



International
Pilates Heritage
Congress
...the foundation of our united global future

SCHEDULE AND CLASS DESCRIPTIONS 2017

DAY	TIME	PRESENTER AND COURSE TITLE	ACTIVITY AND COURSE DESCRIPTION
FRIDAY MAY 5	8:00 – 9:15	KATHY COREY	REGISTRATION – ALL ATTENDEES PICK UP YOUR NAME BADGE AND WELCOME BAG AND MEET AND GREET THE ATTENDEES
	9:15 – 9:45	LOLITA SAN MIGUEL AND KATHY COREY	WELCOME CEREMONY – ALL ATTENDEES ARE INVITED TO JOIN LOLITA SAN MIGUEL, KATHY COREY AND THE PRESENTERS TO WELCOME YOU TO MONCHENGLADBACH
	10:00 – 12:30	MORNING CLASSES	

		LOLITA SAN MIGUEL <i>LOLITA SHARES HER PRE- PILATES AND POST PILATES MAT</i>	A complete experience of our mat repertoire acquainting you with the basics of breathing, pelvic floor, core work, spinal movements etc, and how to properly end a class standing affirming Perfect Pilates Posture.
		ALAN HERDMAN <i>STUDIO SUITE 1— EMPHASIS ON EXTENSION</i>	The course emphasizes extension exercises on various pieces of equipment. The course combines both classical and contemporary movements.
		JILLIAN HESSEL <i>THE WONDERFUL WUNDA CHAIR</i>	This Workshop will feature Chair exercises I learned from Carola Trier and Kathy Grant, with a special emphasis on how precise foot placement enhances the entire exercise. There will be a special emphasis on upright exercises, which help our clients integrate the supine, prone and side lying Pilates exercises up onto their feet to work on balance, weight transfer and vertical postural alignment.

		BRETT HOWARD <i>DEEPEN YOUR UNDERSTANDING ON THE UNIVERSAL REFORMER</i>	Students will have the chance to learn the Classical repertoire and deepen their knowledge about the exercises on the Universal Reformer. The workshop participants learn various approaches of the Pilates exercises, as well as learn how to recognize the skills involved in the exercises to strengthen those skills.
	12:30 – 2:00	EXHIBITION HALL	LUNCH
	2:00 – 4:00	AFTERNOON CLASSES	
		LOLITA SAN MIGUEL <i>HISTORIC AND CONTEMPORARY MAT</i>	Explore the matwork with Lolita as she shares her many years of experience and in-depth knowledge of the matwork with both historic and contemporary exercises.

		JILLIAN HESSEL <i>CAROLA TRIER'S CIRCUIT WORKOUT</i>	<p>Carola Trier had a very busy Studio during the time I taught for her, back in 1981-82. She devised a circuit program for her healthy clients, which moved them around on all of the equipment during their 55 minute session. Together, we will reconstruct her original circuit program during this 2 hour Studio Session, and decide if it is still a valid workout for today's healthy population.</p>
		BRETT HOWARD <i>THE CLASSICAL WUNDA CHAIR</i>	<p>Students will have the chance to learn the Classical Wunda Chair repertoire and deepen their knowledge about the Wunda Chair. The seminars consist of exercises from basic to super advanced and will include modifications, progressions, advancements, rare exercises, as well as considerations for special populations. Variations of the exercises from multiple of the Pilates Elders are provided.</p>
		ALAN HERDMAN <i>REFORMER AND BOX WORK FOR THE NOVICE</i>	<p>Join Alan as he explores the repertoire on the Reformer and introduces the Reformer and the box to the Pilates novice and the client who has physical issues.</p>
	4:30 – 5:30	PANEL DISCUSSION FOR ALL ATTENDEES	OUR HERITAGE – WHAT WE LEARNED FROM OUR TEACHERS <p>Join the presenters for a deeply touching remembrance of their personal histories of the Pilates technique</p>

	4:30 – 5:30	CEREMONY AT THE PLAQUE	All attendees are invited to join the board and presenters for a special ceremony to honor Joseph Pilates at his birthplace
		PRESENTERS DINNER	Presenters and board members invite attendees to join them for dinner (additional fee for attendees -- register on website)
SATURDAY MAY 6	9:00 – 11:00	MORNING CLASSES	
		BRETT HOWARD <i>MASTERING CONTROL ON THE MAT</i>	Joseph Pilates referred to his method as the Art of Control. "Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit" Joseph Pilates (1945). In this workshop, tools are given to foster ways of attaining greater consistent control in Pilates. Participants learn various approaches of scaffolding and deconstructing the Pilates exercises.
		ALAN HERDMAN <i>STUDIO SUITE 2 – EMPHASIS ON FLEXION</i>	The course emphasizes flexion exercises on various pieces of equipment. The course combines both classical and contemporary movements.

		KATHY COREY <i>WUNDA CHAIR – FROM CLASSIC TO CONTEMPORARY</i>	A balanced program for the whole body, this course teaches how to progress the classic exercises with innovative variations created to challenge mind and body. Learn proper set-up, spring tension and in-depth cueing as taught by Joseph and Clara Pilates to the original Master Teachers. Each program combines the classic exercises with contemporary movements to make each movement appropriate for the individual body.
		LOLITA SAN MIGUEL <i>REFORMING THE UNIVERSE</i>	Joseph Pilates most popular apparatus with which he aspired to reform the universe by integrating the body, mind, and spirit for a healthier, peaceful, happier world
	11:15 – 12:30	SPECIAL MAT CLASS FOR ALL WITH LOLITA SAN MIGUEL LOVING OUR MAT	This class is open for all to share and experience our unity through the power of the matwork.
	12:30 – 2:00	EXHIBITION HALL	

	2:00 – 5:00	AFTERNOON CLASSES	
		JILLIAN HESSEL <i>CAROLA'S POSTURE ANALYSIS AND KATHY' GRANT'S PRE PILATES</i>	<p>Carola started each new client with a posture analysis, which presented an opportunity for her to assess any skeletal misalignments, bond with her client, and set new exercise goals together. Kathy Grant didn't believe ANYONE should begin their with Breathing 100's. She devised a warmup routine of pre-Pilates Fundamentals for all her clients. In this 3 hour session, we will learn to assess one another's posture, review Jillian's B.E.A.M. (Breathe, Energize Align & Move) Fundamentals, and rock on with a Classic Pilates Mat Class, including modern updates and modifications.</p>

	<p>JOAKIM VALSINGER <i>PILATES FOR THE MILITARY</i></p>	<p>The requirement for physical excellence within the Military is well understood. The aim of this project was to assess the benefits of a structured Pilates program within a Military context.</p> <p>The focus of the project was on 'fit for duty' serving Military personnel, and therefore many of the lessons learned can be transferred to other professions and sports where a high level of fitness is expected.</p> <p>It can be assumed that to get to a certain level of competence and experience Military personnel have experienced some level of minor injury. These injuries do not prevent the individual from operating at full capacity, but if they can be alleviated and prevented from recurring, that individual will be more effective to the Unit.</p> <p>This presentation will cover the assessment methods used to establish the physical condition of subjects before and after the project, the various test groups and some of the exercises implemented in the training routine.</p> <p>You will be invited to take part in or observe Military Fitness Assessments modified to fit the project. You will also have the opportunity to work through the stages of Pilates progressions which were used to catch the</p>
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		KATHY COREY STUDIO CIRCUIT – ORIGINAL EXERCISES AND VARIATIONS	Using several pieces of equipment in a traditional Pilates session is not a new concept. This all inclusive class for the Reformer, Cadillac and Wunda Chair, offers a variety of patterns and sequences integrating movement for the all whole body. The work is adapted for the individual in order to teach every level of fitness. This concept keeps the program creative and inspired and promotes an integrated approach to each session.
		ALAN HERDMAN <i>REFORMER AND BOX</i> <i>WORK FOR EVERYDAY</i> <i>LIFE</i>	Take a look at a cross section of the reformer/ box repertoire and link the exercises to specific activities and to everyday life.
	5:15 – 6:15	RECEPTION AND EXHIBITION HALL	All attendees are invited to join us for a reception and to visit our exhibitors.
	6:15 – 7:15	EUROPEAN FILM PREMIERE – A TRIBUTE TO JOSEPH PILATES	All attendees are invited to join us to this exciting event presented by Voll Pilates from Brazil.
SUNDAY MAY 7			

	8:00 – 8:45	BRETT HOWARD <i>LOLITA'S BODY WALK</i>	All attendees are invited to join Brett for an Lolita's Body Walk.
	9:00 – 11:00	MORNING CLASSES	
		BRETT HOWARD <i>DEEPEN YOUR UNDERSTANDING OF THE CLASSICAL MAT REPERTORY</i>	Students will have the chance to learn the Classical repertoire and deepen their knowledge about the exercises on the Mat. The workshop participants learn various approaches of scaffolding and deconstructing the Pilates exercises, as well as learn how to recognize the skills involved in the exercises to strengthen those skills.
		LOLITA SAN MIGUEL <i>A TRUE PILATES STUDIO EXPERIENCE</i>	Join Lolita as she explores the Pilates work on the apparatus.
		ALAN HERDMAN <i>SPINE CORRECTOR – CLASSIC AND CONTEMPORARY MOVEMENTS</i>	Join Alan for a combination of classic and contemporary movements on the spine corrector.

		KATHY COREY <i>ROTATIONAL REFORMER</i>	Look at ways to take original repertoire movements and change the dynamics of your workout with rotational movements. Using choreography as a tool to help increase movement challenge and motivate students, you will experience a different approach to Pilates technique. New exercises will be presented using flow of motion and innovative sequencing.
	11:15 – 12:30	SPECIAL MAT CLASS FOR ALL WITH KATHY COREY LOVING OUR MAT	This class is open for all to share and experience our unity through the power of the matwork.
	12:30 – 1:30	EXHIBITION HALL OPEN	LUNCH
	1:30 – 3:30	AFTERNOON CLASSES	

		ALAN HERDMAN <i>CLASSIC AND CONTEMPORARY MATWORK</i>	Join Alan for a fun and enjoyable finale to what will be an incredible weekend.
		BRETT HOWARD <i>STUDIO CIRCUIT FOR THE WHOLE BODY</i>	This course includes movements for the whole body on various pieces of Pilates equipment for a complete studio experience.
		LOLITA SAN MIGUEL <i>SPINE CORRECTOR AND LADDER BARREL</i>	"You're as young as your spine is flexible." JHP
		JILLIAN HESSEL <i>REFORMER – QUADRIPED AND UPRIGHT EXERCISES</i>	Challenge your clientele age 50 and up to stay functional and fit with bilateral and unilateral exercises that emphasize core stabilization, balance, control and coordination on the Reformer.
	3:45 – 4:30	CLOSING CEREMONIES	ALL ATTENDEES ARE INVITED