

Conference Sessions Thursday, September 23 – Friday, September 24

Thursday, September 23

TIME BLOCK A

3:00–4:50pm

Up to 2 CEC hours

100 GYROTONIC®: Circling, Spiraling, Flowing L

Jill Denison

Circling, Spiraling, Flowing... equipment created with the energetic body in mind. See firsthand how unique GYROTONIC training is. Well-being begins with a healthy and happy spine. In a fun easy way, GYROTONIC exercises help to circulate life force through all channels in the body. This workshop will begin with a 60-minute GYROKINESIS® class and will be followed by a lecture demonstration on the GYROTONIC Pulley Tower Combination Unit, the system's fundamental piece of equipment. *Repeated as session 210.*

101 STOTT PILATES® Programming for Scoliosis Management M/L

Kim Kraushar

Trainers of clients with scoliosis face genuine issues when designing a suitable exercise program. Learn the different forms of scoliosis and how each will affect stability and mobility. Discover how the fundamentals of STOTT PILATES can benefit clients with simple or more complex curvature of the spine. Learn to create effective programs that address the specific needs of this population using portable balance and resistance equipment. Case study work will challenge your understanding of scoliosis, and potential programming solutions for their obstacles will be presented. *P*



102 BBU: Creating Reformer Choreography M

Nora St. John

Learn how to create new variations and choreographic sequences for your classes and private sessions in this fun and stimulating workshop. Using exercises from the traditional repertoire, we will look at the key elements and identify ways to regress, progress and create new moves by changing the rhythm, timing, choreography and equipment setups. You will come out of this session with new tools for challenging both your beginning and advanced clients. *P*

103 The Unity of Spirit and Exercise L

Paul Chek

The ancient systems of tai chi, qigong and yoga included exercise as part of a spiritual practice, yet today few understand how our physical self is a true expression of our spiritual self. This lecture will show you the correlations between subtle bodies, chakras, meridians, organs, glands, muscles and other tissues of the physical body. Come away with a renewed appreciation for the effect of exercise on all aspects of our being.

104 Pilates Ball Choreography 2010 M

Michael King

The session that was such a success at last year's Inner IDEA Conference is back, but with new choreography! Using the stability ball and inspiring music, Michael leads you through dynamic sequences that take you from standing to the floor. This session is designed to both challenge the experienced and allow newcomers to feel the body move freely on the ball. *P*

105 KiVo: The Kinetic Voice M

Lis Addison

Kinetic Voice KiVo is dance and sound healing combined and promotes health and happiness. Drawing from the tradition of our ancestors, the sound vibration and communal circle dance allows us to connect with each other, nature and source. In this KiVo session, we will dance the simple steps and movements of Africa, Latin America, the East and the West while we tone and chant. The sounds consist of simple syllables, vocal percussion, clapping and laughter. KiVo is experienced in circles and lines, collectively and singularly. You do not have to be a singer or a dancer to benefit from KiVo!

106 The Power of Raja Yoga M

Mehrad Nazari, PhD

Unveil the jewel within through the time-tested classical style of raja yoga, which is inclusive of all yoga. This classic method of yoga will connect you to your underlying essence. It combines the flowing physical postures utilizing the breath with explanation of the yoga philosophy and psychological aspects of each pose. This balanced approach will guide you through a consciousness-based and joyful journey into the heart of yoga for the purposeful evolution of consciousness. For practicing yogis, this session will deepen your practice. For new practitioners, it will provide you with a solid base from which to grow.

Friday, September 24

TIME BLOCK B

6:30–7:30am

MORNING EXPERIENCE

These sessions do not qualify for CECs

200 Yin/Yang Gong the Tai Chi Workout M

David-Dorian Ross

Think tai chi is always slow and boring? Think again! Experience for yourself how the traditional tai chi masters, monks and warriors blended the hard and soft (yin and yang). It's a sweat-drenched but soul-soothing workout. *Repeated as session 303.*

201 Wake Up to the Sun—The Flow and Rhythm of Surya Namaskara M

Stacy McCarthy

The sequencing and steady flow of yoga movements in the sun salutation postures rapidly improve strength, flexibility, balance and focus. Sun salutations can be a complete workout or they can be used to warm the body as you prepare to go deeper into your practice. Join us for an awakening experience. *Repeated as session 301.*

202 Labyrinth Walking Meditation M

Phyllis Pilgrim

Walk the Chartres Labyrinth (on a cloth replica) as a tool for meditation. This session includes a history of labyrinths and its construction in the Chartres Cathedral, along with an explanation of its use as a destination for Christian pilgrims. The labyrinth walk can be used today as a metaphor for a modern-day pilgrimage to your heart and soul center. *Repeated as session 302.*

KEY

M Movement Session

L Lecture

M/L Movement/Lecture

Sessions designated with a *P* are geared toward professionals. All other sessions are open to professionals, students and enthusiasts.

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

Friday, September 24

203 The Healing Power of Sound M/L

Susana Moore

Join us as we explore the power of vocal toning, mantra chant, the sound of the crystal and Tibetan bowls, gongs and tuning forks. Journey to the expanses of deep relaxation and calm as the tones of the crystal bowls open gateways of awareness and wholeness within you. The tones of these harmonically tuned instruments help to align your physical, emotional and spiritual bodies, balancing and rejuvenating your vital life energies.

TIME BLOCK C

8:45–10:35am

Up to 2 CEC hours

210 GYROTONIC®: Circling, Spiraling, Flowing L

Jill Denison

See page 14 for description. Repeated as session 100.

211 STOTT PILATES® Reformer Resistance Training for Teens M

PJ O'Clair

STOTT PILATES exercises can be a key element in functional fitness training for the young adult. Specially chosen exercises can improve skill and speed by challenging coordination and focusing on movement in multiple planes. Resistance training will promote the development of core and peripheral strength, contribute to stamina and endurance, increase stability and flexibility through eccentric control, create overall body awareness, and increase coordination. This fast-moving full-body workout will keep teens attentive and motivated, while creating better posture and more balanced joints to help prevent injury. *P*

212 Rotational Reformer M

Kathy Corey

In this session, we will look at ways to take original repertoire movements and change the dynamics of your workout with rotational movements. Using choreography to help increase movement challenge and motivate students, you will experience a different approach to the Pilates technique. New exercises will be presented using flow of motion and innovative sequencing. *P*



213 Yamuna Body Rolling M

Yamuna Zake

Yamuna Body Rolling is a whole-being approach to feeling and functioning better in your body: a healing tool that also keeps you in shape. This revolutionary technique uses 6- to 10-inch inflatable balls to strengthen, tone and realign the entire body. This experiential workshop will take you through all the muscle chains of your body, working from muscle origin to insertion, and systematically unwinding old holding patterns, restrictions and injuries.

214 The Labyrinth: Walking the Sacred Path Meditations M

Phyllis Pilgrim

This labyrinth session goes deeper than the early-morning labyrinth walking meditations. While the labyrinth presentation is an experiential program, primarily walking the labyrinth, there will also be a short lecture at the beginning and end of this session to present its history and uses over the ages. We will also discuss the many different ways it can be used as a tool for meditation today.

215 Women, Metabolism and The Hormone Highway! L

Scott Josephson, MS, RD

Learn specifics about the special concerns of females, including perimenopausal challenges, gender differences, muscle strength, body composition, metabolism, the hormonal roller coaster and other physiological factors that play an enormous role in training. Explore practical and useful information to guide your female clientele about dietary intake, energy expenditure and exercise for a lifetime.

216 Relax Your Neck, Liberate Your Shoulders M

Eric Franklin

Experience the power of imagery, touch and movement exercises to lengthen and balance shoulder and neck musculature. Learn the experiential anatomy of the shoulder girdle and benefit from an increased awareness into the function and interaction of joints and muscles. Participants will learn to use small rolling balls to experience smooth joint action, increased circulation, balanced posture and stress reduction.

217 Nada Yoga: The Yoga of Sound M

Lis Addison

The gayatri mantra is one of the oldest mantras known to humanity. In this session, you will learn the correct pronunciation and meaning of the gayatri mantra along with the bija or seed mantras for each of the seven primary chakras. You will be given breathing techniques and postures to optimize vocal production and assist you in sitting for long periods of time in meditation and chant. You will also participate in a kirtan. These tools will help to deepen your practice of dhyana and pranayama and will pave the way for creating your own mantras. All levels welcome.



Conference Sessions Friday, September 24

218 YogaWorks®: SmartFlow Yoga—Deconstructing the Sun Salutation ^M

Joan Hyman

Many yoga practices begin with, and are centered around, surya namaskar, the sun salutation. In this very special session, participants will experience a strong flowing practice based on sun salutations. Then, we'll look at the functional anatomy of the shoulder girdle, focusing on how and why the joints and muscles work together to bring power and freedom to this area. Next, we'll bring our awareness into each of the elements of this beautiful sequence, and finally, invite this ancient ritual to the sun to move us into the bliss of intelligent, flowing movement.

TIME BLOCK D

10:55am–12:45pm
Up to 2 CEC hours

220 GYROKINESIS® Basics... The Pulse of Life ^M

Jill Denison

Starting with our first heartbeat, our first breath... life unfolds. This workshop will take you on a journey through movement, where you will reconnect to your most organic self... the pulse of life. Beginning with "Awakening of the Senses," and followed by the 60-minute class format taught in the GYROKINESIS educational curriculum, this class will take you on a joyful journey that is fun, invigorating and replenishing. Experience for yourself why GYROKINESIS methodology is one of the fastest-growing movement modalities in the world today. *Repeated as session 230.*

221 Programming 2 on the V2 Max Plus™ Reformer ^M

Kim Kraushar

Continue to expand exercise options and programming possibilities with the second in the V2 Max Plus reformer workshop series. Exploring the unique features of this unparalleled piece of equipment, discover how the reformer, vertical frame and second set of pulleys, which are vertically adjustable, can be maximized to develop motivating and captivating workout sessions. Observe how familiar exercises can be updated by accessing some of the reformer's special properties, and learn how these can be incorporated into any routine, from beginner to advanced. *P*

222 BBU: Reforming the Knee ^M

Nora St. John

Learn how to use the reformer, foam roller, small balls and balance pads to develop an integrated program for strengthening and improving the function of the knee. Basic anatomy of the knee, along with strategies for working with common injuries, will be included. *P*

223 Spirals ^M

Michael King

The Spirals Programme encourages natural movement that will leave you feeling relaxed, aligned and conscious of posture, allowing you to exercise with challenge but without unnecessary tension or blocked energy. Using light half-kilo (1 lb) weighted balls and choreographed to fun inspiring music, this session is not to be missed for those who love to move and use great music.

224 The Last Four Doctors You Will Ever Need ^L

Paul Chek

Combine the wisdom of ancient Greek physicians with the yin-yang principles of Taoism and you get the revolutionary concepts of The Last Four Doctors. This truly holistic presentation takes elements of traditional Western thought and blends them together with Eastern health and exercise philosophies. You'll be inspired to seek the real causes behind common health and wellness challenges by considering different views, and you'll leave empowered to vastly improve the well-being of both yourself and your clients.

225 Get More Flexible in Your Body—Via the Mind ^L

Ray Gin, DC

Flexibility is an element that is core to both yoga and Pilates. Advanced work in yoga and Pilates requires great flexibility, and often, flexibility can be the hurdle to overcome in advanced proficiency. In this interactive lecture, Dr. Gin will demonstrate how by making the mind more flexible, the body follows. See the mind-body connection in practical application.

226 Yoga Tune Up®: Breathe In—Bliss Out! ^M

Jill Miller

As a yoga or fitness instructor, much of your energy is given away to nurturing and helping your students. In this workshop, you will enter into the zone of self-care, conscious relaxation and tranquilization. This class treats you to the calmer phase of your mind and body, and invites your spirit into the pleasures of a regulated nervous system. Learn techniques to help replenish and regenerate you when you are in need of care but must still attend to others. Learn the ancient art of yogic sleep and discover how to "bliss out" from head to toe.

227 Meditation 101: Creating Sacred Space ^M

Michele Hébert

Meditation is a powerful practice to increase physiological balance, clarity of mind and awareness. Discover ways to create outer and inner sacred spaces using principles from feng shui (the Chinese art of placement) and vastu (Ayurvedic placement). Experience meditation practices from a variety of wisdom traditions that will connect you to your spiritual essence. Meditation is a powerful practice that students of all levels can enjoy. (Chairs will be available for sitting.)



Conference Sessions Friday, September 24

228 The Spirit of Hatha Yoga M

Mehrad Nazari, PhD

Practices and philosophy “ha tha” means “sun moon,” “positive negative,” “masculine feminine,” or “past future.” The power of this union is the kundalini—the universal energy that is waiting to be awakened through this authentic style of raja yoga. It combines the flowing postures utilizing the breath with explanation of the yoga philosophy and psychological aspect. Mehrad will guide you through a consciousness-based and joyful journey into the heart of yoga for the purposeful evolution of consciousness. For practicing yogis, this session will deepen your practice. For new practitioners it will provide you with a solid base.

TIME BLOCK E

2:30–4:20pm

Up to 2 CEC hours

230 GYROKINESIS® Basics... The Pulse of Life M

Jill Denison

See page 16 for description. Repeated as session 220.

231 STOTT PILATES® Functional Athletic Core Conditioning on the Cardio-Tramp™ M

PJ O'Clair

In this workshop, participants will learn innovative new programming on the STOTT PILATES reformer and Cardio-Tramp. The workout, designed to stimulate both cardiovascular and muscular effectiveness, is ideal for both the recreational and professional athlete. Discover how to combine progressive plyometric intervals, varying both in length and intensity, with muscular strength and endurance moves on the vertical mini-trampoline. The routine features nontraditional Pilates exercises that use the incredible diversity of the reformer to effectively train both concentric and eccentric muscular ability. *P*

232 Reformer Sequencing M

Michael King

Michael will demonstrate how to incorporate different traditional movements from the reformer repertoire to develop combinations of movements that will motivate and challenge clients in both group reformer sessions and in one-on-one Pilates equipment sessions. By learning to focus on correct techniques, and by using breath patterns in the sequence, the client can better experience the method and see desired results. *P*

233 Teach Tai Chi—Practical Fitness Class Format M

David–Dorian Ross

Solve the challenges of teaching tai chi in a class format for fitness club environments. Students often come in and out of an exercise program, which keeps them at a perpetual beginning level. Learn to make your sessions physically challenging enough to be a real workout, and walk the line between authentic and boring! This workshop will show you how to build a class designed for maximum participation and loyalty in a fitness club environment.

234 Market Yourself Authentically! L

Stacy McCarthy

Far too many teachers plateau in their businesses at lower levels than they want. Even hard-working, well-trained teachers fall short of attaining the kind of results they desire. Nowadays, realizing success as a teacher doesn't just start and end with a good class. You have to know how to run and grow your business if you really want to be able to teach full-time and make a decent living at it. Learn proven tools and strategies to achieve success as a teacher, so you can grow your business and share the practice you love.

235 Research Update: Your Brain... on Exercise L

Terry Eckmann, PhD

Neuroscientists around the world are involved in cutting-edge research that supports the many positive effects of exercise on the brain. Throughout the lifespan, exercise can sharpen thinking to improve learning, lift moods to help prevent or manage depression, boost memory, balance hormones, reduce anxiety and achieve overall better brain health. The implications for the fitness industry are exciting. This research review will provide an overview of the latest studies of the brain... on exercise!

236 Align Your Energy— Breathing Dynamics and the Liberated Neck M

Eric Franklin

Every day we take an average of 20,000 breaths. The quality of our breathing is paramount to our well-being and health. In this class, we will learn the scientific background of healthy breathing and experience exercises to bring these principles into our daily life and exercise practice. The diaphragm is our most important breathing muscle. It is intimately related to the muscles of our core (psoas). The function of the diaphragm affects circulation, metabolism and the tone of the organs. Through its many anatomical relationships, understanding good breathing will benefit our posture, flexibility and overall energy level.

237 YogaWorks®: Arm Balance Workshop M

Joan Hyman

Implementing balance postures in any yoga class requires that the participants possess a significant amount of core strength. Joan will guide you through a sequence, breaking down the component parts needed to make arm balances easier and more accessible. In addition, you will experience a well-sequenced vinyasa class incorporating core work to build awareness of how to use these muscles in every asana to create stability and strength. Modifications will be included to help you deepen your practice and that of your students. Be prepared to be challenged, have fun and leave feeling exhilarated! *Please bring a towel to this session.*

238 Just B.E.: Balanced Equilibrium M

Lawrence Biscontini, MA

Experience innovative ways to fuse yoga, Pilates, tai chi and Feldenkrais® techniques into one flowing workout while working barefoot on the BOSU® Balance Trainer. All exercises will be demonstrated with progressions of difficulty so that students of all abilities can benefit! While no prior mind-body experience is required, this mindful experience definitely combines traditional mind-body tenets from these disciplines with playful practice.



Conference Sessions Friday, September 24–Saturday, September 25

TIME BLOCK F

7:30–8:30pm
EVENING EXPERIENCE

These sessions do not qualify for CECs.

240 Rebuilding Healthy Foot Function ^{M/L}

Yamuna Zake

The feet provide essential support and balance for the entire body. If you make them strong and healthy, they'll take you where you want to go. In this session, you will learn the basic anatomy of the feet, ankles and calves, as well as routines to raise your arches, realign your ankles and avoid future foot problems. This simple, easy-to-use system will detail what proper foot function is and will teach you how to improve gait and alignment; prevent and correct common foot problems; and maintain strong, toned and flexible feet throughout your life.

241 Better Sleep ^L

Phyllis Pilgrim

Are you or your clients experiencing sleep deprivation, with all the resultant negative physical problems? Poor sleep habits in the past 10 years have resulted in an enormous increase in prescription sleep medication, with 42 million prescriptions in 2005 compared with 5 million in 2000. What is going on? This talk will give you a layperson's understanding of our circadian rhythm, which contributes to a good night's sleep, and how we can work with it rather than against it.

242 Moonlight Meditation ^M

Lawrence Biscontini, MA

Join us as we take advantage of our spectacular geographic location in Palm Springs for a special moonlight meditation aimed at healing. Moon bathing offers a unique opportunity to heighten the sense of self, combat depression, deepen introspection and balance the yin and yang forces within us. We will include a small fusion of movement from yoga and tai chi before our meditation, and read the story *Good Night Moon* in conclusion.

Saturday, September 25

TIME BLOCK G

6:30–7:30am
MORNING EXPERIENCE

These sessions do not qualify for CECs

300 Group Reformer Harmony ^M

Erika Quest

As instructors, how do we safely and pensively design a group reformer class? How many are welcome? How do we assess limitations, provide cues and modifications for mixed levels AND keep everyone happy? Learn how group reformer program design can be easy, safe and effective for clients who are looking to stay within a budget, or who just enjoy training in a group.

301 Wake Up to the Sun—The Flow and Rhythm of Surya Namaskara ^M

Stacy McCarthy

See page 14 for description. Repeated as session 201.

302 Labyrinth Walking Meditation ^M

Phyllis Pilgrim

See page 14 for description. Repeated as session 202.

303 Yin/Yang Gong the Tai Chi Workout ^M

David-Dorian Ross

See page 14 for description. Repeated as session 200.

TIME BLOCK H

8:45–10:35am
Up to 2 CEC hours

310 Nia®: The Five Developmental Stages—A Path to Realignment and Self-Healing ^M

Debbie Rosas

The Five Developmental Stages: A Path to Realignment and Self-Healing is an integrative movement practice based on the five stages of human development: embryonic, creeping, crawling, standing and walking. Practiced with awareness, these stages have the power to facilitate optimal alignment, improved function and comfort in the body. Whether practiced at length, or for as little as 5 minutes a day, this system provides a tool for reclaiming and sustaining mobility, flexibility, strength, agility and stability.

311 STOTT PILATES® Athletic Conditioning on Stability Cushions™ ^M

PJ O'Clair

Discover a new and intensive core training workout featuring the STOTT PILATES Stability Cushions. Controlling instability with a pair of cushioned disks requires activation of the stabilizing muscles of the torso, shoulders and hips. The exercises are designed to illicit greater proprioceptive awareness and recruit the deep support systems of the whole body while developing greater coordination and control. Discover a new facet to mat work programs that will increase body awareness and core stability. Bridge the gap between simple core training routines and the functional movement patterns necessary for athletic conditioning. *P*

312 BBU: Reformer Choreography to the Core ^M

Tom McCook

Learn new exercises and exciting sequences on the reformer to strengthen and train the core, improve core stability and make the reformer fun! Creative use of the reformer will add variety to the classical work and open up your mind to new ways of teaching and programming your classes and personal training sessions. Detailed cuing, experiential anatomy and core imagery will be used to enhance your teaching skills. *P*



Saturday, September 25

313 Peak Pilates®: Restorative Reformer ^M

Zoey Trap, MSc

Pilates is a rejuvenating practice that is good for the mind, body and spirit. Regular group sessions can often be too demanding for clients with individual needs such as bad backs, hips, shoulders and necks. Explore how to teach pain management strategies in a group setting and how to use the breath as a path to open the body. Learn how to select and sequence a variety of fundamentals and building-block exercises for enhanced stability, mobility, neuromuscular patterning and improved circulation. Discover the power of the mind and the spirit on the body.

314 Women, Weights and Results! ^L

Scott Josephson, MS, RD

Outstanding results can be obtained by understanding the body composition and physiology of females. Additionally, various hormone changes occur in conjunction with a solid weight-training program. Learn the optimal quantities of protein, fat and carbohydrate intake for the various exercise protocols to make a tremendous difference in your physique! Learn and explore the practical link between the physiological and functional needs to create a superb training program for females.

315 Change Your Feelings to Affect Chronic Disease ^L

Ray Gin, DC

For quite some time, the medical community has recognized that many physical diseases have emotional causes. Most traditional health practitioners have been stumped for ways to quickly and effectively treat chronic and complex illnesses that have an emotional base. Experience a cutting-edge mind-body approach that quickly gets to the underlying cause of many hard-to-treat illnesses. Don't miss this session!

316 Psoas: Activate Your Inner Core ^M

Eric Franklin

The psoas, as a true core muscle, hugs the lumbar spine; and research reveals the psoas as two separate units. Awareness and proper training of the psoas creates good spinal and pelvic alignment and liberates the lower back and hip joint. In this workshop, we will use imagery and subtle movement protocols to balance its two functions. Since the psoas, diaphragm and pelvic floor are developmentally and functionally interrelated, we, as movement educators, need to have a good understanding of the psoas's role in movement, stability and balance.



317 Yoga—Beyond the Body ^M

Stacy McCarthy

Why do some yoga classes feel like a stretch or muscle toning class and some yoga classes feel like a devotional expression of life? Explore the multifaceted dynamics of vinyasa flow yoga, including focusing on proper alignment, breathing techniques, meditation and reflection. Experience the creative and powerful practice of vinyasa yoga as a moving meditation. *Experience with sun salutations A and B is recommended.*

318 BOSU®: Stretched, Strong and Centered ^M

Stacey Lei Krauss

Add fresh elements of balance, agility and coordination to your core and flexibility routines. Explore the unique properties of the BOSU Balance Trainer and Ballast® Ball and discover a new approach to improve posture, flexibility and core strength. When using the BOSU Balance Trainer as a prop for exercise modifications and progressions, you will also add proprioceptive and sensory challenges that produce amazing results for your mind and body. You will leave this workshop with a variety of stretch and core training sequences for beginning- through advanced-level students.

TIME BLOCK I

10:55am–12:45pm

Up to 2 CEC hours

320 Anatomy of Hatha Yoga ^M

Michele Hébert

In the ancient teachings of yoga, every asana is a metaphor for a life situation. As you truly become one with an asana, somewhere in the outer life there is a corresponding healing. In this dynamic yoga workshop, you will experience the deep connection between your habits of thinking, your breathing patterns and your physical circumstance both on and off the mat.

321 STOTT PILATES® Essential Matwork™ on Stability Cushions™ ^M

PJ O'Clair

Add variety and functionality to everyday Matwork routines with the STOTT PILATES Stability Cushion. With the addition of a pair of unique cushioned disks, this ideal tool transforms essential-level exercises into challenging movements for establishing and reinforcing balance and proprioception, in nearly any position, while gaining essential core strength. The inherent instability of the Stability Cushion requires even greater activation of the stabilizing muscles of the torso, shoulders and hips, by recruiting the deep support systems of the whole body, and developing greater coordination and control. Discover a new way to take your clients' workout to the next level and stimulate their muscles in a new way!

322 Are You Cheating on Your Reformer? ^M

Erika Quest

Many of the exercises in the Pilates repertoire involve thoughtful and calculated initiation before you even begin the movement. Can't feel the muscle focus? Don't understand the objective? Then you're cheating! The art of providing proper cues to clients is crucial to their success during Pilates sessions. In this workshop, you will review and learn several NEW and exciting exercises that are difficult to teach, yet easy for your clients to cheat. Ideas will be shared on how best to tell a story, with a variety of different cuing avenues, and take your clients to a deeper level. *P*

Conference Sessions Saturday, September 25

323 Peak Pilates®: Introduction to Classical Reformer ^M

Zoey Trap, MSc

Are you a Pilates mat instructor wanting to explore the reformer, or maybe a reformer teacher wanting to explore the classical system? Gain an understanding of how the reformer works to unfold potential while you explore and experience the classical introductory order, exercises and transitions. Discover how to take your knowledge and apply it to the classical reformer work to accelerate progression.

324 How to Work In™ ^L

Paul Chek

Today, most people who work out do so to look and feel better, but how often do they reach their goals? Then there are those who do not exercise at all—too hard, inconvenient, painful, no time, etc! Modern life is stressful and people can benefit more from Working In than working out. In this session, learn about performing movements that accumulate energy rather than expend energy.

325 Boosting Lifelong Learning and Brain Health ^L

Terry Eckmann, PhD

Research links lifelong brain health to movement and exercise. In this session, you'll get an overview of the literature that provides an understanding of brain health and aging. We'll also review brain anatomy to gain a better understanding of how the brain learns and thrives; identify the five critical domains of a brain-healthy lifestyle; learn and practice activities that can stimulate brain health while improving learning and memory; and explore the effects of stress on achieving optimal learning.

326 The Body's Wisdom—Listening to Movement ^M

Kathy Corey

Master teacher Eve Gentry said, "Seeing is to movement what listening is to music. It is not enough to look, you must see. It is not enough to hear, you must listen." We will explore how the interior of our body placement affects how we perform our daily movements and how this affects our Pilates programs. This mat class works with alignment: standing, seated and lying down. We will perform the same exercises with a change of focus and body awareness to feel the differences we can make in our own bodies and our clients' alignment.

327 The Art of Energy Cultivation: Qigong Basics ^M

Larry Cammarata, PhD

Enhance your approach to fitness and wellness by integrating qigong into your work! Qigong is an ancient Chinese art of self-healing and energy cultivation. Through movement and breathing exercises, you will learn how to relax your body, calm your mind, release tensions and energize your being! The essential principles and methods of qigong can be easily applied to the full range of fitness and wellness practices. Although the art of qigong may take a lifetime to master, the basics taught in this class will provide you with a solid foundation for this practice.

328 BOSU®: Hard Core, Peace Core ^M

Lawrence Biscontini, MA

Drawing on the themes of stability and mobility, you'll learn to fuse the BOSU Balance Trainer with body weight to create an intense core-training experience in two parts and in two ways. You'll start in fitness shoes in order to produce a more traditional strength-training application of body weight and balance. Then, you'll progress to bare feet, exploring with your "soles" a fusion of mind-body applications. Experience how to incorporate the five senses into making distinct differences between "hard" core and "peace" core.

TIME BLOCK J

2:30–4:20pm

Up to 2 CEC hours

330 Nia®: Movement as Medicine ^M

Debbie Rosas

Explore the role of movement as a major player in the healing of mind, body, emotions and spirit. This session teaches you to make any action more powerful, adaptable, personal and dynamic through Nia concepts and practices. Movement as Medicine delivers a method of using Nia to turn working out into a physical, mental and emotional healing experience.

331 BBU: Reformer Flow ^M

Nora St. John

Turn your reformer workout into a flowing whole using breath, conscious transitions and well-designed choreography. By creating flow, you can enhance your mind-body connection and raise your level of awareness. This kind of workout will leave you feeling centered, balanced and strong.

332 Peak Pilates®: Do You See What I See? ^M

Zoey Trap, MSc

What is it that all great Pilates instructors have in common? A strong eye for alignment and aesthetics! Learn how to look at a body as someone walks into a room, and see how they take their posture into their exercise setups and executions. Learn to look at and understand common compensatory patterns, trace them into the powerhouse and then help the client to a solution. And finally, discover how to help lead your clients to better alignment and healthier movement.

333 Analyzing the World of Popular Diets! ^L

Scott Josephson, MS, RD

The media loves best-selling books about fad diets and weight control! Can they really help us get healthier, lose weight and improve athletic performance? Find out in this in-depth look at the practicality, sustainability and reality of today's most popular diets, including the South Beach Diet®, the Atkins Diet™, the Zone™, Sugar Busters!®, the Raw-Food Diet, the Hoodia Miracle Diet, Volumetrics, Choose to Lose, Thin for Life and various others.

334 Relax Deeply With Autogenic Training ^L

Larry Cammarata, PhD

Autogenic training teaches your mind and body to respond quickly to your own verbal suggestions for relaxation. The oldest Western method of self-regulation, autogenic training is a rarely taught method that is very useful for promoting stress and pain reduction along with numerous health benefits. Experience the simple yet powerful exercises of this training while learning more about stress, relaxation and the principles of communication that can enhance your work in the field of fitness and mind-body wellness.

335 Total Massage and Relaxation ^M

Norma Shechtman, MEd, MA

After all of our workouts, a total massage and relaxation feels unbelievable. You will learn how to offer a self-massage and relaxation to your students. By the end of the session, you will be asking yourself, "Why haven't I done this before?" Using rollers, tennis balls and bands, each person will leave feeling like a new person.



Sunday, September 26

401 Sunrise Yo-Chi® M

Lawrence Biscontini, MA

Join Lawrence on our last morning of Inner IDEA 2010 as we literally greet the day with an invigorating combination of standing yoga and tai chi. Together, we will chant, harmonize and reap the benefits of both ancient yoga asana and tai chi forms.

TIME BLOCK M

7:40–9:30am

Up to 2 CEC hours

410 YogaWorks®: Gentle Flow With Pranayama and Meditation M

Birgitte Kristen

Breath is the true heart of yoga practice. In this quiet session, we'll learn three different forms of breath technique that are alternately energizing, calming and centering. We'll use the breath to bring us into a steady state of attention, then move into a simple meditation and a gentle flow practice to prepare the mind and body for pranayama and meditation.

411 STOTT PILATES® Fitness Circle® Flow M

Kim Kraushar

Increase strength, flexibility and muscle tone with the dynamic Fitness Circle resistance ring. This energizing workout will help you develop greater body awareness. Learn new exercise variations that target the upper and lower body, including arms, shoulders, legs and abs in an all-round toning routine.

412 BBU: Pilates Meets Yoga M

Tom McCook

Add the flexibility and awareness challenges of yoga into the strength and alignment focus of Pilates for a mat class experience that easily combines the best of both disciplines. Tom's deep understanding of both disciplines will help you create mind-body classes with integrity and focus. P

413 Gateway to Grounding M

Sue Hitzmann, MS

This workshop explores groundbreaking science and hands-off bodywork techniques that can be applied to any wellness, fitness or therapy modality. Learn what the rooted core is and how to ground yourself with two signature MELT self-treatment techniques: the MELT Foot and Core Treatments. These specialized techniques have been shown to enhance the responsiveness of the neurofascial network and rehydrate the connective tissue system: two vital components of long-term wellness. Learn to improve grounding, decrease tension in your feet and reconnect to your core system.

336 Yoga Tune Up®: Body-Mind Mechanics Made Simple M

Jill Miller

Experience the body-mind-blowing techniques to help accelerate and deepen the healing benefits of yoga by combining elements of yoga, calisthenics, stress reduction and body therapy. This whole-body sequence identifies "body blind spots": areas of the body that are overused, underused or misused and are typical catalysts for pain and injury. The session includes a self-assessing "body floss" tool for healing muscles, tendons, connective tissues and joints, where your body will be stretched and strengthened toward physiological balance.

337 BOSU® Studio Pilates M

Stacey Lei Krauss and Erika Quest

The BOSU Balance Trainer is the perfect accessory to complement a wide range of authentic Pilates exercises. In this workshop, you will have the opportunity to learn how to use the BOSU ball in a one-on-one and group setting, and learn to accommodate the most advanced to the most beginning Pilates students or clients. Find out how to incorporate the Balance Trainer into mat classes and with other traditional Pilates accessories and equipment. Even if you don't have Pilates exercise experience, you will take home a library of new exercises designed to target the core and train the whole body!

TIME BLOCK K

6:00–7:30pm

EVENING EXPERIENCE

These sessions do not qualify for CECs

340 Nia®: 52 Moves M

Debbie Rosas

The 52 Moves are the building blocks of all Nia workouts, delivering fitness results while simultaneously healing the body. These moves are broken into three categories: the base, core and upper extremities. In this session, you will develop a movement vocabulary you can use to self-heal and maximize the power, grace and agility you are truly capable of, both in class and throughout your daily life.

341 Stretch, Release and Relax M

Norma Shechtman, MEd, MA

Using bands and balls, participants will learn how to release stressful, tight spots on their bodies. Walk in tight and stressed, walk out loose and de-stressed.

342 Mindfulness Meditation: The Power of Presence L

Lary Cammarata, PhD

Mindfulness is a key component of integrative fitness; it is a centering skill that can enhance personal and professional effectiveness. The benefits obtained from the practice of meditation include improved cardiovascular health, enhanced concentration, increased self-awareness, anxiety reduction, decreased stress and chronic pain, and improved sleep. Learn how to meditate and integrate mindfulness into everyday life situations. The practice of mindfulness is a method for making peace with your self and others, creating a solid foundation for mind-body health and wellness.

Sunday, September 26

TIME BLOCK L

6:30–7:30am

MORNING EXPERIENCE

These sessions do not qualify for CECs

400 Chakra Energy M

Beth Shaw

The word "chakra" is Sanskrit for wheel or disk. There are seven basic chakras/energy centers in the body and each chakra correlates to particular organs and systems in the body. Yoga activates these energy centers to enhance overall balance and performance. This movement class will take you from the root chakra all the way up to the crown chakra, with different poses for complete balance of mind, body and spirit.

Conference Sessions Sunday, September 26

414 Seven Steps to willPower™ M

Stacy Lei Krauss

The ancient practice called “The Five Tibetan Rites” is reputed to spin the chakras and stimulate the endocrine system. The Seven Steps to willPower blends tradition with function, taking the Rites to the next level. This 15-minute sequence is a smart and efficient warm-up for athletes or a standalone workout for those who are just learning to exercise. Exercise doesn’t have to be harder... just smarter. This is the perfect way to Inspire the World to Fitness®.

415 Break It Down and Build It Up! M

Michael Fritzke and Ton Voogt

Keeping your sessions and classes exciting can be challenging and hard, whether you are training a novice or an elite athlete. Adding advanced exercises is of course exciting, but it can be difficult and sometimes even unsafe. In this interactive workshop, we will break down the movement patterns of some of the more advanced exercises and build them up again to make them more accessible and successful for your clients. Take home the knowledge to move your clients to the next level.

416 Ageless Strength and Flexibility M

Norma Shechtman, MEd, MA

As we mature, we have different needs. Strength and flexibility is of utmost importance to maintaining our fitness levels. How can we help the mature audience to stay fit, flexible and strong without causing injury to their body? Using tubes, their own body weight and balls, we can teach them how.

TIME BLOCK N

9:40–11:30am

Up to 2 CEC hours

420 Meditation in Movement M

Beth Shaw

Learn to incorporate meditation techniques into your yoga class so it becomes a moving meditation. With properly focused breathing techniques, drishti, awareness and concentration, your classes can transcend the physical and become an oasis of peace and calm. Rejuvenate yourself with Meditation in Movement. A must for all yogis.



421 STOTT PILATES® Mini Stability Ball™ Workout M

PJ O'Clair

This energizing workout incorporates the 12-inch Mini Stability Ball to create total-body strengthening and conditioning. Exercises will work on improving posture, placing a major focus on core stability and back mobility while also lengthening and strengthening the surrounding muscles. Keeping in mind the elements of the STOTT PILATES five basic principles, learn how to add variety and fun to traditional Matwork™ routines.

422 YogaWorks®: Hip Opener Flow M

Birgitte Kristen

Yoga is really about creating more space, not only in our mind, but also in our body. Living, exercising, working, driving, etc. make our muscles tighter—especially the hips! In this practice, we will explore how to open our hips by moving through a dynamic yoga practice, followed by long, luxurious deep stretches.

423 MELT® on Pilates M

Sue Hitzmann, MS

Although Pilates can improve flexibility and muscular strength, it can also cause injuries. Many of the exercises used in Pilates are difficult to execute without compensation. Not just devoted students, but many teachers are injured during practice... maybe even you. How do you reduce the risk of injury and recover more quickly if you find yourself injured from your practice? Better than modifying exercises as we age, we can learn how to truly return our body to its ideal state. MELT is a perfect complement and proactive solution to your Pilates practice, whether you are just beginning or are a master of Pilates.

424 Center of Power M

Michael Fritzke and Ton Voogt

The most powerful force available to all of us is our center of power. No matter what name you give it—core, powerhouse, hara, dantien—or what approach you use to access it, they all have a common ground and goal. In this session, you will experience and learn how all the approaches can be successfully integrated. Michael's and Ton's innovative sequencing creates a powerful and immensely invigorating workout to strengthen your center of power.

425 SHAKTI™ 2010 M

Lawrence Biscontini, MA

SHAKTI is the Sanskrit word for the energy released throughout the body when one practices particular hatha yogic asanas. This is a nonpurist mind-body approach, fusing fitness applications of yoga, Feldenkrais®, GYROTONIC®, Nia®, tai chi and Pilates, all with inspiring mind-body music. This workshop will teach you the power of nonverbal cuing skills and choreographed mind-body flow so you can feel energized from a fusion blend of mind-body disciplines.

426 Nia® Conscious Personal Training M

Debbie Rosas

Conscious Personal Training is a practice used to internally self-guide movement. It involves a three-step process (learn, move and energize), which integrates self-guided movement, intellectual observation and verbal guidance. This practice creates skill in moving as a whole, allowing you to become fully present in each moment, able to receive physical messages that allow your mind, body and spirit to gain more from each action.