local healing arts community to establish an optimal relationship.
In this workshop, learn the meaning of what a “series” is in the classical system, and how series anchor the order, sequence and progress of this classical workout. The layering techniques and progression guidelines for learning how to properly teach them will be examined. Series explored include: The FootWork Series, The Long Box Series, The Short Box Series, The Long Stretch Series, The Second Long Box Series and The Split Series. A must for any Pilates professional!

TIME BLOCK: 11:15am–1:05pm
Up to 2 CEC hours (unless otherwise indicated)

140 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. It will allow participants a chance to feel and experience moving in a way that is unique to GYROTONIC equipment and training, giving them an overview of some of the exercise families and movement vocabulary. Repeated as sessions 219 and 270.

141 Realignment of the Chakras Through Movement M
LESLEE BENDER
Feeling unbalanced? Learn how to realign the meridians of your body through unique exercises utilizing a reformer. When chakras are out of balance, so are you. You will feel energized and alive after this special session.

142 STOTT PILATES® Introducing Reformer to First-Timers M
PJ O’CLAIR
This workshop will give you the tools to ensure your class is motivating and stimulating and will keep your first-time clients coming back for more. Selected STOTT PILATES reformer exercises will be examined with an eye to maintaining pace and flow so members “feel” the workout, while still ensuring proper technique. The use of demonstration, imagery and concise cuing and correcting will be discussed while focusing on group safety in the studio. NOTE: Not to be done with clients who have or had knee or ankle injuries.

143 Brand Promises vs. Brand Experiences—Let the Truth Set You Free L
JEFF BENSKY, PhD, MA
Why do you come away from some businesses feeling like it was “well worth the money I spent and even better than I expected,” and from others feeling like you have been “ripped off”? Learn how to create a brand experience that meets and exceeds the expectation set by the brand promise. Create your own brand promise and brand experience.

144 Seeds of Dreams: Let Them Go, Watch Them Grow L
LORNA FRANCIS, PhD, CLC
Learn to create whatever you want for your health, fitness and well-being, both professionally and personally. Through action inspired by passion, you can watch your seeds of dreams grow beyond your wildest expectations. Once you master this powerful process for yourself, you will be inspired to help your clients realize their personal health and fitness goals using this highly effective technique.

145 Yoga Research Roundup: What You Need to Know L
LEE LIPTON, MA
This interactive, informative session will discuss in detail cutting-edge research on yoga. Points of discussion will include difficulties in conducting body-mind research, elements of a scientifically-sound study, a roundup of over 80 research studies evaluating the efficacy of yoga practice in treating or preventing various disease conditions, and the need for proper client and instructor education.

146 Launch: Your Guide to a Mind, Body, Spirit Start-Up Business L
CATHERINE LOGAN, MSPT
Learn how to develop your own community-based Pilates, mind, body and spirit start-up program. Hear how two women launched their thriving, safe and fun fitness ventures in their hometowns. Understand how these physical therapists and personal trainers created guidelines, including market research, public relations and business evaluation tools specific to the Pilates market. Repeated as session 219.

147 Emotion in Motion: Lifestyle Practice for Emotion Fitness M/L
SUZANNE L. COHEN, EdD
Emotions connect the body with the mind. Lifestyle practices of the Nia® Technique integrate sensory awareness and emotions. Through interactive exercises and demonstration, you will experience emotion in motion and learn how to create a safe environment to help your students activate and integrate emotional expression and sensory awareness. Examples from individual and group sessions will illustrate the powerful transformations that occur when these connections are activated.

148 The Seven Steps to WillPower M
STACEY LEI KRAUSS
The Five Tibetan Rites have been reputed to spin the chakras and stimulate the endocrine system. The seven steps take the Rites to the next level and will change your students’ bodies from the inside out. These exercises, repeated daily, along with a strong belief in affirmation, is the perfect way to begin every day, even if we don’t have time for a “full-length” workout. For students of all levels, shapes and sizes. Repeated as session 219.

149 The Bridge to Metabolic Enhancement and Rebalancing the Neuropsychology M/L
MEGAN SCOTT, PhD
This is an experiential course on the specifics of the anusara universal principles of alignment and how to use these techniques for performance enhancement. The anusara yoga postural alignment technique creates optimal alignment to the body’s perfected blueprint. This course is based on many years of researching and studying the effects of movement on the body and the mind in a private practice and in a clinical setting.

150 The Power of Deep Relaxation M
SHERI BAPTISTE
Physicians, psychologists and other professionals endorse meditation as a powerful tool for relieving stress, maintaining health and promoting creativity and vitality. Learn important sequencing to elicit the relaxation response, guided visualization and silent meditation.

151 Tai Yoga Flow M
CAROL ARGO
This is aquatic stretch, strength and grace at its best! The circular movements of tai chi merge with the elongating stretches of yoga. Learn simple combinations of spiraling arms, kicks, twists, flamingo, warrior poses and more! This aquatic body-mind class flows with cool moves for senior classes, warm-ups and cool-downs.

152 The Powerhouse Mat—An Introduction M
JAY DAVIS and MOSES URBANO
Bring the spirit of Pilates into your teaching program. Learn how to help people understand the powerhouse and how to use it to its greatest potential.

TIME BLOCK: 2:40–4:30pm
Up to 2 CEC hours (unless otherwise indicated)

160 GYROKINESIS® Group Class M
KAREN MULLEN, MS
This is a class for those with no GYROTONIC® or GYROKINESIS experience. We will incorporate the fluid movements unique to GYROTONIC and GYROKINESIS methodologies to 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. Repeated as sessions 230 and 250.

161 Heart and Soul M
ANA CABAN
The heart and soul of Pilates truly is the basic system. Even a very advanced Pilates student can be challenged by a beginner workout. This workout is truly only as hard as you make it, in other words, as hard as you push yourself. Incorporate the Pilates principles, the five parts of the mind, critical connections, and smooth transitions, to take your practice to a higher level.

162 The Art of Asymmetrical Exercise M
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 assessment of hypermobility and rigidity, and how to correct problems from scoliosis to sports-related imbalances.
163 STOTT PILATES®
Advanced Reformer
MOIRA MERRITHEW
This interactive workshop introduces participants to the highest level of reformer repertoire. We’ll demonstrate advanced STOTT PILATES exercises and thoroughly break them down to explore how elements of strength, flexibility, balance, control and endurance are challenged to the highest degree. Participants will learn how to use the distinctive nature of the reformer to escalate workload by altering base of support and body position rather than increasing resistance as in traditional exercise techniques. NOTE: It is highly recommended that participants have extensive experience on the reformer for this workshop. Repeated as session 213.

164 Launch: Your Guide to A Mind, Body, Spirit
Start-Up Business
CATHARINE LOGAN, MSPT
Learn how to develop your own community-based Pilates, mind, body and spirit start-up program. Hear how two women launched their thriving, safe and fun fitness ventures in their hometowns. Understand how these physical therapists and personal trainers created guidelines, including market research, public relations and business evaluation tools specific to the Pilates market. Repeated as session 146.

165 The Breathing Body and the Anatomy of the Core Support
LESLE KAMINOFF
Learn the core principles of core support and yoga. This session will convey a deep and rich appreciation of the process of respiration and the postural role of the diaphragm in exercise and movement. A simple, yet revolutionary view of breathing and demonstration on how breath mechanics and posture are inextricably linked. Repeated as session 273.

166 Support and Strengthen Your Immune System
LINDA CAMMARATA, RN
In this class you will learn 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.

167 Relaxation Training and Mindfulness Meditation
LARRY CAMMARATA, PhD
This workshop will introduce practices of body-mind medicine that are designed to maintain one’s “center” in the midst of the challenges of everyday life. The practices of progressive muscular relaxation, autogenic training, qigong and mindfulness meditation can develop a relaxed body and calm mind—key ingredients to maintaining fitness of body, mind and spirit!

168 Gliding™: Enter the Zen Den
LAWRENCE BISCINTINI, MA
Fuse one of the hottest new pieces of fitness equipment on the market today, the Gliding disks, with ancient body-mind disciplines of yoga, tai chi, Feldenkrais® and Pilates. You will learn at least five applications for each discipline applicable to both personal trainers and group fitness professionals. Lawrence will show you how these discs both train and enhance stability and mobility through a plethora of flowing floor and standing exercises.

169 Partner Thai Massage
KATE OLAFSON, MED
Make Thai yoga massage accessible, easy to follow and beneficial for all. The poses are presented with Metta, loving kindness, as the essence. The movements are fluid, simple and poetic, adhering to the tradition of classical Thai massage. The dance-like rhythms incorporate postures to help release tension and congestion throughout the entire body. The results are beneficial and releasing with both giver and receiver experiencing sensations of being stretched, relaxed and rejuvenated. Repeated as sessions 200 and 260.

170 Tai Chi Fitness
DORRI LI
A basic tai chi class includes a warm-up consisting of joint rotations, flexibility drills, relaxation techniques and qigong exercises. These are presented along with drills that separate tai chi techniques into just hand drills and just foot movements. These are later combined back together and are part of the Yang Style 24 Movement Tai Chi Short Form. Repeated as session 204.

171 Colorized Yoga
CHRISTINA LEON
Colorized Yoga is the incorporation of color-changing lighting, affirmations and hatha yoga poses done to balance energy throughout the chakras of the body. This combination of Eastern healing with Western ideologies blends to create a harmonious synthesis of body, mind and spirit. Repeated as session 106.

172 Ashtanga Yoga
STACY MCCARTHY
Experience postures from the primary series of the ashtanga yoga system in its traditional form, based on the teachings of Sri K. PashadiJois. Learn the how and why of proper yoga etiquette. Understand the balance between yoga’s deep roots versus the Western world’s modern urban practitioner.

173 Arthritis and Fibromyalgia Water Work
MARY ESSERT
This session offers effective progressions in aquatic exercise for persons with arthritis and fibromyalgia. This program design and implementation suits the needs of a diverse population, where functional activity, pain reduction and client education are primary concerns. Both classroom and pool sessions emphasize application. Participants will review precautions and risk management techniques and learn of resources and training opportunities.

TIME BLOCK 4:45–6:35pm
Up to 2 CEC hours (unless otherwise indicated)

180 How to Become a Certified GYROTONIC® Trainer
CORA DOETZER
This class will explain the educational steps involved in becoming a Level I certified GYROTONIC trainer. You will receive written material describing the thorough educational process and will have time to ask questions about getting started in the GYROTONIC profession.

181 Peak Pilates®
Fundamental Forms
COLLEEN GLENN
In this class you will experience and learn how to incorporate “Fundamental Forms” in your personal training practice. Fundamental forms are pre-exercise movements taken from Pilates and other somatic methods, and are designed to enhance muscle fire and recruitment of common movement patterns. From the novice to the experienced professional, you will learn proper techniques that will help you assist your special population clients and refine movement skills with your more experienced clients.

www.inneridea.com
182 STOTT PILATES®
Jumpboard Interval Training on the Reformer

JOHN GAREY, MS
Learn to challenge and motivate your clients and classes using innovative and simple jumpboard combinations, separated with intervals of upper- and lower-body strength and flexibility exercises on the reformer. This ultimate cardio/strength interval class challenges your clients’ core and total-body strength, and elevates heart rate, while focusing on proper jumping technique. This new format keeps your clients and classes on the move. Repeated as session 233.

183 Mind/Body/Spirit Coaching Skills

LORNA FRANCIS, PhD, CLC
Enhance the quality of your clients’ exercise experience by integrating powerful body/mind/spirit coaching skills, such as the power of silence, the gift of active listening, the wisdom of positive focus, the joy of sensory awareness and the clarity that comes from asking powerful questions. You will have the opportunity to experience each of these coaching skills during this presentation.

184 Heartfelt Eating: Intuitive Wisdom

RONDA GATES, MS
The strong links between our physical world, mental and emotional well-being and spiritual connectedness cannot be ignored. That is why connecting with, acknowledging and using our intuitive wisdom when we eat is as important as meeting challenges to your body’s core and total-body strength, and elevates heart rate, while focusing on proper jumping technique. This new format keeps your clients and classes on the move. Repeated as session 233.

185 Introduction to Yoga Sutras

VERONICA ZADOR
Introduction to the yoga sutras of Patanjali. In this session you will be introduced to aspects of yoga as described by what is considered to be the most essential text on the philosophy of yoga. Repeated as session 217.

186 Lighting the Eyes of the Dragon, Understanding the Flow of Qi

TED CIBIK, ND, DMQ
As the waterways move through the Earth, so to the qi flows in our body. This session will bring resolution to the mysteries of what qi is and its application to movement therapies. The ancient perspective of how one’s emotions move through the blood and how in the Chinese martial arts (Yang) and its medicine and healing movements (Yin) one can never separate body, mind and soul. Repeated as session 236.

187 Stretch, Strengthen, Align

NORMA SHECHTMAN, MED, MA
Find the unique balance of stretch, strength and the perfect alignment of the body. Make your body feel tall, elongated, strong and balanced. Body and mind blend to help increase circulation, better posture and a positive attitude. A magical journey you can’t miss!

188 Sight and Insight—Feldenkrais Awareness Through Movement®

ELIZABETH LARKAM
Dr. Moshe Feldenkrais created hundreds of Awareness Through Movement (ATM) lessons that facilitate learning in motion and bring about a state of graceful activity in which breathing is full and easy. Experience a Feldenkrais ATM lesson that focuses on sight and visualization, and the ability to form mental images in your “mind’s eye.” A second ATM lesson guides the integration of your sight with mobility of the spine in sitting and standing positions.

189 Yodates®: An Integrated Approach to Fitness for Improved Health and Happiness

BRANDI WOODARD
Yodates is an integrated, cardiovascular approach to fitness that unites body, mind and spirit. The fundamental principle of Yodates technique is to get out of our thinking minds and into our feeling bodies one breath at a time. Participants will discuss elements of Yodates technique that address: body, mind, spirit, alignment, body mechanics and injury prevention. Become exposed to subconscious, somatic conditioning that affects our ability to completely engage in self-healing.

190 Ball Pilates Choreography

MICHAEL KING
Experience a different approach to Pilates from the traditional work using the latest research available and examining a variation of the evolved Pilates movements. A fun but challenging class using the fitball stability balls, this workshop allows you to take your class or client to a new level of Pilates work using core stability challenges as well as choreographic variations.

191 Reformer Workout Challenge

CATHELEEN MURAKAMI
This workout session is geared for individuals with strong experience on the Pilates reformer. The repertoire will include challenging variations on exercises from the standing series, knee stretch series, short and long box, and include upper-body strength work. Experience on a reformer is a must.

192 Intensive Overview—Romana’s Pilates

JAY DAVIS
An energetic session focusing on the six ideas of concentration, control, centering, balance, rhythm and breathing. Essential and intermediate exercises are combined to create a dynamic advanced progression.

Saturday, September 8

200 Partner Thai Massage

KATE OLFASON, MED
Make Thai yoga massage accessible, easy to follow and beneficial for all. The poses are presented with Metta, loving kindness, as the essence. The movements are fluid, simple and poetic, adhering to the tradition of classical Thai massage. The dance-like rhythms incorporate postures to help release tension and congestion throughout the entire body. The results are beneficial and releasing with both giver and receiver experiencing sensations of being stretched, relaxed and rejuvenated. Repeated as sessions 169 and 260.

201 Walking in the Full Presence of Life

LORNA FRANCIS, PhD, CLC
Join this walking program to bring greater presence and mindfulness into the lives of your clients, allowing them to practice important body-mind techniques that will greatly enhance their overall health and well-being. Experience three specific walking approaches that encourage clients to be fully present in the moment, including sensory walking, full-focus fitness walking and inspirational walking. Repeated as session 115.

202 Strengthening Body and Mind Thru Tai Chi

ROBYN BAILIS and NIKKI WINSTON, MBA
We will teach you how to strengthen both your body and mind through tai chi and how to incorporate it into your clients’ workouts. Through tai chi, we teach you that every move you make matters. Learn to move body, mind and spirit in ways that bring clarity and serenity that you can bring to your clients. Repeated as session 101.
203 The Labyrinth: A Meditation Walk M
PHYLLIS PILGRIM
Walk the Chartres labyrinth (on a cloth replica) as a tool for meditation. Includes a history of labyrinths and its construction in Chartres Cathedral, with an explanation of its use as a destination for Christian pilgrims to avoid the dangers of going to Jerusalem during the Crusades. It can be used today as a metaphor for a modern-day pilgrimage to your heart and soul center. Repeated as session 110.

204 Tai Chi Fitness M
DORRI LI
A basic tai chi class includes a warm-up consisting of joint rotations, flexibility drills, relaxation techniques and qigong exercises. These are presented along with drills that separate tai chi techniques into just hand drills and just foot movements. These are later combined back together and are part of the Yang Style 24 Movement Tai Chi Short Form. Repeated as session 170.

205 Nia®—FloorPlay: Grounding Conditioned M
CARLOS ROSAS AND DEBBIE ROSAS
FloorPlay is an expressive, grounded floor workout that creatively conditions the body, mind, emotions and spirit using gravity, space, the voice and both 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.

TIME BLOCK 9:10–11:00am
Up to 2 CEC hours (unless otherwise indicated)

210 An Introduction To GYROTONIC® Methodology: “Meet the System” M
CORI DOETZER
This class is designed to provide the novice with their first opportunity to move on the GYROTONIC pulley tower unit. It will allow participants to get a chance to 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. Repeated as sessions 140 and 270.

211 MVe™ Chi Flow M
ZOEY TRAP, MSC
Merge your body, mind and spirit with a workout blending the Peak Pilates® MVe™ fitness chair, yoga and qigong. Experience a shift of energy as you pull your power inside and then send it out. Stretch yourself heart and soul and put meditation in motion.

212 Mindful Movement M
CECILE BANKSTON
How do we as teachers keep our clients happy, yet stay true to our principles of quality over quantity? In this session, participants will learn how to get the client to find the true body-mind connection that is Pilates, and to realize that even the simplest exercises are advanced if one is working properly.

213 STOTT PILATES® Advanced Reformer M
MOIRA MERRITHEW
This interactive workshop introduces participants to the highest level of reformer repertoire. We'll demonstrate advanced STOTT PILATES exercises and thoroughly break them down to explore how elements of strength, flexibility, balance, control and endurance are challenged to the highest degree. Participants will learn how to use the distinctive nature of the reformer to escalate workload by altering base of support and body position rather than increasing resistance as in traditional exercise techniques. Note: It is highly recommended that participants have extensive experience on the reformer for this workshop. Repeated as session 163.

214 How to Be a Positively Brilliant Facilitator L
PETER REDING, MBA, MCC
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. Repeated as session 129.

215 Weighing the Alternatives L
RONDIA GATES, MS
It's probable that half of the participants in your class are dieting. Your knowledge of weight management options can support the soundness and safety of their choices. Learn how to identify the safety and soundness of any program and guidelines to ferret out fact from fiction when it comes to marketing for weight loss.

216 Chain Reaction Inner Core Conversion L
CHRISTINA CHRISTIE, PT, CCE
If you work with a female client in any stage of life, you need to learn about the female chain reaction. In this course, you will learn about the pelvic core neuromuscular system as it applies to the female population, the three-dimensional relationship of body-mind-spirit and how to integrate this three-dimensional concept to a pelvic core conversion program for a variety of populations and ages. Repeated as session 324.

217 Introduction to Yoga Sutras L
VERONICA ZADOR
Introduction to the yoga sutras of Patanjali. In this session you will be introduced to aspects of yoga as described by what is considered to be the most essential text on the philosophy of yoga. Repeated as session 185.

218 Advanced Pilates Mat L
KATHRYN ROSS-NASH
The mat, as seen on the Romana's Pilates DVD series, focuses on integrating the principles of Pilates to create different workouts with the same movement by changing the intent of the movement. Repeated as session 126.

219 The Seven Steps to WillPower L
STACEY LEI KRAUSS
The Five Tibetan Rites have been reputed to spin the chakras and stimulate the endocrine system. The seven steps take the Rites to the next level and will change your students’ bodies from the inside out. These exercises, repeated daily, along with a strong belief in affirmation, is the perfect way to begin every day even if we don't have time for a “full-length” workout. For students of all levels, shapes and sizes. Repeated as session 148.

220 Yoga for Conscious Loving L
SHERRI BAPTISTE
Warrior of the Heart: This session will cultivate the passion of attraction and journey of the heart. Sequenced hatha yoga class will include: yoga postures for vitality and virility, breath work for sensitivity and gentleness, power of thought in the chemistry of attraction, and tips on training your own spirit to weave awareness, courage and harmony into your relationships.

221 Spirited Sun Salutations L
LINDA FREEMAN
Discover a new and unique approach to the traditional yogic sun salutation sequence. Infusing inspirational readings, poems and meditative thoughts throughout the physical practice of sun salutation variations, participants will feel both physically and mentally refreshed.

222 Submerge, Integrate, Balance M
BETHANY DIAMOND
The dynamic of water makes balance poses both easier to accomplish and harder to sustain. Learn how to use this method of incorporating balancing yoga poses into a water fitness class. This unique method of utilizing the properties of water for balance and resistance will challenge you and invigorate you. Body and mind integration is essential in this workout. Repeated as session 130.

223 Nia®—The Five Sensations of Feeling Fitness L
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.
Up to 2 CEC hours (unless otherwise indicated)

230 GYROKINESIS® Group Class M
BARBARA SCHWARZ
This is a class for those with no GYROTONIC® or GYROKINESIS experience. We will incorporate the fluid movements unique to GYROTONIC and GYROKINESIS methodologies to 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. Repeated as sessions 160 and 250.

231 MVe™ Dynamic Duo: Pilates and Yoga M
ZOEY TRAP, MSc
Alternate action! Feel the flow as you move between alternating sequences of MVe exercises and vinyasa yoga sequences set to music. Experience the best of both worlds as you develop your core, balance your body and stretch your mind and body on the MVe fitness chair.

232 Global Pilates M
KATHY COREY
An interesting look at embracing our international community by addressing continuity, breaking boundaries and creating a world community. From Istanbul to Moscow, from South America to Asia, where in the world is Pilates? This session explores the universality of the work with exercises that both unite the work and takes it to new international perspectives.

233 STOTT PILATES® Jumpboard Interval Training on the Reformer M
JOHN GAREY, MS
Learn to challenge and motivate your clients and classes using innovative and simple jumpboard combinations, separated with intervals of upper- and lower-body strength and flexibility exercises on the reformer. This ultimate cardio and strength interval class challenges your clients’ core and total-body strength, and elevates heart rate, while focusing on proper jumping technique. This new format keeps your clients and classes on the move. Repeated as session 186.

234 Creating Your Career Map as a Mind-Body Professional L
ELIZABETH LARKAM
There is a bright future for body-mind movement professionals. Design your own professional 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 client experiences. Repeated as session 323.

235 Coaching Students to Flow L
MARGARET MOORE, MBA
The theory of flow, a seminal theory of positive psychology developed by Mihaly Csikszentmihalyi, identifies the characteristics of the flow state proven to lead to life satisfaction. This session will teach basic principles of flow and how to coach clients to experience more flow. Repeated as session 254.

236 Lighting the Eyes of the Dragon, Understanding the Flow of Qi L
TED CHIBK, ND, DMQ
As the waterways move through the Earth, so to the qi flows in our body. This session will bring resolution to the mysteries of what qi is and its application to movement therapies. The ancient perspective of how one’s emotions move through the blood and how in the Chinese martial arts (Yang) and its medicine and healing movements (Yin) one can never separate body, mind and soul. Repeated as session 186.

237 Mind-Body Sleep Experience L
LINDA CAMMARATA, RN
Good sleep hygiene creates a solid foundation for physical health and emotional well-being. Participants will understand how to preserve and cultivate energy through consistent healthy sleep. We will explore how accumulating a “sleep debt” increases our probability of injury, decreases our awareness and is directly correlated with how we are feeling and performing throughout our day. Participants will conclude this class with a guided meditation to enhance deep relaxation and a restful, restorative night’s sleep.

238 Pilates-Based Sculpturing Techniques M
NORMA SHECHTMAN, MED, MA
Integrating the Pilates concept into your sculpting class can create a very effective and interesting workout. Learn some new cues, alignment and variations to bring home.

239 Qi-gong for Ener-qi L
LAWRENCE BISCINTINI, MA
Qiqong and tai chi are the raging chic exercise forms of the millennium. Experience energy work by learning the tenets backing the Eastern body-mind disciplines of both tai chi and qigong. Learn movements and forms that release physical chi within the body via free-flowing, yet controlled, muscular movement. Lawrence will share with both group exercise instructors and personal trainers some tai chi and qigong forms.

240 E-Motion Chakra/7-Door Movement and Meditation M
LAURA SACHS
This three-part class will tune in, move out and integrate. Opening with sensory awareness exercises, we will continue with free-form movement and end with guided meditation.

241 Raja Yoga: The Authentic Yoga Practice M
MEHRAD NAZARI, PhD
This authentic and time-tested classical style of Raja yoga is inclusive of all yogas. It combines the flowing physical postures, utilizing the breath with explanation of the yoga philosophy and psychological aspects of each pose. Mehrad, with his balanced approach, will guide you through a consciousness-based and joyful journey into the heart of yoga.

242 Correct with Confidence M
LEE LIPTON, MA
This practical session details the biomechanics of common asanas, giving participants a firm knowledge of postural cues for teaching yoga poses. Practical, useful and pertinent key points will help beginning instructors gain confidence, while more seasoned instructors can explore new ideas. Demonstration of common postural errors and how to correct students in a supportive, safe and noninvasive manner will follow.

243 Breast Cancer Water Workout M
MARY ESSERT
This workshop focuses on management of breast cancer and lymphedema through effective aquatic exercise. Class participants will identify effects on functional mobility and daily activities as they examine changes in the musculoskeletal system, cardiovascular function, strength, postural stability and psychosocial function due to treatment. Resources for further study are provided. Independence and self-management will be reinforced.

250 GYROKINESIS® Group Class M
CORI DOETZER
This is a class for those with no GYROTONIC® or GYROKINESIS experience. We will incorporate the fluid movements unique to GYROTONIC and GYROKINESIS methodologies to 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. Repeated as sessions 160 and 230.

251 Peak Pilates®: Getting the Dancer’s Body You Always Dreamed Of M
COLLEEN GLENN
Power is what you want to access to bring out the deep internal power and subtle elegance of an dancer. This Peak Pilates power circles class will turn you on to your core strength in a new way and help you access the axial lift, giving your limbs the freedom to move as you command. There is a focus on optimizing your natural movement and learning the exercises famous for developing those great dancer legs.

252 Rhythmic Journey: Reformer with Flow M
LESLIE BENDER
This beautiful flowing class is enhanced with motivational music. Each sequencing of movement is designed with a purpose and feeling. One move goes into the next with complete muscular symmetry. You will leave balanced and centered with this new and creative program.
253 STOTT PILATES® Matwork™ for Breast Cancer Patients M PJ O’CLAIR

Due to the amazing scientific advancements in care and treatment, many women survive breast cancer today than ever before. These women are often encouraged to seek out fitness programs to assist in their recovery and give them the strength and endurance they will need to resume an active lifestyle. This workshop discusses various types of treatments including surgeries and reconstruction and the exercise requirements for each.

254 Coaching Students to Flow L

MARGARET MOORE, MBA

The theory of flow, a seminal theory of positive psychology developed by Mihaly Csikszentmihalyi, identifies the characteristics of the flow state proven to lead to life satisfaction. This session will teach basic principles of flow and how to coach clients to experience more flow. Repeated as session 235.

255 Injury Prevention in Yoga and Pilates L

TERRY KANE, PT

Although yoga and Pilates are both excellent forms of exercise, there are some clients for whom they may be considered inappropriate. This session will describe some injuries seen in yoga and Pilates as well as a four- stage injury prevention program for instructors and program directors. Repeated as session 275.

256 Reiki for Everybody L

REBECCA CLEARY

As we deepen our body-mind practices, we are reawakened to the subtle flow of energy within ourselves. What is this force that our ancestors honored? How does it affect us today? How does it apply to fitness? Look for answers in this introduction to the ancient art of Reiki and the chakra system. Repeated as session 305.

257 Stress Management for Body, Mind and Spirit L

LARRY CAMMARATA, PhD

This workshop will provide participants with an understanding of how stress affects their health and well-being and an overview of key research findings. Participants will have an opportunity to experience stress management skills such as mindfulness, progressive muscular relaxation and cognitive restructuring. Learn how to integrate the wisdom of stress management into your personal life and professional roles.

258 The Golden Chain M

ANA CABAN

The beauty of Uncle Joe’s method is its seamless choreography, likened to a delicate golden chain. As an instructor, learn the secrets to lead your students through a seamless and challenging workout, linking the movements together as fluidly as a delicate golden chain.

259 Inspired by Prana and Power M

MARLA ERICKSEN

This format of combining various forms of soft martial arts and conscious movement delivers a technically sound, safe and highly effective workout that everyone can enjoy. “Power,” in this context, refers to the energy flow that animates us physically, emotionally and spiritually as we interact with life—PRANA. We will employ movement from Taoist yoga, tai chi, kickboxing and yoga to generate, harness and channel our power.

260 Partner Thai Massage M

KATE OLAFSON, MED

Make Thai yoga massage accessible, easy to follow and beneficial for all. The poses are presented with Metta, loving kindness, as the essence. The movements are fluid, simple and poetic, adhering to the tradition of classical Thai massage. The dance-like rhythms incorporate postures to help release tension and congestion throughout the entire body. The results are beneficial and releasing with both giver and receiver experiencing sensations of being stretched, relaxed and rejuvenated. Repeated as sessions 169 and 200.

261 Inner Workouts of Yoga M

MICHELE HEBERT and MEHRAD NAZARI, PhD

At the heart of yoga are its inner practices, which bring balance and harmony into our lives. You can only teach what you experience. Let yourself be guided effortlessly into deep relaxation, meditation, breathwork, chakra balancing and guided visualization by two master yoga teachers. Recharge, replenish and renew while experiencing an array of “spirit practices” to integrate into your classes.

262 Isotoner Ring M

MICHAEL KING

This workshop is a Pilates-based matwork class incorporating the Isotoner ring, also known as the magic circle. This small, portable piece of equipment adds challenge and variety to the original Pilates moves. Learn how the ring can change the focus, provide assistance and add strength to your classes or client’s program.

TIME BLOCK 4:45–6:35pm

Up to 2 CEC hours (unless otherwise indicated)

270 An Introduction to GYROTONIC® Methodology: “Meet the System” M

KAREN MULLEN, MS

This class is designed to provide the novice with their first opportunity to move on the GYROTONIC pulley tower unit. It will allow participants a chance to 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. Repeated as sessions 140 and 210.

271 Peak Pilates® Coaching Clinic M/L

ZOEY TRAP, MSc

Teaching Pilates is both an art and a science. Do you feel good about your Pilates skill, but less strong about your teaching skills? Learn how to improve your coaching skills to enhance client adherence and performance. Discover how we learn and unlock the secret of clear communication and learning strategies that will help you keep your clients motivated and moving.

272 Breath and Movement M

CECILE BANKSTON

With Pilates growing in popularity each year, we as teachers are faced with many clients who have a very difficult time connecting breath to movement. As teachers of this work, we know that this connection is essential to proper technique. Learn ways to teach your clients how to use breath in Pilates and also how to get your clients to utilize breath to facilitate movement.
274 How to Reduce Your Marketing Budget and Improve Your Effectiveness

JEFF BENSKY, PhD, MA
In today’s fast-paced world of interconnectivity, there is a battle going on for “mind share.” Your brain can only handle so much information, and cutting through it is critical. So, how can you market your services (typically on a limited budget) and be effective enough that people will absorb the message and take action? This session will help you understand the context and provide you with real-life examples so you can create your own experiences.

275 The Breathing Body and the Anatomy of the Core Support

LESLIE KAMINOFF
Learn the principles of core support and yoga. This session will convey a deep and rich appreciation of the process of respiration and the postural role of the diaphragm in exercise and movement. A simple, yet revolutionary view of breathing, and a demonstration on how breath mechanics and posture are inextricably linked. Repeated as session 165.


RALPH LA FORGE, MSc
This session is a review of the most pertinent new studies published in 2006-2007 and the practical application of their findings in teaching body-mind programs. Ten to 15 published peer-reviewed studies in body-mind medicine, yoga, qigong, tai chi, breathwork, Pilates, hostility management and body-mind approaches to disease prevention will be reviewed and discussed. This session's findings will provide a supportive framework for Part II.

277 Chakra Journey

SHERRI BAPTISTE
Experience a dynamic exploration of the chakras as a path of yogic transformation, healing and self-realization. This session includes a hatha session designed and sequenced to awaken and balance the chakras. Visualization, color breathing techniques and meditation will be practiced to awaken subtle awareness and bring balance to the chakras, leaving you with an overall sense of well-being.

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

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. Learn to use stones to stimulate the feet and the whole body. Integrate these techniques into your body-mind class! Repeated as session 308.

279 Meditation for Physical Mastery

MARLA ERICKSEN
Learn and apply simple techniques that can help you and your clients enter “the zone” or a “peak state of consciousness” during every workout or athletic pursuit. Enhanced kinaesthetic awareness, increased fitness response and heightened physical performance are just a few of the advantages you will gain by cultivating this kind of approach, not only in your fitness program, but in your life.

280 Release, Align, Renew

LINDA FREEMAN
Combine self-myofascial release techniques with Pilates and physical therapy movement technique on foam rollers to completely release, align and renew the body. This movement session will change the way you assess and train by providing the science and practical information needed to address the body's imbalances and apply functional alignment to Pilates mat movement. Repeated as session 325.

281 Connect Hand and Heart in Feldenkrais Awareness Through Movement®

ELIZABETH LARKAM
Feldenkrais Awareness Through Movement (ATM) classes consist of ingenious, verbally-guided movement sequences. Each lesson is organized around the improvement of a different aspect of human movement. The two ATM lessons included in this workshop create a structure for experiencing the relation of the hand, arm, shoulder, ribs, sternum and spine. The two ATM lessons are separated by an intermission for integration and discussion of the relation of attention and intention.

282 Nutritional Immunity for the 21st Century

JONNY BOWDEN, PhD, CNS
Why do some people get sick frequently while others almost never do? The answer lies in the strength of our immune systems. What can we do to boost immunity and increase resistance to illness, epidemic outbreaks and the daily stresses of life? You'll learn just how the immune system actually works, the influence of beliefs and stress on immunity and the simple nutritional strategies to strengthen immunity, protect your health, resist disease and premature aging and extend your life.

SUNDAY, SEPTEMBER 9

TIME BLOCK 8:00–9:50am

Up to 2 CEC hours (unless otherwise indicated)

300 GYROTONIC® Exercise for Certified Trainers: Building Blocks

KAREN MULLEN, MS, and BARBARA SCHWARZ
This class will look at the sometimes challenging task for new teachers in helping clients bridge the distance between exercises in the Level I syllabus and clients' physical limitations. We will look at modifications that help instructors create intermediate steps, allowing clients to move toward such exercises as simple twist and pull. NOTE: Must be GYROTONIC® Level I certified trainers.

301 Peak Pilates® Reformer Mat Challenge

COLLEEN GLENN
This workshop brings the reformer exercises to the mat for a dynamic, interesting and highly-effective workout. We will take selective exercises from the classical reformer and execute them on the floor in sequential order without the assistance of the springs. You will learn the important interdependent relationship between the mat and the reformer. This class will alter your thinking about both the mat and reformer.

302 The Inner Pilates Experience

MICHAEL FRITZKE and TON VOOGT
Joseph Pilates used to say, “The exercises will teach you the method.” This workshop will focus on the fine lines between safety, corrections, flow of movement and individual responsibility; promoting internal feedback and the body's inherent capability to teach itself.

303 STOTT PILATES® Toning Ball

KIM KRAUHSAR
This workshop incorporates the use of soft handheld toning balls while interactively teaching participants select exercises from the STOTT PILATES essential Matwork™ repertoire. The use of toning balls will not only target the rotator cuff, but will increase awareness and strength of the entire upper quadrant as well as core musculature. Cues and corrections for safety and effectiveness will be included.

304 Career Coaching from the Spa Experts

ISPA LEADERS
Gain knowledge about the careers of International SPA Association (ISPA) leaders and how they arrived at the top. Learn the important factors spa professionals take into account when making hiring and promoting decisions. Develop an evaluative framework for analyzing career options and making decisions for a successful career path in the spa industry. Understand the skills, aptitudes, talents and behaviors that are important in being a spa leader.
305 Reiki for Everybody
REBECCA CLEARY
As we deepen our body-mind practices, we are reawakened to the subtle flow of energy within ourselves. What is this force that our ancestors honored? How does it affect us today? How does it apply to fitness? Look for answers in this introduction to the ancient art of Reiki and the chakra system. Repeated as session 256.

306 The Science of Mindful Practices, Part II: Health and Disease Research
RALPH LA FORGE, MSc
This session is a good look at the science, but specifically the psychophysiology of hatha yoga, prayer, yogic breathing, meditation and other mindful practices. How this influences teaching and body-mind programming will be discussed. This session will also look at how mindful approaches to chronic disease management (e.g., cardiovascular disease, pre-diabetes, high blood pressure and depression) can lessen the unnecessary social and economic costs of health care.

307 The Sounds of Silence
LAURA SACHS
Combine indoor walking meditation, mantra and breath work to create a heightened experience of awareness and aliveness. Quiet the mind and enter into the inner silence of being. Use these breathing and mantra techniques to enhance your yoga and Pilates classes.

308 The Path of Awareness Using Stones in Your Mind-Body Practice
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. Learn to use stones to stimulate the feet and the whole body. Integrate these techniques in your body-mind class! Repeated as session 278.

309 Yoga: Movement as a Metaphor
PHYLLIS PILGRIM
This class uses classic yoga poses based on Iyengar yoga principles embodying a strong relationship to how you live your life. Discover the messages behind the movements so the poses have a deeper meaning and purpose for your practice. Mastering various yoga poses can help you to develop courage, heroism, strength and stability, while increasing your ability to focus and have balance and equanimity along with many other tools that offer an inner sense of calm and mastery over your body. During the yoga practice, the metaphors will be explained as they occur so that the experience is organic and interconnected, not only to the practice of yoga but also to the living of life.

310 Chakra Energy
BETH SHAW
Energize your practice and balance your chakras. Learn how the YogaFit format is custom tailored to achieve energetic results. This session will be informative and exciting!

311 Introduction to Classical Pilates Mat
MARI WINSOR
This class will deal with the principles of Pilates. You will learn how the principles of strength, flexibility and control apply to each exercise. We will break down the workout and put it back together at the end to show the dynamic flow of this workout. It is important to approach Pilates, or any other exercise regime, by focusing on the body-mind connection for great results. No prior experience is necessary.

312 Health, Fitness, Weight Loss and Life!
JONNY BOWDEN, PhD, CNS
How do you sort out truth from fact, and myth from fiction when it comes to weight loss, fitness and health? It’s a challenge for anyone! This entertaining session will help you understand why old solutions (eat less, exercise more) don’t work, the role of hormones, genetics, emotions and metabolism and what actually works for weight loss and what doesn’t. You’ll learn the top nine things you can do to create health and well-being, and develop an individual plan for your own life.

320 MVe™ Fitness Chair
ZOETY TRAP, MSC
Learn how to develop an ideal workout for seniors using the hottest new equipment on the market. Why settle for a simple chair workout when the MVe Fitness Chair provides so much more opportunity for programming? Come on, it’s easy!

321 The TRIADBALL™ and the Meridian Workout
MICHAEL FRITZKE and TON VOOGT
During this workout, we will perform exercises that will directly influence your qi. Qi is the basic life energy that encompasses all phenomena in nature. It is the dynamic interplay of living forces in nature as well as in human beings. This workout will focus on extending and expanding, which will liberate the energy within you.

322 STOTT PILATES® Prenatal Matwork™ with Stability Ball and Flex-Band® Exerciser
PJ O’CLAIR
Ideal for those wishing to start a new prenatal program or to boost an existing program, this interactive seminar reviews the most current research, medical information and exercise guidelines on pregnancy and movement. We’ll discuss the anatomical and physiological changes that occur during pregnancy, as well as the various risk factors through each trimester. Participants will learn safe, effective STOTT PILATES program choices.

“\To Learn, to remember, and to experience is our gift as human beings. By this process, we are forever changed. To stop learning is to stop changing. When we can demonstrate what we have learned, the universe will never leave us behind. Our change is our own evolution.”

—DR. JOE DISPENZA
**Scholarship Essay:**

**What is Your Wellness Passion?**

**Eligibility**

**This scholarship recognizes:**

1. Person(s) who strive to inspire the world to wellness through body, mind 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 in your community or clients, and a brief description of your financial situation for us to understand your financial hardship.

Please provide a two pages or less essay (single-sided, typed), a résumé (limit of one page) and a photograph of yourself.

Inner IDEA must receive your essay and information by **June 15, 2007** to be eligible.

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**Inner IDEA offers 3 Scholarships**

Recipient(s) receives a complimentary registration to the 2007 **Inner IDEA Conference.**

Accommodation and travel costs are not included in this scholarship.
Faculty Bios

CAROL ARGO has nearly two decades of fitness experience. She presents her innovative fusion programs worldwide integrating Nia®, Pilates, tai chi and yoga both on land and in the pool. Certifications: ACE, AFAA

MATT AVERSA is a GYROTONIC® Master Trainer and is vice president of GYROTONIC International Headquarters in Dingmans Ferry, Pennsylvania. He owns a teacher training facility in Milford, PA with his wife Cori.

ROBYN BAILIS is a gold certified personal trainer and a certified Pilates instructor. She has owned Center of Movement and Balance, a Pilates studio in Solana Beach, California since 1997.

CECILE BANKSTON has over 20 years experience in the Pilates method. She is assistant director of West Coast Pilates and is certified through both West Coast Pilates and the PhysicalMind Institute.

SHERRI BAPTISTE is a mind-body fitness specialist and founder of Baptiste Power of Yoga. She is the author of Yoga with Weights for Dummies, 2006.

LESLEE BENDER has been teaching Pilates and mind-body philosophy for over 10 years and teaching internationally for over 25 years. She brings a safer approach to Pilates training utilizing the mini ball. Certifications: ACE, AFAA, NASM

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 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 a master trainer for Resist-A-Ball® Gliding, and Smart Bells.

JONNY BOWDEN, PhD, CNS, is a nationally-known expert on weight loss and nutrition, a columnist for Muscle and Fitness magazine and the author of Living the Low-Carb Life.

ANA CABAN is the star of Gaiam’s Pilates video series and a Peak Pilates® senior teacher trainer. For nearly a decade, Ana has helped countless individuals improve their lives through Pilates. Certification: ACE

LARRY CAMMARATA, PhD, is a licensed clinical psychologist, wellness educator and instructor of tai chi with over 25 years of experience in the field of mind-body health and wellness.

LINDA CAMMARATA, RN, is a wellness specialist in the field of complimentary medicine. Linda creates wellness programs and teaches for the spa industry and healthcare organizations.

CHRISTINA CHRISTIE, PT, CCE, specializes in the evaluation and treatment of the women’s health patient. Christina developed the concept of the female chain reaction in conjunction with Gary Gray, PT, Functional Design Systems and Wynn Marketing.

TED CIBIK, ND, DMQ, is known for his diverse interests and training in science, healing, spirituality and martial arts. Ted is the executive director of Inner Strength, Inc.

REBECCA CLEARY is a Resist-A-Ball® master trainer, a continuing education provider for ACE and AFAA and an Independent Reiki Master. Certifications: ACE, AFAA

SUZANNE L. COHEN, EdD, is a licensed psychologist and provides psychotherapy to individuals, couples and groups in her office in Wellesley, Massachusetts. Suzanne is a certified group psychotherapist and a licensed Nia® instructor.

KATHY COREY is the founder and director of the West Coast Pilates national certification program. Kathy is recognized internationally as a leader and innovative educator in the Pilates community.

JAY DAVIS is an Olympic-class athlete and has studied Pilates under Romana Kryzanowska’s instruction. He has trained private clientele throughout the country for 10 years. Jay is based in Carmel, California, at Studio J Pilates.

RICK DEVEREUX would like to see the benefits of yoga brought to the tens of millions of aging Americans who need them. His articles, “Teach Yoga to Boomer Masses One-by-One” and “Multiply Your Profits,” appeared in the October issue of IDEA Fitness Journal.

BETHANY DIAMOND is the founder of Ovarian Cycle, Inc. and is a longtime contributor to the IDEA Water Fitness Committee. Bethany is a Nautilus® apparel council member and a master trainer for Nautilus, ACE and Resist-A-Ball®. Certifications: ACE, AFAA, ACSM

CORI DOETZER is a GYROTONIC® and GYROKINESIS® Master Trainer and is a New York state licensed massage therapist. She is the co-owner of The Root Awakening® Studio, a teacher training facility in Milford, Pennsylvania.

MARLA ERICKSEN is a yoga and fitness leader, teacher and trainer. She is an international presenter, owner of Empower M.E. Lifestyles and was the 2002 Can-Fit-Pro Canadian Fitness Presenter of the Year. Certification: ACE

MARY ESSERT is an aquatics and rehabilitation educator, water fitness instructor for the American Red Cross and Arthritis Foundation, and an instructor for AEA, Cancer Wel- Fit and the MS Society. She is a Watsu® and Jala practitioner. Certification: ACE

LORNA FRANCIS, PhD, is a certified life coach, writer and international speaker. She was a university professor in exercise science and recipient of the IDEA Lifetime Achievement Award.

LINDA FREEMAN is a Pilates and group fitness director as well as a personal trainer for a large fitness and racquet club. She is the owner of Guru Fitness and a master trainer for several educational companies. Certification: ACE

MICHAEL FRITZKE is a Pilates master teacher and international presenter, certified Pilates teacher trainer, personal trainer, Reiki practitioner and co-creator of ZENIRGY, the TRIADBALL™.

JOHN GAREY, MS, is the owner of two Pilates studios in California. He is a STOTT PILATES® certified instructor and holds a master’s degree in adult fitness.

RONDA GATES, MS, is founder and chief executive officer of LIFESTYLES by Ronda Gates, providing health promotion experiences to support healthy lifestyle change from a physical, mental, social, emotional and spiritual perspective. Certification: ACE

SEBASTIEN GENDRY is the founder of the American School of Laughter Yoga and currently serves as world operations director for Laughter Yoga International. He is the author of the book From Zero to Laughter In 0.5 Seconds.

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 HEBERT is a master yoga and meditation guide, natural nutritionist 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.

LESLIE KAMINOFF is a yoga educator inspired by the tradition of T.K.V. Desikachar. He is recognized internationally with 27 years of teaching yoga, breath anatomy and bodywork.

TERRY KANE, PT, is a former Olympic physical therapist and has spoken at ACSM and IDEA conferences throughout Canada, the UK and Asia. He currently practices in Calgary, Alberta, and operates postrehabexercise.com.

MICHAEL KING has worked with Pilates for over 27 years. After working for the Houston Ballet Company, he worked in the Voight Centre in Los Angeles. Michael is currently the director of the Pilates Institute.

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

STACEY LEI KRAUSS is a consultant for SFResources, a Nike Athlete, and a master trainer for Nautilus®, Balletone, BODYREV®, BOSU® and CorePole, specializing in barefoot training techniques. Stacey is also a freelance writer. Certifications: ACE, AFAA, ACSM, RAPHL LA FORGE, MSc, is the managing director of the Duke University Lipid Clinic and Disease Management Preceptorship Program at Duke University Medical Center in North Carolina. He is also a past research editor for IDEA Fitness Journal.
Faculty Bios

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

Christina Leon holds certifications in spinning, yoga, kickboxing and more. Christina’s mission is to integrate holistic health and fitness led her to become a color therapist and Reiki master. Certifications: AFAA, NASM

Dorri Li is the creator of the Dorri Li Kung Fu Step and Step Circuit Workout video series. She is a co-founder of the Boston Kung Fu Tai Chi Institute and currently teaches classes in the Boston area. Certification: AFAA

Lee Lipton, MA, is an avid fitness and yoga instructor, health educator, published author and licensed physician assistant. Lee has enjoyed over 20 years of teaching, presenting and training instructors with functional, practical and useful advice. Certification: ACE

Catherine Logan, MSPT, is a licensed physical therapist, an ACE-certified personal trainer and a Pilates instructor. Catherine specializes in post-rehabilitation fitness and sports performance. Certification: ACE

Stacy McCarthy is a yoga and fitness consultant. She is a former regional program director for Club One and a former world champion athlete. Certification: ACE

Moira Merritnew is the co-founder of STOTT PILATES®. Moira is the featured performer and creator of more than 60 videos, author of numerous technical manuals and published articles, and a sought-after presenter and media personality.

Margaret Moore, MBA, founded Wellcoaches Corporation in 2000 to establish professional wellness coaching as an 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 owner of SynergySystems Fitness Studio in Encinitas, California, specializing in Pilates, GYROTONIC® exercises, certification courses, CEC workshops, and sessions for the general public. Certification: ACE

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 and an international presenter. PJ O’Clair has 25 years experience working with industry trailblazers such as STOTT PILATES®, Healthworks Fitness and Canyon Ranch. She is the founder and director of clubXcel in Hamilton, Massachusetts.

Kate Olafson, MED, is the yoga program coordinator and fitness specialist at Rancho La Puerta Resort and Spa in Tepatitlán, Baja Mexico. She also teaches yoga and Thai massage workshops at various locations around the world. Certification: AFAA

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 co-creators of The Nia® Technique, an international body-mind-spirit fitness and personal growth program that integrates martial arts, dance arts and healing arts. Certifications: ACE, AFAA, ACSM

Kathryn Ross-Nash is a 23-year veteran of the Pilates Method, has a 2nd degree black belt and is AFAA fitness certified. She is an experienced demonstrator of the advanced work for Romana Kryzanowska in her videos, Pilates style and at many conferences.

Laura Sachs is the creator of the E-Motion® Mind/Body Fitness video and of relaxation and yoga walk programs. Laura has written articles for numerous publications including IDEA Fitness Journal and American Fitness Magazine. Certifications: ACE, AFAA

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 is a teacher, founder, director and contributing researcher at the Chronic Pain Institute and the co-author of Yoga With Weights for Dummies, 2006.

Beth Shaw is the creator and founder of Yogafit®, and the celebrated author of Yogafit! She holds a degree in health marketing and has lectured and trained instructors throughout the United States and Europe.

Norma Svehltman, MED, MA, was named the 2003 ACE Group Fitness Instructor of the Year. She is currently the Pilates coordinator for The Sports Club in Los Angeles and Orange County. Certifications: ACE, AFAA

Kirk Smith is a certified Muscle Activation Techniques® (MAT) specialist. Kirk has held MAT workshops at the Spaulding Rehabilitation Hospital in Boston and at Indiana University. Kirk strives to understand each client’s unique needs.

Zoey Trap, MSC, is a Peak Pilates® Master Trainer and has written educational programs for many fitness companies, including Life Fitness, Nautilus® and Keiser, as well as creating training and certifications for European fitness organizations. Certifications: ACE, AFAA

Moses Urbano is a student of Romana Kryzanowska since 1998, a Romana’s Pilates certified Level 3 instructor and the owner of StudioMo, a private Pilates studio in San Diego, California.

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®.

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

Nicki Winston, MBA, is an internationally-renowned teacher of tai chi. She developed the first tai chi program at the Golden Door Spa and regularly presents at the Miraval Spa and the Caroline Myss Education Institute.

Brandi Woodard is the creator of a mind-body cardiovascular technique called Yodates®. She has presented at The Yoga Expo in Los Angeles and nationally for health, recreation, physical education and dance conferences.

Veronica Zador is the president of the International Association of Yoga Therapists. She is the vice chair for Yoga Alliance and a committee member for the National Dialogue to Advance Integrated Health Care. Veronica is a national and international yoga teacher.

“..."What a joy to be a part of an event where everyone was present—smiling, joyful, happy to be. There was such a level of commitment, awareness and eagerness to learn that one couldn’t help but be inspired.”

—Zoey Trap, MSG,
Event Details

Event: Inner IDEA® Conference
Date: September 6–9, 2007
Location: Palm Springs, California
Headquarter Hotel: La Quinta Resort & Club

Advanced Registration Deadline
Tuesday, July 31, 2007

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. 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.

Real-time Session Selection
You asked for it, and now we have it. We are excited to introduce real-time session selection processing for this event. After you register for the event, you will be able to select the sessions you want to attend. You no longer have to submit three choices per time block. Select from all open sessions. No more waiting to find out what sessions you will be enrolled in, you will know immediately. So register today!

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.

If Received: Administrative Fee:
Before 7/27/07 $50
7/27/07–8/17/07 $100
After 8/17/07 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 Information**

**La Quinta Resort & Club**
49-499 Eisenhower Drive
La Quinta, CA 92253
760.564.4111
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, over 50 hot tubs and 35 treatment rooms at the hacienda-styled Spa La Quinta.

**Special Inner IDEA Room Rate**
Single/Double $157 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 10, 2007. Reservations received after the cutoff date of August 10, 2007, 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.

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**Travel Information**

**Airline Travel**
A 5% discount is available from American Airlines. You can ticket online at [www.aa.com](http://www.aa.com) or use your own travel agent. Make sure you reference the code below.

Enter code **A9287AI** in the aa.com discount code box. Certain restrictions apply.

American Airlines AUTHORIZATION NUMBER **A9287AI**

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 $10.00 USD for tickets purchased via the phone or $15.00 USD for tickets purchased at the airport. 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: **A9287AI**.

**Transportation**
For full details on your transportation options, go to [www.palm-springs.org](http://www.palm-springs.org) and click on the “Get Here” tab for driving and airport information.
REGISTRATION FORM

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

1 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 6, 2007

<table>
<thead>
<tr>
<th>Session Description</th>
<th>ADVANCE REG Postmarked by 7/31/07</th>
<th>REGULAR REG After 7/31/07</th>
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<td>010 Power of Yoga Intensive Training</td>
<td>$175</td>
<td>$195</td>
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<tr>
<td>Inner IDEA Attendee</td>
<td></td>
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<tr>
<td>Non Inner IDEA Attendee</td>
<td>$195</td>
<td>$225</td>
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<tr>
<td>011 Peak Performance and Well-Being—Positive Psychology Coaching in Action</td>
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<td>$195</td>
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<tr>
<td>Inner IDEA Attendee</td>
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<tr>
<td>Non Inner IDEA Attendee</td>
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3 EVENT FEES*  September 6–9, 2007

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<th>Session Description</th>
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<th>REGULAR REG After 7/31/07</th>
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<td>Inner IDEA Registration Fee</td>
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*Event fees do not include preconference fees.

4 TOTAL PAYMENT DUE

PRECONFERENCE FEES $ __________
EVENT FEES $ __________
TOTAL DUE $ __________

For group registrations, please contact 800.462.1876.

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 # __________________________

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 Body-Mind-Spirit Sessions
- Welcome Reception on September 6
- Breakfast and Lunch on September 7 & 8
"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