

Programming Grid

	GYROTONIC®	PILATES REFORMER	PILATES MAT	YOGA	INTEGRATIVE MOVEMENT	MINDFULNESS AND MEDITATION	HEALTH, NUTRITION, RESEARCH & WELLNESS	BUSINESS AND LIFESTYLE COACHING	OUTDOOR SESSIONS
THURSDAY, SEPTEMBER 11					THURSDAY, SEPTEMBER 11				
TIME BLOCK A 3:15–5:05pm <i>Up to 2 CEC hours</i>	105 GYROTONIC® Building Blocks—Exercises for Certified Trainers M Mullen/Schwarz	103 STOTT PILATES® V2 Max Plus™ Golf Conditioning M Garey		101 Restful and Restorative Poses M Kappmeier	100 Buddha Camp M Biscontini 102 Nia®—Moving Meditation M Rosas/Rosas			104 Manifesting Spirit in the Business of Fitness L Murakami	
5:30–7:30pm	Opening Ceremony & Keynote Presentation				Opening Ceremony & Keynote Presentation				
7:30–8:30pm	Welcome Reception				Welcome Reception				
FRIDAY, SEPTEMBER 12					FRIDAY, SEPTEMBER 12				
TIME BLOCK B 6:30–7:15am <i>Morning Experience; No CECs Offered</i>						200 The Labyrinth: A Meditation Walk M Pilgrim			200 The Labyrinth: A Meditation Walk M Pilgrim
7:00–8:00am	Hosted Mindful Breakfast				Hosted Mindful Breakfast				
TIME BLOCK C 8:15–10:05am <i>Up to 2 CEC hours</i>	210 An Introduction to GYROTONIC® Methodology: “Meet the System” M Schwarz	211 STOTT PILATES® Athletic Conditioning on the Edge M Garey 212 Balanced Body University: Mindfulness on the Reformer M McCook 213 Peak Pilates®: MVE™ Perfect Pair: Chair and Reformer Combo M Trap 216 Chakra-lates: Empower Your Energy Centers M Murakami		218 Self Mastery Through Raja Yoga M Nazari 219 Why Invert? Face Your Fear of Falling M McCarthy 220 Finding Stability in an Unstable Environment M O’Byrne 221 Silver Age Yoga M Iszak/Iszak	216 Chakra-lates: Empower Your Energy Centers M Murakami 217 SHAKTI™ 2008: The Experience M Biscontini 220 Finding Stability in an Unstable Environment M O’Byrne		214 Integrative Fitness: The New Science of BodyMind Fitness L Peeke	215 Balanced Body University: Creating Your Career Map as a Mind-Body Professional L Larkam	
TIME BLOCK D 10:25am–12:15pm <i>Up to 2 CEC hours</i>	230 An Introduction to GYROTONIC® Methodology: “Meet the System” M Mullen <i>Special Time: 10:25am–12:05pm</i>	231 STOTT PILATES® Vertical Frame Workshop M Garey 232 Pilates, Biomechanics and Reality M Isacowitz 233 Realignment of the Chakras Through Movement M Bender	236 STOTT PILATES® Stability Ball Challenge M O’Clair	237 Yoga Power and Tai Chi Grace M Cole 238 Blending Styles to Fit Your Classes M Ambrosini/Kappmeier 239 Yin Yang Yoga M Hébert	237 Yoga Power and Tai Chi Grace M Cole 240 Nia®—The Five Stages of Healing M Rosas/Rosas	237 Yoga Power and Tai Chi Grace M Cole	234 Exercise is Medicine: How to Benefit from Teaming with Health Care Professionals L Peeke 235 Top 10 Mind-Body Research Trials: Lessons Learned L La Forge		
12:30–1:40pm	Hosted Lunch				Hosted Lunch				
TIME BLOCK E 1:50–3:40pm <i>Up to 2 CEC hours</i>	261 An Introduction to GYROKINESIS® M Schwarz <i>Special Time 2:00–3:40pm</i>	250 STOTT PILATES® Essential Pilates on the Edge M Kraushar 251 Myofascial Meridians on the Pilates Arc™ and Allegro® M Larkam 252 Peak Pilates®: MVE™ Reformer Energy M Glenn	256 The Inner Unit M Murakami	258 1,2,3 Stress-Free With Yoga Nidra M Nazari 259 Working From the Inside Out—A Healthy Body and Flexible Back M McCarthy 260 Yoga—Movement as a Metaphor M Pilgrim	256 The Inner Unit M Murakami 257 Discover Tai Chi M Cole			253 How to Become a Positively Brilliant Facilitator, Part 1 L Reding 254 The New Balance L Moore 255 Mass Customization: Making It Work! L Bensky	
TIME BLOCK F 4:00–5:30pm <i>Up to 1 CEC hour</i>		270 STOTT PILATES® V2 Max Plus™ Programming, Workshop 1 M O’Clair 271 The Art of Asymmetrical Exercise M Corey 272 Fabulous Functional Reformer M Bender	276 STOTT PILATES® Pilates on the Green, Level 2 M Garey	278 Yoga for the Core M O’Byrne 279 Utilize Power(ful) Yoga to Connect With the Core and the Breath M Ambrosini/Kappmeier	277 PurposeFit™ M Biscontini 280 Nia® Sounding: Blending Voice and Breath M Rosas/Rosas	277 PurposeFit™ M Biscontini	273 Forming Relationships With Medical Groups—Key Considerations L La Forge 274 Relax Deeply With Autogenic Training L Cammarata	273 Forming Relationships With Medical Groups—Key Considerations L La Forge 275 Transformation—Making It Stick! L Bensky	
TIME BLOCK G 7:30–8:30pm <i>Evening Experience; No CECs Offered</i>				290 Laughing Yoga M Gendry		291 Moon Meditation M Biscontini			

KEY **M** Movement Session **L** Lecture **M/L** Movement/Lecture **P** Panel Discussion

Please bring your water bottle, towel, blanket, yoga mat and straps as they will not be provided.

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SATURDAY, SEPTEMBER 13									
TIME BLOCK H 6:30–7:15am <i>Morning Experience; No CECs Offered</i>				300 Laughing Yoga <i>M Gendry</i>		301 The Labyrinth: A Meditation Walk <i>M Pilgrim</i>			301 The Labyrinth: A Meditation Walk <i>M Pilgrim</i>
7:00–8:00am	Hosted Mindful Breakfast				Hosted Mindful Breakfast				
TIME BLOCK I 8:15–10:05am <i>Up to 2 CEC hours</i>	310 An Introduction to GYROTONIC® Methodology: "Meet the System" <i>M Mullen</i>	311 STOTT PILATES® Intermediate Pilates on the Edge <i>M Kraushar</i> 312 Reaching Higher Ground: The Advanced Pilates Repertoire <i>M Isacowitz</i> 313 Peak Pilates®: MVE™ Reformer Synergy <i>M Trap</i>	317 Intermediate to Advanced Matwork <i>M Winsor</i>	314 Laughter is the Best Medicine <i>M Gendry</i> 318 Yoga Power and Tai Chi Grace <i>M Cole</i> 319 Unlocking Your Personal Power <i>M McCarthy</i>	318 Yoga Power and Tai Chi Grace <i>M Cole</i> 320 Nia®—Awakening the Sacred Athlete Within <i>M Rosas/Rosas</i>	318 Yoga Power and Tai Chi Grace <i>M Cole</i>	315 Mindful Exercise for Chronic Disease <i>L La Forge</i> 316 Support and Strengthen Your Immune System <i>L Cammarata</i>		
TIME BLOCK J 10:25am–12:15pm <i>Up to 2 CEC hours</i>	331 An Introduction to GYROKINESIS® <i>M Schwarz</i> <i>Special Time 10:25am–12:05pm</i>	332 STOTT PILATES® V2 Max Plus™ Programming, Workshop 2 <i>M O'Clair</i> 333 Balanced Body University: Mindfulness in Pilates <i>M McCook</i>	336 TRIADBALL™ Excel! 2008 <i>M Fritzke/Voogt</i>	337 Restorative Exercise for Spinal Alignment <i>M Santiago</i> 338 Yoga Therapy: Free Your Body, Open Your Mind <i>M Scott</i> 339 Journey to the Interior <i>M Williams</i> 340 Sound Healing and Yoga <i>M Hébert</i>	340 Sound Healing and Yoga <i>M Hébert</i>	330 Experience is How You Use It <i>L Szekely</i> <i>Special Time 10:25–11:25am</i> 333 Balanced Body University: Mindfulness in Pilates <i>M McCook</i>	335 Strategies to Enhance Fat Metabolism <i>L Kravitz</i>	330 Experience is How You Use it <i>L Szekely</i> <i>Special Time 10:25–11:25am</i> 334 The Future of Pilates <i>P Corey/Garey/Isacowitz/Winsor</i>	
12:30–1:40pm	Hosted Lunch				Hosted Lunch				
TIME BLOCK K 1:50–3:40pm <i>Up to 2 CEC hours</i>	361 GYROKINESIS® Format 2 Group Class <i>M Mullen</i> <i>Special Time 2:00–3:40pm</i>	350 STOTT PILATES® Prenatal Pilates on the Reformer <i>M Kraushar</i> 351 Embracing the Differences on the Reformer <i>M Corey/Fritzke/Voogt</i> 352 Peak Pilates®: Reformer Split Series <i>M Glenn</i>	356 Advanced Mat Work: A Warm-Up and Conditioning Routine <i>M Isacowitz</i>	358 Yoga and a Firm Foundation <i>M Williams</i> 359 YESOLOGY: The Energy Meridians of Movement <i>M Dean</i>	357 Feldenkrais Awareness Through Movement® <i>M Larkam</i> 360 Eight Mindful Movements of Qigong <i>M Cammarata</i>	355 It's Easy Being Green <i>L Biscontini</i> 357 Feldenkrais Awareness Through Movement® <i>M Larkam</i> 360 Eight Mindful Movements of Qigong <i>M Cammarata</i>	354 The Science of Breathing <i>L Kravitz</i>	353 How to Become a Positively Brilliant Facilitator, Part 1 <i>L Reding</i>	
TIME BLOCK L 4:00–5:30pm <i>Up to 1 CEC hour</i>		370 STOTT PILATES® Athletic Conditioning, Level 2 <i>M Garey</i> 372 Intermediate and Advanced Reformer for Instructors <i>M Winsor</i>	371 Balanced Body University: Roll, Release, Relax <i>M St. John</i> 377 Pilates Total Toning <i>M Cabán</i> 380 STOTT PILATES® Prenatal Pilates <i>M O'Clair</i>	378 Strength Training for Your Yoga Practice <i>M Scott</i>	376 The Path of Awareness Using Stones in Your Mind-Body Practice <i>M Smith</i> 379 Nia®—The Five Sensations of Feeling Fitness <i>M Rosas/Rosas</i>	374 Living in the Full Presence of Life <i>L Francis</i> 376 The Path of Awareness Using Stones in Your Mind-Body Practice <i>M Smith</i>		373 How to Become A Positively Brilliant Facilitator, Part 2 <i>L Reding</i> 374 Living in the Full Presence of Life <i>L Francis</i> 375 The Tao of Negotiation <i>L Nazari</i>	
TIME BLOCK M 7:30–8:30pm <i>Evening Experience; No CECs Offered</i>					390 Nia®—Music Movement Magic <i>M Rosas/Rosas</i>				
SUNDAY, SEPTEMBER 14									
TIME BLOCK N 7:40–9:30am <i>Up to 2 CEC hours</i>			400 STOTT PILATES® Active Aging, Level 2 <i>M O'Clair</i> 401 Balanced Body University: Feel Good Pilates Mat Workout <i>M St. John</i> 402 Peak Pilates®: Mindful Mat <i>M Glenn</i>	407 The Hidden Energy Wave <i>M Dean</i> 408 Yoga Therapy: Free Your Body, Open Your Mind <i>M Scott</i> 411 Correct with Confidence: Biomechanics, Part 1 <i>L/D Lipton</i>	405 Meridians and Movement <i>M Fritzke/Voogt</i> 406 The Path of Awareness Using Stones in Your Mind-Body Practice <i>M Smith</i> 409 Nia®—FloorPlay: Grounded Conditioning <i>M Rosas/Rosas</i>	404 Mindfulness Meditation: The Power of Presence <i>L Cammarata</i> 405 Meridians and Movement <i>M Fritzke/Voogt</i> 406 The Path of Awareness Using Stones in Your Mind-Body Practice <i>M Smith</i> 407 The Hidden Energy Wave <i>M Dean</i> 408 Yoga Therapy: Free Your Body, Open Your Mind <i>M Scott</i> 410 Full Presence Sensory Walking <i>M Francis</i>	403 Winning at Losing: The Truth About Successful Weight Loss <i>L Kravitz</i> 411 Correct With Confidence: Biomechanics, Part 1 <i>M/L Lipton</i>		410 Full Presence Sensory Walking <i>M Francis</i>
TIME BLOCK O 9:40–10:40am <i>Up to 1 CEC hour</i>			420 Peak Pilates®: The Natural Dancer <i>M Glenn/Trap</i> 424 STOTT PILATES® Prenatal on the Mat <i>M Kraushar</i> 427 Pilates Body Band® Challenge <i>M Cabán</i>	423 Correct With Confidence: Practice, Part 2 <i>L Lipton</i> 426 Vinyasa Yoga and the Breath <i>M Williams</i>	425 Listening to Stones as a Path to Deep Awareness <i>M Smith</i>	425 Listening to Stones as a Path to Deep Awareness <i>M Smith</i> 426 Vinyasa Yoga and the Breath <i>M Williams</i>	421 Awaken Your Senses <i>L Cammarata</i> 422 Female Fysics <i>L Santiago</i> 423 Correct With Confidence: Practice, Part 2 <i>L Lipton</i>		
10:50–11:15am	Closing Ceremony				Closing Ceremony				

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