



SCHEDULE 2022

Day and Time	Presenter and Course Title	Activity, Course Description and Room
Friday September 2 8:00 – 9:15	Kathy Corey	REGISTRATION – ALL ATTENDEES Pick up your name badge and welcome bag and meet and greet the attendees. Ballroom
9:15 -9:45	Lolita San Miguel, Kathy Corey, Brett Howard, Jean Claude Nelson	WELCOME CEREMONY All attendees are invited to join Lolita San Miguel, Kathy Corey and the presenters to welcome you to Mönchengladbach. Ballroom
10:00 - 12:00	MORNING CLASSES	

	Lolita San Miguel	Matwork: Building Blocks for Mat Starting with Posture Check, Spine moves, Feet articulations, progressing to Pre-Pilates, Joseph Pilates exercises and ending with Post Pilates while standing and reaffirming the Perfect Pilates Posture. Ballroom
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	Kathy Corey	<p>Studio Suite: Master Class The building blocks to teaching are addressed with the focus on how to identify clients issues and break down movements to suit each clients' needs. Learn how to approach the movements with a deep understanding of how to apply the Pilates Technique for success in each session. Room 1</p>
	Jean Claude Nelson	<p>Reformer: "Head to Toe Reformer" This workshop offers a unique approach in teaching Pilates by focusing on tactile cues. By learning efficient use of hand placement, we can maximize our students' understanding within the Pilates System and deepen their workout. Room 2</p>
	Brett Howard	<p>Wunda Chair: The Classical Pilates Chairs (Electric Chair and Wunda Chair) Students will have the chance to learn the Classical Electric and Wunda Chair repertoire and deepen their knowledge about the two chairs. The workshop consists 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. Room 3</p>
12:00 – 1:30 (12:00 – 13:30)		LUNCH
1:30 – 3:30 (13:30 – 15:30)	AFTERNOON CLASSES:	

	<p>Brett Howard</p>	<p>Matwork: Using Scaffolding in the Pilates Mat Scaffolding is an education theory developed by Lev Vygostsky and Jerome Bruner, it is the provision of sufficient support to promote learning when concepts and skills are being first introduced to students. Supports are gradually removed as students develop autonomous learning strategies, thus promoting their own cognitive, affective and psychomotor learning skills and knowledge. In this workshop we will apply the theory of scaffolding to the Pilates Mat work, to use as a tool to meet the needs and create success for all of the participants of Pilates. Ballroom</p>
	<p>Lolita San Miguel</p>	<p>Studio Suite: A Little of Each Joe’s Creative genius extended to apparatus he constructed himself where he applied much of his Mat work – Cadillac (Tower), Reformer, Chair, Ped o Pull, Magic Circle. We will visit them all for as long as time allows. Room 1</p>
	<p>Kathy Corey</p>	<p>Reformer: The Rotational Reformer Look at ways to take original repertoire movements and change the dynamics of your workout with rotational movements on the reformer. These movements help to increase movement challenge and motivate students using flow of motion and innovative sequencing. Room 2</p>
	<p>Jean Clause Nelson</p>	<p>Spine Corrector: "Barrel Freestyle" Using various barrels to free and open up articulations. Barrel workouts are fun and very efficient in treating thigh hips and shoulders. Room 3</p>

<p>4:30 – 5:30 (16:30 - 17:30)</p>	<p>CEREMONY AT THE PLAQUE</p>	<p>All attendees are invited to join the board and presenters for a special ceremony to honor Joseph Pilates at his birthplace. Entryway Haus Erholung</p>
<p>5:30 – 7:00 (17:30 – 19:00)</p>	<p>Wine and Cheese Reception</p>	<p>Presenters and board members invite all attendees to join them for the Reception in the Ballroom Ballroom</p>
<p>Saturday September 3</p>	<p>MORNING CLASSES</p>	
<p>9:00 – 11:00</p>	<p>Jean Claude Nelson</p>	<p>Matwork: "Rhythm and Dynamics a powerful Tool" This workshop will focus on using rhythm and dynamics to challenge your Pilates practice on theMat. There is undeniable excitement and uplifting energy when "Rhythm and Dynamics" are incorporated. This will be a playful approach to keep your body trim and mind sharp. Ballroom</p>
	<p>Brett Howard</p>	<p>Studio Suite: Pre-Pilates The Pre Pilates workshop includes everything from the initial exposure to Contrology, exercises for special populations and for exercises for individuals with pre-existing conditions, who require enhancements prior to the complete Basic repertoire. Room 1</p>
	<p>Lolita san Miguel</p>	<p>Reformer: The Universal Reformer Mr. Pilates thought of himself as a Universal Reformer and was convinced we would live in a better world, be healthier and happier if we were physically fit. He was right and we can all agree.</p>

		Room 2
	Kathy Corey	<p>Ped I Pul: Adding a Ped I Pul Program to your Classes This simple and inexpensive original piece of equipment adds value to every program and everybody at all fitness levels. The program of exercises includes upper body work, spinal articulation, deep abdominal work, and leg and footwork. Since these exercises are done standing, they improve balance and agility as well as strength and flexibility.</p> <p>Room 3</p>
11:15 - 12:30		RoundTable Ballroom
12:30 – 2:00 (12:30 - 14:00)		LUNCH
2:00 – 5:00 (14:00 - 17:00)	AFTERNOON CLASSES	
	Kathy Corey	<p>Matwork: Matwork: Pilates 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</p>

		<p>exercises. Get an in-depth understanding of how to approach the same exercises with a different focus to achieve different results.</p> <p>Ballroom</p>
	Jean Claude Nelson	<p>Studio Suite: "Working with Imbalances" Muscle and skeletal imbalances leading to postural dysfunction are very common problems. Jean Claude will look at how to address the body to correct movement patterns on various Pilates apparatus.</p> <p>Room 1</p>
	Brett Howard	<p>Reformer: Deepen your Understanding on the Universal Reformer <small>SEP SEP</small> 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 Pilates Reformer exercises. Students will learn how to recognize the skills involved in the Reformer exercises and then find ways of strengthening the particular skills.</p> <p>Room 2</p>
	Lolita San Miguel	<p>Wunda Chair: It's a Wonder The Pilates Chair is a "wonder" indeed from doubling as a piece of furniture to being one of his most difficult yet simple apparatus. Easier to transport and by adding handles and increasing its challenge.</p> <p>Room 3</p>
6:00 – 22:00 (18:30 - 22:00)	DINNER WITH THE PRESENTERS	<p>Attendees are invited to join the presenters for dinner and a party</p> <p>Ballroom</p>

<p>Sunday September 4</p>	<p>LOLITA'S BODY WALK</p>	<p>All attendees are invited to come to this activity. Entryway Haus Erholung</p>
<p>9:00 – 11:00</p>	<p>MORNING CLASSES</p>	
	<p>Brett Howard</p>	<p>Matwork: The Classical Mat Repertoire 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 consists 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. Ballroom</p>
	<p>Lolita san Miguel</p>	<p>Studio Suite: A Little of Each Joe's Creative genius extended to apparatus he constructed himself where he applied much of his Mat work – Cadillac (Tower), Reformer, Chair, Ped o Pull, Magic Circle. We will visit them all for as long as time allows. Room 1</p>
	<p>Jean Claude Nelson</p>	<p>Reformer: "Stay Connected" In this workshop we will bring our attention to the proper execution of each movement and fine-tuning details with exercises of the intermediate Reformer repertoire. Our main focus will be on learning to keep a constant connection to our center during the exercises and the transitions. Room 2</p>

	Kathy Corey	<p>Spine Corrector:</p> <p>Functional Training for the Spine : Spine Correctors and Asymmetrical Movement</p> <p>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.</p> <p>Room 3</p>
11:15 – 12:15	All Attendees	Meet in entryway Haus Erholung for a walking tour of Joseph Pilates homes
12:15 – 1:30 (12:15 – 13:30)		LUNCH
1:30 – 3:30 (13:30 - 15:30)	AFTERNOON CLASSES	
	Lolita san Miguel	<p>Matwork:</p> <p>Building Blocks for Mat</p> <p>Starting with Posture Check, Spine moves, Feet articulations, progressing to Pre-Pilates, Joseph Pilates exercises and ending with Post Pilates while standing and reaffirming the Perfect Pilates Posture.</p> <p>Ballroom</p>
	Brett Howard	<p>Studio Suite:</p> <p>Skill Acquisition, Development and Progressions of Exercises in Pilates</p> <p>In this workshop students will view a selection of Pilates exercises and examine the movement skills</p>

		<p>involved in the exercises, recognize like skills in other exercises, develop strategies to build on top of the skills and identify various progressions of the exercise.</p> <p>Room 1</p>
	Kathy Corey	<p>Reformer:</p> <p>Reformer – Foot, Leg and Pelvis: How to create Alignment through Movement</p> <p>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.</p> <p>Room 2</p>
	Jean Claude Nelson	<p>Magic Circle:</p> <p>"The Ring of Fire"</p> <p>Feel the burning connection to your powerhouse with every move you make. Introducing the Magic Circle to your mat workout does not only increase the intensity but also builds up a stronger connectivity of the entire body.</p> <p>Room 3</p>
<p>3:45 – 4:30 (15:45 - 16:30)</p>	<p>CLOSING CEREMONIES</p>	<p>ALL ATTENDEES ARE INVITED</p> <p>Ballroom</p>