

2009 Inner IDEA® Conference, Palm Springs, CA
Thursday, September 10 – Sunday, September 13
(Preconference Sessions, September 10, 2009)

The American College of Sports Medicine (ACSM) and World Instructor Training School (W.I.T.S.) will accept courses approved by ACE for continuing education credits.

IDEA does not determine which sessions qualify for credit or the number of credits. Please contact your certifying agency with any questions.

Session #	Title	Presenter		ACE	ACSM	AFAA	PMA
PRECONFERENCE SESSIONS— Thursday, September 10, 2009, 9:00AM–3:00PM							
010	STOTT PILATES® Golf Conditioning on the Reformer STOTT PILATES® Golf Conditioning on the V2 Max Plus™	John	Garey, MS	0.00	0.0	3.0	5.0
011	Secrets to Successful Yoga Adjustments	Stacy	McCarthy	0.40	4.0	3.0	0.0
012	Nia®—The Body's Way: Nia's Somatic Anatomy Training	Debbie	Rosas	0.00	0.0	4.0	0.0
Thursday, September 10, 2009, 3:00–4:50PM							
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)							
100	GYROKINESIS® Format 1	Karen	Mullen, MS	0.20	2.0	1.5	0.0
101	ExeRcise is Medicine—Fitness and Medical Professionals Unite!	Pamela	Peeke, MD, MPH, FACP	0.20	2.0	2.0	0.0
102	STOTT PILATES® Ultimate Body Sculpting	PJ	O'Clair	0.20	2.0	1.5	0.0
103	Yoga, Creativity and the Law of Karma	Michele Mehrad	Hebert Nazari, PhD	0.20	2.0	2.0	0.0
104	Imagery for a Strong and Healthy Spine	Eric	Franklin	0.20	2.0	1.5	1.5
Friday, September 11, 2009, 6:30–7:30AM							
Sessions in this time block are 1 hour (unless otherwise indicated)							
200	A Sunrise Walk in the Full Presence of Life	Lorna	Francis, PhD	0.00	0.0	0.5	0.0
201	Labyrinth Walking Meditation	Phyllis	Pilgrim	0.00	0.0	0.5	0.0
202	Wake Up to the Sun—The Flow and Rhythm of Surya Namaskara	Stacy	McCarthy	0.00	0.0	0.5	0.0
Friday, September 11, 2009, 8:45–10:35AM							
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)							
210	GYROKINESIS® Format 1	Karen	Mullen, MS	0.20	2.0	1.5	0.0
211	STOTT PILATES® Essential Reformer on the V2 Max Plus™	John	Garey, MS	0.20	2.0	1.5	2.0
212	BBU®: Strong Core—Fluid Spine on the Reformer	Tom	McCook	0.00	0.0	1.5	2.0
213	Peak Pilates®: MVe® Chi Flow Chair	Zoey	Trap, MSc	0.20	2.0	1.5	0.0
214	Fearless Eating: No Deprivation or Guilt	Michelle	May, MD	0.20	2.0	2.0	0.0
215	Polished, Professional, Personal and Profitable	Kay	Cross, Med	0.20	2.0	1.5	2.0
216	STOTT PILATES® Intense Sculpting Challenge, Flex-Band®, Level 4	PJ	O'Clair	0.20	2.0	1.5	0.0
217	Relax Your Neck, Liberate Your Shoulders	Eric	Franklin	0.20	2.0	1.5	1.5
218	Balance and the Aging Factor—A Question of Balance	Megan	Scott, PhD	0.00	0.0	1.5	0.0
Friday, September 11, 2009, 10:55AM–12:45PM							
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)							
230	GYROTONIC® Lecture/Demonstration	Barbara	Schwarz	0.00	0.0	1.5	0.0
231	STOTT PILATES® Group Reformer Class—Teaching Skills and Programming Choices	PJ	O'Clair	0.20	2.0	1.5	0.0
232	BBU®: The Pilates Chair	Tom	McCook	0.00	0.0	1.5	2.0
233	Peak Pilates®: MVe® Split-Pedal Chair Progressions	Zoey	Trap, MSc	0.20	2.0	1.5	0.0
234	Mindful Eating: Eat Less, Enjoy More	Michelle	May, MD	0.20	2.0	2.0	0.0
235	Time Management 101	Kay	Cross, MEd	0.20	2.0	2.0	2.0
236	BBU®: Creative Pilates Mat With Rollers and Resistance Bands	Nora	St. John	0.20	2.0	1.5	2.0
237	Yoga Tune Up®: Core Integration	Jill	Miller	0.00	0.0	1.5	0.0
238	Nia®—Sensory IQ	Debbie	Rosas	0.20	2.0	1.5	0.0
Friday, September 11, 2009, 2:30–4:20PM							
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)							

250	GYROTONIC® Lecture/Demonstration	Barbara	Schwarz	0.00	0.0	1.5	0.0
251	STOTT PILATES® Jumpboard Interval Training, Level 1	John	Garey, MS	0.20	2.0	1.5	2.0
252	BBU®: Flowing on the EXO™ Chair	Nora	St. John	0.20	2.0	1.5	2.0
253	Peak Pilates®: The Reformer Series	Colleen	Glenn	0.20	2.0	2.0	2.0
254	Building a Strong Foundation for Your Business	Rick	Stollmeyer	0.20	2.0	2.0	2.0
255	The Last Four Doctors You Will Ever Need	Paul	Chek	0.20	2.0	2.0	0.0
256	Yoga: The Powerful Tool for Metabolic Enhancement, Weight Loss and Anti-Aging	Megan	Scott, PhD	0.00	0.0	1.5	0.0
257	Breathe In, Bliss Out—Conscious Relaxation and Yoga Nidra	Jill	Miller	0.00	0.0	1.5	0.0
258	SHAKTI: The Experience 2009	Lawrence	Biscontini, MA	0.20	2.0	1.5	0.0
Friday, September 11, 2009, 7:30–8:30PM							
Sessions in this time block are 1 hour (unless otherwise indicated)							
270	<i>Special Time: 7:00–8:30PM</i> STOTT PILATES® Jumpboard Interval Training, Level 2	John	Garey, MS	0.10	1.0	0.5	1.5
271	Healthy Sleep	Phyllis	Pilgrim	0.00	0.0	1.0	0.0
272	Experience Is How You Use It!	Deborah	Szekely	0.00	0.0	1.0	0.0
273	Nia®—Dancing Through Life	Debbie	Rosas	0.10	1.0	0.5	0.0
Saturday, September 12, 2009, 6:30–7:30AM							
Sessions in this time block are 1 hour (unless otherwise indicated)							
300	Labyrinth Walking Meditation	Phyllis	Pilgrim	0.00	0.0	0.5	0.0
301	A Sunrise Walk in the Full Presence of Life	Lorna	Francis, PhD	0.00	0.0	0.5	0.0
Saturday, September 12, 2009, 8:45–10:35AM							
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)							
310	Mat Pilates and Stretch With Flexcushion™	Katherine Kimberly	Corp Corp	0.20	2.0	1.5	0.0
311	STOTT PILATES® Intermediate Stability Chair	PJ	O'Clair	0.20	2.0	1.5	0.0
312	BBU®: Strength Versus Mobility—Balancing the Shoulder on the Reformer	Tom	McCook	0.00	0.0	1.5	2.0
313	Peak Pilates®: Beyond Mat on the Reformer	Colleen Zoey	Glenn Trap, MSc	0.20	2.0	1.5	2.0
314	Wellness, Health and Self-Sabotage	Ray	Gin, DC	0.00	0.0	2.0	2.0
315	You Are What You Metabolize	Kay	Rice, MEd	0.00	0.0	2.0	2.0
316	Meditation 101: Creating Sacred Space	Michele	Hebert	0.20	2.0	1.5	0.0
317	Pelvic Power for Core Integration	Eric	Franklin	0.20	2.0	1.5	1.5
318	Nia®—The Five Developmental Stages: A Path to Realignment and Self-Healing	Debbie	Rosas	0.20	2.0	1.5	0.0
Saturday, September 12, 2009, 10:55AM–12:45PM							
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)							
330	Mat Pilates and Stretch With Flexcushion™	Katherine Kimberly	Corp Corp	0.20	2.0	1.5	0.0
331	STOTT PILATES® Intermediate Stability Chair—Functional Applications	John	Garey, MS	0.20	2.0	1.5	2.0
332	Pilates for Scoliosis	Kathy	Corey	0.00	0.0	1.5	2.0
333	Advanced Reformer Challenge	Cathleen	Murakami	0.20	2.0	1.5	0.0
334	Turn Your Website Into a Profit Center	Rick	Stollmeyer	0.20	2.0	1.5	2.0
335	Relax Deeply With Autogenic Training	Larry	Cammarata, PhD	0.20	2.0	2.0	0.0
336	Hard Core, Peace Core	Lawrence	Biscontini, MA	0.20	2.0	1.5	0.0
337	Spirited Vinyasa—Practices and Philosophy	Mehrad	Nazari, PhD	0.00	0.0	1.5	0.0
338	Yoga Tune Up®: Hips	Jill	Miller	0.00	0.0	1.5	0.0
Saturday, September 12, 2009, 2:30–4:20PM							
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)							
350	Yoga With Flexcushion™	Laura	Sachs	0.20	2.0	1.5	0.0
351	Nia®—The Four Realms of Conscious Moving	Debbie	Rosas	0.20	2.0	1.5	0.0
352	The Integrated Reformer	Kathy	Corey	0.00	0.0	1.5	2.0

353	Peak Pilates®: MVe® Reformer Jump!	Michael Ton	Fritzke Voogt	0.20	2.0	1.5	0.0
354	Stress, Emotions and Chronic Disease	Ray	Gin, DC	0.00	0.0	2.0	2.0
355	Accessing Our Body's Intelligence	Kay	Rice, MEd	0.20	2.0	2.0	2.0
356	Add-On Pilates™—Intermediate Mat	Kathryn	Ross-Nash	0.00	0.0	1.5	0.0
357	Already Perfect	Kelly	McGonigal, PhD	0.00	0.0	1.5	0.0
358	Reformer Flow Choreography	Michael	King	0.20	2.0	1.5	0.0
Saturday, September 12, 2009, 7:30–8:30PM							
Sessions in this time block are 1 hour (unless otherwise indicated)							
370	<i>Special Time – 6:00 – 7:30PM</i> A Sunset Walk in the Full Presence of Life	Lorna	Francis, PhD	0.00	0.0	1.25	0.0
371	Exhale—Choreography Fit Ball Pilates	Michael	King	0.10	1.0	0.5	0.0
372	Mat Pilates and Stretch With Flexcushion™	Katherine Kimberly	Corp Corp	0.10	1.0	0.5	0.0
373	Moonlight Meditation	Lawrence	Biscontini, MA	0.00	0.0	0.5	0.0
Sunday, September 13, 2009, 6:30–7:30AM							
Sessions in this time block are 1 hour (unless otherwise indicated)							
400	Sunrise Yo-Chi®	Lawrence	Biscontini, MA	0.00	0.0	0.5	0.0
Sunday, September 13, 2009, 7:40–9:30AM							
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)							
410	Feldenkrais®: Awareness Through Movement	Betsy	Ingalls	0.00	0.0	1.5	0.0
411	Foundational Beaming™	June David	Kahn Mesirow	0.20	2.0	1.5	0.0
412	Ageless Strength and Flexibility	Norma	Shechtman, MEd, MA	0.20	2.0	1.5	2.0
413	Joseph Pilates, by the Book	Michael Ton	Fritzke Voogt	0.20	2.0	2.0	0.0
414	Vinyasa: Movement as a Yoga Practice	Kia	Miller	0.00	0.0	1.5	0.0
415	Add-On Pilates™—Advanced Mat	Kathryn	Ross-Nash	0.00	0.0	1.5	0.0
416	Forever Young With Pilates	Mari	Winsor	0.00	0.0	1.5	0.0
417	Breathe Life Into Your Poses	Kelly	McGonigal, PhD	0.00	0.0	1.5	0.0
418	Prana Flow: Spark the Heart of Radiant Health	Shannon Paige	Schneider	0.00	0.0	1.5	0.0
Sunday, September 13, 2009, 9:40–10:50AM							
Sessions in this time block are 1 hour, 10 minutes (unless otherwise indicated)							
430	Awakening Awareness Through Feldenkrais®	Betsy	Ingalls	0.00	0.0	.75	0.0
431	BEAM-LATES™	June	Kahn	0.10	1.0	.75	0.0
432	Restorative Balance	Norma	Shechtman, MEd, MA	0.10	1.0	.75	2.0
433	Roll Your Stress Away	Michael Ton	Fritzke Voogt	0.10	1.0	.75	0.0
434	Laughter Yoga: World Peace Through Intentional Hilarity	Jeffrey	Briar	0.00	0.0	.75	0.0
435	Yo!-lates: The Ultimate Union of Challenge	Cathleen	Murakami	0.10	1.0	.75	0.0
436	Reformer on the Mat	Mari	Winsor	0.00	0.0	.75	0.0
437	Eight Mindful Movements of Qigong	Larry	Cammarata, PhD	0.00	0.0	.75	0.0
438	Prana Flow: The Mandala of Transformation	Shannon Paige	Schneider	0.00	0.0	.75	0.0

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