
KICK-OFF (1h)

LA: 8:00 – 9:00 AM (PDT)
NY: 11:00 – 12:00 PM (EDT)
EU: 5:00 – 6:00 PM (CEST)
JP: 12:00 – 1:00 AM (JST)



The History of Pilates. Visions, Purpose and Power *Kathy Corey*

The story of Joseph Pilates' life from his birthplace to the development of his work is as rich and interesting as the Pilates Technique itself.

SPECIAL SESSION (1H)

LA: 9:00 – 10:00 AM (PDT)
NY: 12:00 – 1:00 PM (EDT)
EU: 6:00 – 7:00 PM (CEST)
JP: 1:00 – 2:00 AM (JST)



Spiraldynamik® – The Missing Link between Pilates and Anatomy? *Dr. Christian Larsen*

Description: The objective of the 40-45 minute lecture will be to inspire and improve your own pilates practice by providing you with a comprehensive and practical understanding of your body, as well as its functional autonomy. The lecture will cover four main topics: First, we will travel back in time and examine Nature's blueprint of the human body. By studying the evolution of locomotion, we will gain a clearer understanding of why the human body is the way it is today. Next, we will look at the body as ONE functional unit - that is, how its hardware (bones, joints, ligaments, muscular fascia) and its software (archaic movement programs and body intelligence) work together in synergy. The third leg will bring together what we have learned so far. We will examine the systematics of lengthening, arching, and spiral movements from head to toe. Finally, we will have the opportunity to engage in an interactive discussion about the implications of functional anatomy for both Pilates practitioners and teachers.

PRE-CONFERENCE (3H15MIN)

LA: 10:15 AM – 1:45 PM (PDT)
NY: 1:15 – 4:45 PM (EDT)
EU: 7:15 – 10:45 PM (CEST)
JP: 2:15 – 5:45 AM (JST)



Find the missing links *Lolita San Miguel*

Join Lolita San Miguel, 85 years old and a true force of nature, for an extensive Workshop in which Lolita will guide you through her Classical Mat Pilates sequence, layering movements step by step, giving you insights on how to build a class.



Pilates and Spiraldynamik® *Michael Fritzke & Ton Voogt*

Spiraldynamik® is a breakthrough in movement science. It is not a technique like Pilates or Yoga. It is the ultimate user's guide to the body and works in every aspect of your life both personal and professional.



Pilates plus Psyche *Mary Bowen*

Mary will explain the practical tool of Jungian Typology in the teaching and learning of Pilates and/or everything else!!



> DAY 1

Saturday July 11, 2020

SESSION 1: WORKOUT (1H)

LA: 6:00 – 7:00 AM (PDT)
NY: 9:00 – 10:00 AM (EDT)
EU: 3:00 – 4:00 PM (CEST)
JP: 10:00 – 11:00 PM (JST)



The Original Mat work (30m)

Miguel Silva

Let's do our return to life mat work and feel all the energy running in our body after the session.



Mat Movement Flow

Kathy Corey

This class is a progressive and contemporary approach to the Pilates Matwork exercises.



Working Out With Unconditional Friendliness: Be your Own Partner *Deborah Kolwey*

Join Me for a relaxed but challenging Pilates mat class.

SESSION 2: WORKSHOP & MEET YOUR TEACHER (2H30MIN)

LA: 7:15 – 9:45 AM (PDT)
NY: 10:15 AM – 12:45 PM (EDT)
EU: 4:15 – 6:45 PM (CEST)
JP: 11:15 PM - 1:45 AM (JST)



Embodied Pilates

Wendy LeBlanc-Arbuckle

Core as Relationship... with Gravity, Ourselves, One Another and Our Environment



Wunda Chair

Michael Fritzke & Ton Voogt

The Pilates method continues to evolve and new versions and variations continue to be created.



The Red Thread® of the Hundred

Kathryn Ross-Nash

This WORKSHOP will take a deep look into The Red Thread Method of Pilates®.



The Spine Corrector – functional training for the spine *Kathy Corey*

The Spine Corrector provides the essential support to the maximize dimensional movement of the spine through its varied ranges of motion.

SESSION 3: WORKSHOP (2H30M)

LA: 10:15 – 12:45 AM (PDT)
NY: 1:15 – 3:45 PM (EDT)
EU: 7:15 – 9:45 PM (CEST)
JP: 2:15 – 4:45 AM (JST)



Skill Acquisition, Development and Progressions of Exercises in Pilates *Brett Howard*

In this workshop students will view a selection of Pilates exercise and examine the movement skills involved in the exercises ...



From Joe and Clara to now – as experienced by Mary Bowen *Mary Bowen*

How Pilates has changed - will always change - and yet still remains the same



Tech Neck

Zoey Trap

Tech Neck happen when people spend too much time with their head and neck extended too far ...

SESSION 4: ROUND TABLE DISCUSSION (1H)

LA: 1:15 – 2:15 PM (PDT)
NY: 4:15 – 5:15 PM (EDT)
EU: 10:15 – 11:15 PM (CEST)
JP: 5:15 – 6:15 AM (JST)



SESSION 5: MASTERCLASS (1H30M)

LA: 2:30 – 4:00 PM (PDT)
NY: 5:30 – 7:00 PM (EDT)
EU: 11:30 PM – 1:00 PM (CEST)
JP: 6:30 – 8:00 AM (JST)



Rhythm and Dynamics a powerful tool
Jean-Claude Nelson

This class will focus on using different rhythmic patterns and a variety of dynamics to challenge your Pilates practice on the Mat.



Masterclass
Elizabeth Larkam

Invigorate your Pilates Mat Practice! Description: Joe Pilates created his movement system decades ahead of awareness of fascia-focused movement and biotensegrity. Pilates principles, attributes of fascia-focused movement and biotensegrity principles frequently align. Experience familiar and novel expressions of Side Leg Kick, Roll Up, Roll Over, Leg Pull Front, Leg Pull Back, Side Bend Twist, Single Leg Kick, and more. No props required. All levels welcome.



Masterclass
Lolita San Miguel

Join Lolita San Miguel, 85 years old and a true force of nature, for an extensive Workshop in which Lolita will guide you through her Classical Mat Pilates sequence, layering movements step by step, giving you insights on how to build a class. Experience Lolita demonstrating all of her work, while teaching you the links that connect each movement in her Matwork sequence. A unique experience for you to get more insights about the WHY and HOW of her work.

> DAY 2

Sunday July 12, 2020

SESSION 1: WORKOUT (1H)

LA: 6:00 – 7:00 AM (PDT)
NY: 9:00 – 10:00 AM (EDT)
EU: 3:00 – 4:00 PM (CEST)
JP: 10:00 – 11:00 PM (JST)



Little props and foot work *Blossom Leilani Crawford*

Matwork class with Blossom Leilani Crawford. The focus of this class is getting up and down from the floor. We will do warm up exercises from Blossom and Kathy Grant. We will move onto Mr. Pilates traditional Matwork vocabulary. By the end of class we will get up from the ground and explore Pilates arm weight exercises and use some light hand weights



Social Distancing Mat *Tetsuo Yoshida*

This Mat class is consisted of a short warm up section, intermediate level Pilates Mat exercises (with some challenging variations) ...



Spine Corrector Surprises! *Clare Dunphy Hemani*

We think of the Spine Corrector as the apparatus of choice for individual needs exercises to open up the chest, shoulders, and hips.

SESSION 2: WORKSHOP & MEET YOUR TEACHER (2H30MIN)

LA: 7:15 – 9:45 AM (PDT)
NY: 10:15 – 12:45 AM (EDT)
EU: 4:15 – 6:45 PM (CEST)
JP: 11:15 PM -1:45 AM (JST)



The Legacy of Eve Gentry: Beyond Imprinting, Releasing into Alignment ... *Deborah Kolwey*

In this workshop, I will introduce movement and breathing patterns as taught to me by Eve Gentry.



Connecting with the Reformer *Miguel Silva*

The proposal for this workshop is to work on our basic reformer and choose the most suitable system for each of the exercises according...



Creating the Optimal Learning Environment *Brent Anderson*

Dr. Brent will be teaching on the topic of Motor Learning, and explore how to create positive movement experiences for our clients.

SESSION 3: WORKOUT (1H)

LA: 10:15 – 11:15 AM (PDT)
NY: 1:15 – 2:15 PM (EDT)
EU: 7:15 – 8:15 PM (CEST)
JP: 2:15 -3:15 AM (JST)



Work the Wall *Zoey Trap*

Take advantage of a free and available prop – the wall- to enhance body awareness and spice up your classes.



Spine Corrector Reformer Flow *Brooke Siler*

This class will be a smooth & steady flow through a variety of Reformer exercises on the Pilates Spine Corrector.



Mat class *Ton Voogt & Michael Fritzke*

Michael and Ton will guide you through a mat class that combines their own unique style with the work of Joseph Pilates and The Elders.

SESSION 4: MASTERCLASS PROPS (1H30MIN)

LA: 11:30 AM – 1:00 PM (PDT)
NY: 2:30 – 4:00 PM (EDT)
EU: 8:30 – 10:00 PM (CEST)
JP: 3:30 – 5:00 AM (JST)



Eve Gentry – life, legacy and equipment!
Kevin Bowen

Kevin Bowen will show you the original Pilates equipment pieces that belonged to Eve Gentry.



The Baby Chair
Kathryn Ross-Nash

No one leaves Baby in the Corner! Learn the “Lift” of Pilates and how amazing this little Baby can be!



Embodying YOUR Breathing Spine + Whole Body Core
Wendy LeBlanc-Arbuckle

Would you like to explore a way of BEING with yourself, within your Pilates practice, that is fluid and embodied, ...

SESSION 5: LIVE UNITED WORKOUT (1H30M)

LA: 1:15 PM – 2:45 PM (PDT)
NY: 4:15 PM – 5:45 PM (EDT)
EU: 10:15 PM – 11:45 AM (CEST)
JP: 5:15 AM - 6:45 AM (JST)

