



International  
**Pilates Heritage**  
 Congress

*...the foundation of our united global future*

### SCHEDULE 2019

DAY	TIME	Presenter & Course	Activity & Course Description
<b>FRIDAY MAY 10</b>	8:00 – 9:15	KATHY COREY- EXHIBITION HALL	REGISTRATION – ALL ATTENDEES Pick up your name badge and welcome bag and meet and greet the attendees.
	9:15- 9:45	KATHY COREY, LOLITA SAN MIGUEL- ALL PRESENTERS	WELCOME CEREMONY- All attendees are invited to join Lolita San Miguel, Kathy Corey and the presenters to welcome you to Monchengladbach.
	9:30- 11:00	BRETT HOWARD-Special Mat Class for Students	GYMNASIUM-Special Mat For School Students
	10:00- 12:30	<b>MORNING CLASSES</b>	
		LOLITA SAN MIGUEL MAT CLASS	BALLROOM-MAT CLASS
		SHERRI BETZ FRAIL OLDER ADULT Mat class for balance and fall prevention	Learn to teach a Pilates-Based Mat Class for the frail older adult who has poor balance and decreased leg strength. Fill the gap between rehabilitation and fitness by offering classes for this underserved population! Pilates principles are perfect for the client who has difficulty balancing, climbing stairs, getting out of chairs, and transferring down to and up from the floor. We will use standard chairs, dowels, elastic bands, balls and small props to facilitate healthy, safe and effective movement in the older adult. The class will focus on balance, leg strengthening, hip extension, and thoracic extension for improved posture and reduction of thoracic kyphosis. You might be surprised at the challenge!

		ELIZABETH LARKHAM REFORMER WITH TOWERS	Mr. Pilates invented the Reformer with Tower decades before neuromyofascial and Biotensegrity research trended. Learn sequences for this unique environment that integrate Pilates principles with Fascia focused criteria. Amaze your clients with new, efficient experiences of Whole Body movement.
		FABRICE LAMEGO SPINE CORRECTOR	RM 4
	12:30- 14:00	EXHIBITION HALL	LUNCH
	14:00 – 16:00	<b>AFTERNOON CLASSES</b>	
		KATHY COREY MATWORK- Focus on Alignment	Alignment and more importantly structural misalignments affect everything from the way we stand, to the way we lift and carry objects to how we exercise. The importance of how we begin to perform movements and adjust to inner imbalances affects not only the outcome of the exercise session but all daily activities. Creating a balanced structure and dimensional alignment patterning with the focus on how we do each exercise makes the movements more efficient for the individual students at all levels of fitness.
		ELIZABETH LARKHAM Pilates Chair for Better Balance and Easy Stride	The Chair designed by JH Pilates is an ingenious environment that activates and integrates the entire neuromyofascial system for efficient balance and walking. Learn new movement sequences unique to the Chair that will delight your clients.
		LOLITA SAN MIGUEL REFORMER	RM 3
		SHERRI BETZ Pilates for LOW BACK PAIN	Low Back Pain is the second most common reason that people see their doctors! Explore frequent causes of low back pain and learn to select safe and appropriate exercises for pathologies such as Stenosis, Sciatica, Degenerative

			Disc Disease, and Sacro-Iliac Joint Syndromes. We will discuss the physical therapist treatment of these conditions and how Pilates teachers can bridge the gap between medical rehabilitation and fitness. Carefully chosen Pilates Mat exercises will be presented and modified as appropriate for specific spinal and pelvic girdle injuries.
		BRETT HOWARD THE 34- HOW TO GET THERE	Students will have the chance to learn the Classical Mat repertoire and deepen their knowledge about the Mat. The workshop addresses the original 34 Mat exercises from Joseph Pilates but also the extended Mat order by Romana Kryzanowska. The workshop consist of exercises from basic to advanced and will include modifications, progressions and advancements as well as considerations for special populations. Variations of the exercises from multiple of the Pilates Elders are included.
	17:00-18:30	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.
	19:00-20:00	WINE & CHEESE- Reception/Round Table	Presenters and board members invite attendees to join them for Reception and round table
<b>SATURDAY MAY 11</b>			
	9:00 – 11:00	<b>MORNING CLASSES</b>	
		FABRICE LAMEGO EVE GENTRY PRESENTATION	BALLROOM
		BRETT HOWARD THE CLASSICAL PILATES CHAIRS	Students will have the chance to learn the Classical Electric and Wunda Chair repertoire and deepen their knowledge about the two chairs. The workshop consist of exercises from basic to advanced and will include modifications,

			progressions and advancements as well as considerations for special populations. Variations of the exercises from multiple of the Pilates Elders are included.
		KATHY COREY Pilates Reformer- Flexibility VS Stability	This course addresses the assessment of both hyper-mobility and rigidity and how to correct problems and imbalances. The class helps you to correctly balance core movements and functionally re-train core and spinal muscles. The class teaches how to modify movements for the individual needs of each client and provide the essential support to maximize and stabilize the movements through a complete program of exercises. Get an indepth understanding of the how to approach the same exercises with a different focus to achieve different results. 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.
		ELIZABETH LARKHAM Using the Hands to Guide, Shape and Refine Mat Movement	Your body maps are dynamic structures, constantly shifting and adapting. Your finger maps take up one hundred times as much cortical real estate as your torso maps because there are far more touch receptors in your fingers compared to your torso. Learn to apply the dexterity of your hands to guide and shape Pilates mat exercises that are accurate, efficient, pleasurable and fun.
		SHERRI BETZ Pilates for SHOULDER PAIN	Did you know that the shoulder is the most mobile joint in the body? Stability of the shoulder depends primarily on the muscular control of the 18 muscles that surround it. Learn to identify faulty movement patterns of the upper extremity and cervical spine and use appropriate cueing to optimize client's movement strategies. We will practice palpation of the scapula, acromioclavicular joint, humeral head and surrounding musculature so that we can assess and facilitate the proper shoulder girdle alignment in ourselves and our clients. Learn some great neuromuscular re-education techniques inspired by Ron Fletcher's work to complement your instruction for clients with shoulder

			<p>pathologies. Try the Fletcher Pilates Towelwork™ to facilitate the posterior rotator cuff, inhibit the upper trapezius and center the humeral head. We will focus on both shoulder girdle mobility and stability and learn the proper placement of the scapula on the thorax. Select the best Reformer, Trapeze and Wunda Chair Exercises for your clients with shoulder pain. Take some simple cues and exercises back home and transform your Pilates instruction right away!</p>
	11:15 – 12:30	LOLITA SAN MIGUEL LOVING OUR MAT	BALLROOM- OPEN TO ALL.
	12:30-14:00	EXHIBITION HALL	LUNCH
	14:00-17:00	<b>AFTERNOON CLASSES</b>	
		<p>SHERRI BETZ Why is Research important to the Pilates Teacher</p>	<p>Since Pilates is no longer the novel approach to exercise and has become more mainstream, the industry needs to differentiate itself from other fitness methods in order to remain a viable and credible exercise approach. However, in order to be a credible choice in the evidence-based medical rehabilitation community, the Pilates community needs to invest in research. Learn how to write a Case Report for a client that made good progress with your Pilates program. Join us for a review of the types and levels of research conducted in human trials. We will look at the latest and most important Pilates research that can inform and enhance our outcomes with our clients. Begin to use the information from research to ensure that clients are receiving safe and effective exercise that makes measurable change in their movement!</p>
		<p>KATHY COREY Reformer, Cadillac &amp; Wunda Chair-Advanced Progressions</p>	<p>The advanced Pilates exercises are very challenging and often not understood. This course breaks down the advanced patterns into the essence of the movement in order to progress from one level to the next. The focus of the course is to understand the depth of the exercise and make the challenge of the movement a progression for every level of fitness.</p>

		BRETT HOWARD THE CLASSICAL PILATES BARRELS- SPINE CORRECTOR BARREL	Students will have the chance to learn the Classical Small, Spine Corrector and Ladder Barrel repertoire and deepen their knowledge about the Pilates Barrels. The workshop consist of exercises from basic to advanced and will include modifications, progressions and advancements as well as considerations for special populations. Variations of the exercises from multiple of the Pilates Elders are included.
		LOLITA SAN MIGUEL CADILLAC	RM3.
		ELIZABETH LARKHAM Fascia-focused approach to J.H. Pilates mat exercises	Enrich your understanding and mastery of the mat exercises in <i>Return to Life</i> by J. H. Pilates (1945) by learning about the embryological development of the tongue, eyes, hands and feet that influence motor control. Embryology of the tongue connects it to the contractility of the front, back, lateral and spiral fields of the body. The six external eye muscles that control the eyeball in its socket are neurologically linked to suboccipital movement. Your finger maps take up one hundred times as much cortical real estate as your torso maps because there are far more touch receptors in your fingers compared to your torso. Integrate cues for the tongue, eyes, hands and feet to make your Pilates practice and teaching accurate, effective, efficient, and fun!
	18:30- 22:00	DINNER with the PRESENTERS	Join the Presenters for a special dinner (additional price)
<b>SUNDAY MAY 12</b>			
	8:00	TBA	LOLITA'S MAT CLASS
	9:00 – 11:00	<b>MORNING CLASSES</b>	
		LOLITA SAN MIGUEL & JOAKIM VALSINGER MATWORK FOR MEN	BALLROOM

		BRETT HOWARD GENERATING AN EFFECTIVE PILATES LESSON	This workshop focuses on ways of designing an effective Pilates lesson plan looking through a classical Pilates lens. Students will learn how to teach to the body in front of them while providing structure, a means of measurement and consistency for their clients. Students will learn how to progress and find various ways of creating success for their clients.
		SHERRI BETZ PILATES FOR KNEE PAIN	Knee pain is one of the biggest barriers to maintaining optimal health and independence in life! If your client has knee pain during Footwork, what do you do? Pilates Mat and apparatus work is often lacking in lower extremity strengthening. Learn to help your clients hurdle the knee pain barrier by addressing hip, sacroiliac and foot relationships. Find out the best progressions for dealing with leg strengthening in the presence of a painful joint. How do you identify the difference between a structural problem and a strength problem? When should you refer to physical therapy. Let's get your clients back on their feet again!
		KATHY COREY Functional Training for the Spine- Spine Correctors & Asymmetrical Patterning	This course addresses spinal imbalances from functional to structural and teaches how to assess core misalignments. Flexion, extension, side bending and rotational movements are explored with breath work to correctly balance core movements. This class helps you to develop an understanding of dynamic alignment and asymmetrical patterning to functionally re-train core and spinal muscles. The Spine Corrector provides the essential support to maximize dimensional rotation of the spine through its varied ranges of motion.
		ELIZABETH LARKHAM- Fascia-focused Mat Sequences for Success – Really basic to really advanced	Advance your understanding of how to build effective, engaging mat sequences that are simple yet not easy, challenging yet not complicated. These exercises progress safely and effectively with comfort and ease. Identify which Pilates props provide the optimal vectors of assistance and resistance. Determine when to progress your client from non-weight bearing to partial weight bearing to full weight bearing to unstable surfaces. Determine when to include rests and 'intermissions' in order to facilitate integration of new skills.

	11:15 – 12:30	KATHY COREY SPECIAL MAT CLASS FOR ALL	BALLROOM-This class is open for all to share and experience our unity through the power of the matwork.
	12:30 – 13:30	EXHIBITION	LUNCH
	13:30 – 15:30	<b>AFTERNOON CLASSES</b>	
		ELIZABETH LARKHAM Tempo and Rhythm in Pilates Mat – Timing Variations Support Mastery	BALLROOM- Every Pilates mat student has a preferred tempo for their mat practice. Some students would benefit from Picking up the Pace. Others ought to receive Speeding Tickets. In this workshop become aware of your student's tempo preferences. Learn to set the optimal tempo of each exercise for accuracy, safety and effectiveness. Learn how to progress each exercise by varying the tempo. Some exercises are more difficult at an increased tempo. Others are more difficult when practiced more slowly. Learn techniques and tools that will help you conduct your class maintaining safety, accuracy, function and flow. Every individual in a Pilates matwork class has an optimal tempo for practicing each exercise in order to attain maximum benefit. Some clients tend to move more slowly due to neurological condition, injury or age. Others may race ahead, missing the experience of a coordinated flow state. In this session, you will learn teaching techniques for group matwork classes that respect each person's individual tempo preferences and learn to use rhythm to conduct the entire group in safe, accurate, functional movement.
		LOLITA SAN MIGUEL CADILLAC	RM1
		BRETT HOWARD DEEPEN YOUR UNDERSTANDING ON THE	Students will have the chance to learn the Classical repertoire and deepen their knowledge about the exercises on the Universal Reformer. In the workshop participants learn various approaches of scaffolding and deconstructing the



		UNIVERSAL REFORMER	Pilates Reformer exercises. Students will learn how to recognize the skills involved in the Reformer exercises and then find ways of strengthen the particular skills.
		SHERRI BETZ Pilates Breathing & Postural Control	<p>Did you think Pilates was just for the young and fit? Pilates principles and Pilates-based exercises are perfect for the Frail Older Adult! Follow along with this “real-time” Pilates-Based Class taught to two older adults with osteoporosis using Chairs, Dowels, Therabands and Balls! We will focus on balance, leg strengthening, hip extension, and thoracic extension for improved posture and reduction of thoracic kyphosis.</p> <p>Do we actually have any evidence to support the breathing techniques taught Pilates practice and in alternative movement approaches like Pilates and Yoga? We used the TIRE (Tests of Incremental Respiratory Endurance) to test all subjects looking for the strength and endurance of the diaphragm. We compared the subjects to normative data and also compared the focus on breathing emphasis in their Pilates practice. You'll be surprised at the results!!</p>
		JOAKIM VALSINGER PILATES FOR THE MILITARY	<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</p>

			<p>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 interest of these already fit individuals and to subsequently build their capacity over 12 weeks. You will explore some of the modifications of exercises which can be useful when working with the mindset of Military personnel. Whether you work with Military personnel or not the processes employed can be useful with other clients, including sports people and men in particular. If you work with client groups who expect a measurable improvement of their capacity then the topics covered here might be of interest.</p>
	15:45-16:30	ALL PRESENTERS-CLOSING CEREMONIES	ALL ATTENDEES ARE INVITED