

Programming Grid

	Pilates Reformer	Pilates Mat (and other Pilates formats)	Yoga	Mindfulness & Meditation	Integrative Movement	GYROTONIC®	Health Nutrition Research Wellness	Business Lifestyle Coaching	Outdoor Sessions
THURSDAY, SEPTEMBER 10—Preconference Sessions					THURSDAY, SEPTEMBER 10—Preconference Sessions				
9:00am–2:50pm	010 STOTT PILATES® Golf Conditioning on the Reformer and the V2 Max Plus™ Reformer (M) <i>Garey</i> Special Time: 11:00am–2:50pm		011 Secrets to Successful Yoga Adjustments (M) <i>McCarthy</i> Special Time: 11:00am–2:50pm		012 Nia®—The Body’s Way: Nia’s Somatic Anatomy Training (M) <i>Rosas</i>				
THURSDAY, SEPTEMBER 10—Inner IDEA Conference Sessions					THURSDAY, SEPTEMBER 10—Inner IDEA Conference Sessions				
TIME BLOCK A 3:00–4:50pm <i>Up to 2 CEC hours</i>		102 STOTT PILATES® Ultimate Body Sculpting (M) <i>O’Clair</i>	103 Yoga, Creativity and the Law of Karma (L) <i>Hébert/Nazari</i>		104 Imagery for a Strong and Healthy Spine (M) <i>Franklin</i>	100 GYROKINESIS® Format 1 (M) <i>Mullen</i>	101 ExeRcise Is Medicine—Fitness and Medical Professionals Unite! (L) <i>Peeke</i>	101 ExeRcise Is Medicine—Fitness and Medical Professionals Unite! (L) <i>Peeke</i>	
5:30–7:30pm	Opening Ceremony & Keynote Presentation With Steve D’Annunzio				Opening Ceremony & Keynote Presentation With Steve D’Annunzio				
7:30–8:30pm	Welcome Reception				Welcome Reception				
FRIDAY, SEPTEMBER 11					FRIDAY, SEPTEMBER 11				
TIME BLOCK B 6:30–7:30am <i>Morning Experiences</i> <i>No CECs available</i>			202 Wake Up to the Sun—The Flow and Rhythm of Surya Namaskara (M) <i>McCarthy</i>	200 A Sunrise Walk in the Full Presence of Life (M) <i>Francis</i> 201 Labyrinth Walking Meditation (M) <i>Pilgrim</i>	200 A Sunrise Walk in the Full Presence of Life (M) <i>Francis</i> 201 Labyrinth Walking Meditation (M) <i>Pilgrim</i>				200 A Sunrise Walk in the Full Presence of Life (M) <i>Francis</i> 201 Labyrinth Walking Meditation (M) <i>Pilgrim</i> 202 Wake Up to the Sun—The Flow and Rhythm of Surya Namaskara (M) <i>McCarthy</i>
7:30–8:30am	Breakfast <i>Please see page 9 for additional details.</i>				Breakfast <i>Please see page 9 for additional details.</i>				
TIME BLOCK C 8:45–10:35am <i>Up to 2 CEC hours</i>	211 STOTT PILATES® Essential Reformer on the V2 Max Plus™ (M) <i>Garey</i> 212 BBU®: Strong Core—Fluid Spine on the Reformer (M) <i>McCook</i>	213 Peak Pilates®: MVe® Chi Flow Chair (M) <i>Trap</i> 216 STOTT PILATES® Intense Sculpting Challenge, Flex-Band®, Level 4 (M) <i>O’Clair</i>	218 Balance and the Aging Factor—A Question of Balance (M) <i>Scott</i>		217 Relax Your Neck, Liberate Your Shoulders (M) <i>Franklin</i> 218 Balance and the Aging Factor—A Question of Balance (M) <i>Scott</i>	210 GYROKINESIS® Format 1 (M) <i>Mullen</i>	214 Fearless Eating: No Deprivation or Guilt (L) <i>May</i>	215 Polished, Professional, Personal and Profitable (L) <i>Cross</i>	
TIME BLOCK D 10:55am–12:45pm <i>Up to 2 CEC hours</i>	231 STOTT PILATES® Group Reformer Class—Teaching Skills and Programming (M) <i>O’Clair</i>	232 BBU®: The Pilates Chair (M) <i>McCook</i> 233 Peak Pilates®: MVe® Split-Pedal Chair Progressions (M) <i>Trap</i> 236 BBU®: Creative Pilates Mat With Rollers and Resistance Bands (M) <i>St. John</i>	237 Yoga Tune Up®: Core Integration (M) <i>J. Miller</i>	238 Nia®—Sensory IQ (M) <i>Rosas</i>	238 Nia®—Sensory IQ (M) <i>Rosas</i>	230 GYROTONIC® Lecture/Demonstration (M) <i>Schwarz</i>	234 Mindful Eating: Eat Less, Enjoy More (L) <i>May</i>	235 Time Management 101 (L) <i>Cross</i>	
1:00–2:15pm	Lunch <i>Please see page 9 for additional details.</i>				Lunch <i>Please see page 9 for additional details.</i>				
TIME BLOCK E 2:30–4:20pm <i>Up to 2 CEC hours</i>	251 STOTT PILATES® Jumpboard Interval Training, Level 1 (M) <i>Garey</i> 253 Peak Pilates®: The Reformer Series (L) <i>Glenn</i>	252 BBU®: Flowing on the EXO™ Chair (M) <i>St. John</i>	256 Yoga: The Powerful Tool for Metabolic Enhancement, Weight Loss and Anti-Aging (M) <i>Scott</i> 257 Breathe In, Bliss Out—Conscious Relaxation and Yoga Nidra (M) <i>J. Miller</i>	257 Breathe In, Bliss Out—Conscious Relaxation and Yoga Nidra (M) <i>J. Miller</i>	258 SHAKTI: The Experience 2009 (M) <i>Biscontini</i>	250 GYROTONIC® Lecture/Demonstration (M) <i>Schwarz</i>	255 The Last Four Doctors You Will Ever Need (L) <i>Chek</i> 256 Yoga: The Powerful Tool for Metabolic Enhancement, Weight Loss and Anti-Aging (M) <i>Scott</i>	254 Building a Strong Foundation for Your Business (L) <i>Stollmeyer</i>	
TIME BLOCK F 7:00–8:30pm <i>Evening Experiences</i> <i>No CECs available</i>	270 STOTT PILATES® Jumpboard Interval Training, Level 2 (M) <i>Garey</i>			273 Nia®—Dancing Through Life (M) <i>Rosas</i> Special Time: 7:30–8:30pm	273 Nia®—Dancing Through Life (M) <i>Rosas</i> Special Time: 7:30–8:30pm		271 Healthy Sleep (L) <i>Pilgrim</i> Special Time: 7:30–8:30pm 272 Experience Is How You Use It! (L) <i>Szekely</i> Special Time: 7:30–8:30pm	272 Experience Is How You Use It! (L) <i>Szekely</i> Special Time: 7:30–8:30pm	



Programming Grid

	Pilates Reformer	Pilates Mat (and other Pilates formats)	Yoga	Mindfulness & Meditation	Integrative Movement	GYROTONIC®	Health Nutrition Research Wellness	Business Lifestyle Coaching	Outdoor Sessions
SATURDAY, SEPTEMBER 12					SATURDAY, SEPTEMBER 12				
TIME BLOCK G 6:30–7:30am <i>Morning Experiences</i> <i>No CECs available</i>				300 Labyrinth Walking Meditation (M) <i>Pilgrim</i> 301 A Sunrise Walk in the Full Presence of Life (M) <i>Francis</i>	300 Labyrinth Walking Meditation (M) <i>Pilgrim</i> 301 A Sunrise Walk in the Full Presence of Life (M) <i>Francis</i>				300 Labyrinth Walking Meditation (M) <i>Pilgrim</i> 301 A Sunrise Walk in the Full Presence of Life (M) <i>Francis</i>
7:30–8:30am	Breakfast Please see page 9 for additional details.			Breakfast Please see page 9 for additional details.					
TIME BLOCK H 8:45–10:35am <i>Up to 2 CEC hours</i>	312 BBU®: Strength Versus Mobility—Balancing the Shoulder on the Reformer (M) <i>McCook</i> 313 Peak Pilates®: Beyond Mat on the Reformer (M) <i>Glenn/Trap</i>	310 Mat Pilates and Stretch With Flexcushion™ (M) <i>Corp/Corp</i> 311 STOTT PILATES® Intermediate Stability Chair (M) <i>O'Clair</i>	316 Meditation 101: Creating Sacred Space (M) <i>Hébert</i>	316 Meditation 101: Creating Sacred Space (M) <i>Hébert</i>	316 Meditation 101: Creating Sacred Space (M) <i>Hébert</i> 317 Pelvic Power for Core Integration (M) <i>Franklin</i> 318 Nia®—The Five Developmental Stages: A Path to Realignment and Self-Healing (M) <i>Rosas</i>		314 Wellness, Health and Self-Sabotage (L) <i>Gin</i> 315 You Are What You Metabolize (L) <i>Rice</i>		
TIME BLOCK I 10:55am–12:45pm <i>Up to 2 CEC hours</i>	332 Pilates for Scoliosis (M) <i>Corey</i> 333 Advanced Reformer Challenge (M) <i>Murakami</i>	330 Mat Pilates and Stretch With Flexcushion™ (M) <i>Corp/Corp</i> 331 STOTT PILATES® Athletic Conditioning on the Stability Chair (M) <i>Garey</i>	337 Spirited Vinyasa—Practices and Philosophy (M) <i>Nazari</i> 338 Yoga Tune Up®: Hips (M) <i>J. Miller</i>	335 Relax Deeply With Autogenic Training (L) <i>Cammarata</i>	336 Hard Core, Peace Core (M) <i>Biscontini</i>			334 Turn Your Website Into a Profit Center (L) <i>Stollmeyer</i>	
1:00–2:15pm	Lunch Please see page 9 for additional details.			Lunch Please see page 9 for additional details.					
TIME BLOCK J 2:30–4:20pm <i>Up to 2 CEC hours</i>	352 The Integrated Reformer (M) <i>Corey</i> 353 Peak Pilates®: MVe® Reformer Jump! (M) <i>Fritzke/Voogt</i> 358 Reformer Flow Choreography (M) <i>King</i>	356 Add-On Pilates™—Intermediate Mat (M) <i>Ross-Nash</i>	350 Yoga With Flexcushion™ (M) <i>Sachs</i> 357 Already Perfect (M) <i>McGonigal</i>	357 Already Perfect (M) <i>McGonigal</i>	351 Nia®—The Four Realms of Conscious Moving (M) <i>Rosas</i>		354 Stress, Emotions and Chronic Disease (L) <i>Gin</i> 355 Accessing Our Body's Intelligence (L) <i>Rice</i>		
TIME BLOCK K 6:00–8:30pm <i>Evening Experiences</i> <i>Up to 1 CEC hour</i>		371 Exhale—Choreography Fit Ball Pilates (M) <i>King</i> Special Time: 7:30–8:30pm 372 Mat Pilates and Stretch With Flexcushion™ (M) <i>Corp/Corp</i> Special Time: 7:30–8:30pm		370 A Sunset Walk in the Full Presence of Life (M) <i>Francis</i> Special Time: 6:00–7:30pm 373 Moonlight Meditation (M) <i>Biscontini</i> Special Time: 7:30–8:30pm	370 A Sunset Walk in the Full Presence of Life (M) <i>Francis</i> Special Time: 6:00–7:30pm 373 Moonlight Meditation (M) <i>Biscontini</i> Special Time: 7:30–8:30pm				370 A Sunset Walk in the Full Presence of Life (M) <i>Francis</i> Special Time: 6:00–7:30pm 373 Moonlight Meditation (M) <i>Biscontini</i> Special Time: 7:30–8:30pm
SUNDAY, SEPTEMBER 13					SUNDAY, SEPTEMBER 13				
TIME BLOCK L 6:30–7:30am <i>Morning Experience</i>			400 Sunrise Yo-Chi® (M) <i>Biscontini</i>		400 Sunrise Yo-Chi® (M) <i>Biscontini</i>				400 Sunrise Yo-Chi® (M) <i>Biscontini</i>
TIME BLOCK M 7:40–9:30am <i>Up to 2 CEC hours</i>		413 Joseph Pilates, by the Book (L) <i>Fritzke/Voogt</i> 415 Add-On Pilates™—Advanced Mat (M) <i>Ross-Nash</i> 416 Forever Young With Pilates (M) <i>Winsor</i>	414 Vinyasa: Movement as a Yoga Practice (M) <i>K. Miller</i> 417 Breathe Life Into Your Poses (M) <i>McGonigal</i> 418 Prana Flow: Spark the Heart of Radiant Health (M) <i>Schneider</i>	410 Feldenkrais®: Awareness Through Movement (M) <i>Ingalls</i> 411 Foundational Beaming™ (M) <i>Kahn/Mesirow</i> 412 Ageless Strength and Flexibility (M) <i>Shechtman</i>	410 Feldenkrais®: Awareness Through Movement (M) <i>Ingalls</i> 411 Foundational Beaming™ (M) <i>Kahn/Mesirow</i> 412 Ageless Strength and Flexibility (M) <i>Shechtman</i>				
TIME BLOCK N 9:40–10:50am <i>Up to 2 CEC hours</i>		431 BEAM-LATES™ (M) <i>Kahn</i> 433 Roll Your Stress Away (M) <i>Fritzke/Voogt</i> 435 Yo!-lates: The Ultimate Union of Challenge (M) <i>Murakami</i> 436 Reformer on the Mat (M) <i>Winsor</i>	432 Restorative Balance (M) <i>Shechtman</i> 434 Laughter Yoga: World Peace Through Intentional Hilarity (M) <i>Briar</i> 435 Yo!-lates: The Ultimate Union of Challenge (M) <i>Murakami</i> 438 Prana Flow: The Mandala of Transformation (M) <i>Schneider</i>	430 Awakening Awareness Through Feldenkrais® (M) <i>Ingalls</i> 437 Eight Mindful Movements of Qigong (M) <i>Cammarata</i>	430 Awakening Awareness Through Feldenkrais® (M) <i>Ingalls</i> 431 BEAM-LATES™ (M) <i>Kahn</i> 433 Roll Your Stress Away (M) <i>Fritzke/Voogt</i> 437 Eight Mindful Movements of Qigong (M) <i>Cammarata</i>				
11:00–11:30am	Closing Ceremony Please see page 22 for additional details.			Closing Ceremony Please see page 22 for additional details.					

Register Now
CLICK HERE