

# Faculty Bios

What makes the Inner IDEA program experience so unique and so highly rated by its participants? Presence. Every Inner IDEA session and instructor is selected for their effectiveness in providing a mindful, balanced experience that acknowledges and uplifts your mind, body and spirit. The innovative Inner IDEA curriculum challenges existing paradigms with diverse, cutting-edge topics and research. Leading presenters from around the globe welcome the opportunity to engage with you—Inner IDEA's unique community of passionate, dedicated wellness professionals.

**Diane Ambrosini, MA**, is director of Yoga Club in East San Diego County. She co-authored *Instructing Hatha Yoga* and has presented yoga workshops internationally. She blends her educational background in biomechanics with the wisdom and insights of traditional yoga philosophy in her teaching of yoga, fitness and hands-on yoga teacher training programs.

**Leslee Bender** is founder of The Pilates Coach and has certified thousands of trainers internationally in Pilates training. She has produced over 25 DVDs and her Bender Method™ of training was voted best short form fitness commercial.

**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 professionals 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 is a master trainer for Resist-A-Ball®, Gliding™ and Smart Bells®. He possesses multiple personal training and group certifications, and is a registered Yoga Alliance teacher.

**Ana Cabán** is the star of Gaiam's award-winning Pilates video series. She was certified by Romana Kryzanowska and has owned Pilates studios in both Miami and Los Angeles. For more than a decade, Ana has helped countless individuals improve their lives through Pilates.

**Larry Cammarata, PhD**, is a licensed psychologist, wellness educator and instructor of tai chi chuan with over 25 years of experience in the field of mind-body health and wellness. In his spare time, he is a professional musician who has performed locally, nationally and internationally.

**Linda Cammarata, RN**, is a registered yoga teacher, energy therapist, life coach and wellness consultant in the field of complementary medicine. Linda creates wellness programs and teaches for the spa industry, health care organizations and corporations.

**Scott Cole** has presented in over 30 countries and appeared on the Food Network, CNN, *The View*, WebMD and in over 500 publications in his mission to "increase wellness literacy."

**Kathy Corey** is the owner and director of West Coast Pilates and the developer of the CORE Band™. She travels worldwide teaching workshops, training and certifying teachers. An active leader in the Pilates community for almost 30 years, Kathy is a valued member of the advisory boards for Inner IDEA and *Pilates Style* magazine.

**Dennis Dean** is the owner and senior teacher at The Yoga Mandiram in Cardiff, California. Formerly a senior teacher at the Ashtanga Yoga Center in Encinitas, Dennis has over 20 years of teaching experience and has traveled the world presenting at yoga retreats, workshops and master classes.

**Lorna Francis, PhD**, brings 30 years of experience as a university professor, author, international speaker and certified life coach to her interactive presentations. As a fitness and wellness professional, Lorna has published extensively and has received numerous honors for her contributions to the fitness field, including two lifetime achievement awards.

**Michael Fritzsche** is a Pilates master teacher, international presenter, certified personal trainer and Reiki practitioner. He is co-creator of the TRIADBALL™, several independently run Pilates certification programs and two Pilates video/DVD lines for professionals and consumers.

**John Garey, MS**, has studied Pilates for more than 10 years. The owner of two Pilates studios in California, he is a STOTT PILATES®-certified instructor and holds a master's degree in adult fitness. *American Fitness Magazine* chose John as one of the top six instructors in the United States.

**Sebastien Gendry** is the founder and director of the American School of Laughter Yoga and one of the most senior figures in the international laughter club movement. He currently represents laughter yoga in the U.S. and is known for his ability to inspire and empower others.

**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 Hébert** is a master yoga and meditation teacher, natural nutritionist, author 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.

**Rael Isacowitz, MA**, is a 30-year veteran teacher and recognized international Pilates expert. He is the founder of Body Arts and Science International™ and author of *Pilates (Human Kinetics)*, a definitive text for Pilates professionals.

**Frank and Serpil Iszak** are yoga and Pilates practitioners and instructors. They are founders and executive directors of Silver Age Yoga Community Outreach, an award-winning charitable organization delivering free yoga classes to needy seniors. Their teamwork has garnered numerous awards at the local, state and national levels.

**Kathy Lee Kappmeier, PT**, holds degrees in physical therapy and psychology. She is a certified childbirth educator with over 25 years experience in teaching teachers and presenting at conferences. Kathy Lee's work has been published in scientific journals and she is the co-author of the book *Instructing Hatha Yoga*.

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

**Len Kravitz, PhD**, is the program coordinator of exercise science and a researcher at the University of New Mexico in Albuquerque where he recently won the Outstanding Teacher of the Year award.

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**Ralph La Forge, MSc**, is a physiologist and board-certified clinical lipid specialist. He is currently the managing director of the cholesterol disorder physician education program at Duke University Medical Center in Durham, North Carolina, and he has published over 300 professional and consumer publications on exercise science and preventive medicine.

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

**Lee Lipton, MA**, is an avid fitness and yoga instructor, health educator, published author and licensed physician assistant. Lee is the health and fitness manager for Apple Inc. and a faculty member for the University of California, Davis department of family and community medicine.

**Stacy McCarthy** holds a bachelor's degree in exercise science and is a well-respected conference teacher at some of the industry's most renowned conventions. She is a former regional program director for Club One and a former world champion athlete.

**Tom McCook** is the founder and director of Center of Balance and a nationally-recognized fitness and movement specialist. A personal trainer since 1984, Tom designs programs for health and life performance for working professionals, people rehabilitating from injuries and world-class athletes.

**Margaret Moore, MBA**, founded Wellcoaches Corporation in 2000 to establish professional wellness coaching as in 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 the director of SynergySystems® Fitness Studio in Encinitas, California, specializing in Pilates and GYROTONIC® exercise. She is a veteran presenter at numerous IDEA conventions, an author and a producer of educational DVDs.

**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 (ACE) and an international presenter.

**Suzette O'Byrne** is a yoga therapist, personal trainer and sought-after international presenter specializing in core stability, indoor cycling and yoga therapy. She holds a bachelor's degree in kinesiology and is a registered Yoga Alliance teacher at the 500 level.

**PJ O'Clair** is the owner of Northeast Pilates, New England's largest STOTT PILATES®-licensed training center with locations in Massachusetts, Rhode Island and New Hampshire. She is a continuing education provider with 20 years of experience offering workshops in Pilates training, applied anatomy, stability ball and yoga.

**Pamela Peeke, MD, MPH, FACP**, is chief medical correspondent for Discovery Health TV and host of the *National Body Challenge* series, as well as the *Fit to Live* show. Dr. Peeke is a Pew Foundation Scholar in nutrition and metabolism, assistant professor of medicine at the University of Maryland and adjunct senior scientist at the National Institutes of Health. Dr. Peeke is an appointee to the Maryland Governor's Council on Fitness, a member of Oprah's O team of medical experts, an in-studio expert for the *Today Show* and CNN and the author of *Fight Fat After Forty*, *Body for Life for Women* and *Fit to Live*.

**Phyllis Pilgrim** is the education director of Body-Mind-Spirit and Specialty Week Programs at Rancho La Puerta Fitness Resort. She also teaches yoga, meditation, labyrinth and meditation walks.

**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 creators of the Nia® Technique, an international mind-body-spirit fitness and lifestyle program taught in 40 countries by over 1750 licensed teachers. Since 1983, their focus has been on mind-body-spirit education and program development.

**Katy Santiago, MS**, is director of the Restorative Exercise Institute in Ventura, California. She holds undergraduate and graduate degrees in kinesiology. Her workshops on the physics of wellness are conducted throughout the United States, and have been featured in many national publications.

**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 teaches at California Pacific Medical Center, the Institute for Health and Healing and the University of the Pacific School of Dentistry. She is the founder, director and contributing researcher at the Chronic Pain Institute and the co-author of *Yoga With Weights for Dummies*.

**Kirk Smith** is owner of the Kirk Smith Studio in Bloomington, Indiana, where he practices Muscle Activation Techniques™ and teaches movement. He works with elite athletes as well as with seniors.

**Nora St. John** has been teaching Pilates in studio, group and post-rehabilitation settings for over 18 years. She is the education program director for Balanced Body University.

**Deborah Szekely** is founder of the world-class spas Rancho La Puerta and Golden Door. A spa industry pioneer, Deborah has dedicated more than 65 years to defining and enhancing the spa experience. She is the recipient of the first Inner IDEA Inspiration Award.

**Zoey Trap, MSc**, is a Peak Pilates® master trainer. She holds a master's degree in exercise science and has written educational programs for many fitness companies, including Life Fitness, Nautilus® and Keiser®.

**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™.

**Kimberly Williams** is a practitioner of ashtanga yoga as taught by Sri K. Pattabhi Jois and presented in the Yoga Sutras. In addition to teaching yoga internationally, she has pioneered workshops in chanting the Yoga Sutras and facilitating a transformational educational experience, a revelation of sound and knowledge.

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