

MAY 2024 SCHEDULE

PRE CON WORKSHOP

THURSDAY MAY 9			
TIME	ROOM	PRESENTER	COURSE
	Class Numbers		
12:30 – 4:30 (12:30 – 16:30)	BALLROOM 250	BENJAMIN DEGENHART	Return to life - 34 ways to control gravity A Pilates practice usually begins on the Mat, and it ultimately leads back to the Mat. Joseph Pilates handpicked 34 original movements that—according to him—would establish and maintain good physical health. In this workshop, participants get to explore and question these familiar exercises, discover their purpose, the logic in the original order, as well as helpful transitions and variations to introduce these movements.

CONGRESS

FRIDAY MAY 10			
TIME	ROOM	PRESENTER	COURSE
8:00 – 9:15AM	EXHIBITION HALL ROOM	KATHY COREY and Board Members	REGISTRATION – ALL ATTENDEES Pick up your name badge and welcome bag and meet and greet the attendees. Expo Hall

9:15 – 9:45AM	BALLROOM	KATHY COREY, LOLITA SAN MIGUEL, PRESENTERS AND BOARD MEMBERS	WELCOME CEREMONY
9:30 – 11:00	GYMNASIUM	BRETT HOWARD	SPECIAL MAT FOR SCHOOL STUDENTS
10:00 – 12:30	BALLROOM	LOLITA SAN MIGUEL	MAT 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.
10:00– 12:30	ROOM 1	BENJAMIN DEGENHART	STUDIO SUITE Bend Over Backwards - Rethinking extension The Pilates method is full of opportunities to go upside down and extend. During this workshop, participants get to review and reconfigure the concepts of inversion and extension across various pieces of apparatus, and learn to build a safe and strong backbend utilizing the Pilates studio.
10:00 – 12:30	ROOM 3	MIGUEL SILVA	REFORMER Trans (former) class - On this class, find how to challenge yourself and your clients by adding some simple details that will make a big impact! Let's find the power of transformation that the reformer have offer us!
10:00 – 12:30	ROOM 4	JEAN CLAUDE NELSON	SPINE CORRECTOR "Teach the Reach" The Spine Corrector is a wonderful piece of apparatus to teach the importance of lengthening. We will take a deeper look into all the different possibilities to stretch the entire body.
12:30 – 14:00 (12:30 – 2:00PM)	EXHIBITION HALL OPEN		LUNCH
14:00 – 16:00 (2:00 – 4:00)	BALLROOM	MARIA EARLE	MAT Cats, sand tunnels, weathervanes, whistles, and hums — let's get creative and playful in this workshop that will illuminate the teachings of Kathy Grant through the lens of long-time

			student Maria Earle. Come away from this workshop with movement protocols and ideas that provide a unique approach to the Pilates Method.
14:00 – 16:00 (2:00 – 4:00)	ROOM 1	MIGUEL SILVA	STUDIO SUITE The game of Springs - Working around the studio to find the springs feedback on your body. We will see the result of lengthening and strength given by the "internal spring".
14:00 – 16:00 (2:00 – 4:00)	ROOM 3	KATHY COREY	REFORMER Building Blocks -- The Foundation of Advanced Movement Every advanced exercise begins with the foundation of Pilates exercises. We explore the value of knowing how to build upon the basics to progress to the advanced Pilates repertoire.
14:00 – 16:00 (2:00 – 4:00)	ROOM 4	BRETT HOWARD	WUNDA CHAIR Deepen your Understanding on the Pilates Wunda Chair Students will have the chance to learn the Classical repertoire and deepen their knowledge about the exercises on the Wunda Chair . In the workshop participants learn various approaches of scaffolding and deconstructing the Pilates Wunda Chair exercises. Students will learn how to recognize the skills involved in the Wunda Chair exercises and then find ways of strengthen the particular skills.
17:00 – 18:00 (5:00 – 6:00PM)	MEET IN HOTEL LOBBY AT 17:00(5:00)	ALL PRESENTERS AND ATTENDEES	CEREMONY AT THE PLAQUE
18:00 – 19:30 (6:00 – 7:30)	TO BE ANNOUNCED	ALL PRESENTERS AND ATTENDEES	WINE AND CHEESE AND ROUND TABLE

SATURDAY MAY 11			
TIME	ROOM	PRESENTER	COURSE
7:45 – 8:45AM	BALLROOM	SUUS WILMS FABRICE LAMEGO	MORNING MAT Join Fabrice and Suus for a morning wake up mat class

9:00 – 11:00AM	BALLROOM	MIGUEL SILVA	MAT You, your mat and the gravity We will go through the 34 original exercises and find how challenging is to work in a "open chain" perspective.
9:00 – 11:00AM	ROOM 1	KATHY COREY	STUDIO SUITE Exploring Pilates Movement This class explores the essential movements on various pieces of equipment designed by Joseph Pilates and how the advanced exercises are progressions of these movements.
9:00 – 11:00AM	ROOM 3	BENJAMIN DEGENHART	REFORMER Skill-building on the Reformer The original Reformer sequence consists of over 70 exercises, including many rarely taught advanced progressions. And yet, it's these exercises that lead to bigger revelations in the Pilates system. During this workshop, participants get to explore the advanced repertoire through useful breakdowns, to make the work approachable to any client who has mastered the basics.
9:00 – 11:00AM	ROOM 4	JEAN CLAUDE NELSON	LADDER BARREL 'Variations on the Ladder Barrel' In this workshop we will learn a series of various of classical Pilates exercises on the Ladder Barrel. Various are fun and they help us to keep our mind sharp.
11:15- 12:30	BALLROOM	LOLITA SAN MIGUEL	LOVING OUR MAT (OPEN TO ALL)
12:30 – 14:00 (12:30 – 2:00PM)	EXHIBITION HALL OPEN		WALKING TOUR OF JOSEPH PILATES HOMES LUNCH
14:00 – 16:30 (2:00 – 4:30)	BALLROOM	BRETT HOWARD	MAT Using Scaffolding in the Pilates Mat Scaffolding is an education theory developed by Lev Vygotsky 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.
14:00 – 16:30 (2:00 – 4:30)	ROOM 1 50	JEAN CLAUDE NELSON	STUDIO SUITE
14:00 – 16:30 (2:00 – 4:30)	ROOM 3	LOLITA SAN MIGUEL	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.
14:00 – 16:30 (2:00 – 4:30)	ROOM 4	MARIA EARLE	WUNDA CHAIR UNLOCKING THE WUNDA CHAIR: A 360-DEGREE EXPLORATION This workshop opens doors to unlocking the profound versatility of the Wunda Chair, also known as the Low Chair. Dive into the realm of possibilities as we explore innovative ways to seamlessly integrate the Wunda Chair into your clients' initial sessions and beyond. An engaging and dynamic apparatus, the Chair provides a playground for honing movement skills that foster a profound connection to the core, enhance thoracic mobility, and fortify the shoulder and hip complex. .
18:00 – 21:00 (6:00 – 9:00)	TBA	PRESENTERS, INVITED GUESTS AND ATTENDEES	SPECIAL DINNER WITH THE PRESENTERS (Additional payment)

SUNDAY MAY 12			
TIME	ROOM	PRESENTER	COURSE

7:45 – 8:45AM	BALLROOM	MURIELLE PICKARD	MORNING MAT Join Murielle for a morning wake up mat class
8:00 AM	HAUS EROLUNG LOBBY	LOLITA'S CHOICE	LOLITA'S BODY WALK
9:00 – 11:00AM	BALLROOM	JEAN CLAUDE NELSON	MAT "The Ring of Fire " Feel the burning connection to your power house 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.
9:00 – 11:00AM	ROOM 1	BRETT HOWARD	STUDIO SUITE Finding Balance in Pilates <i>Working with Asymmetries</i> In this workshop participants will learn techniques to find greater balance and symmetry. Students will practice and assess movement as we practice paying close attention to weight distributions. Techniques are provided to help identify unwanted movements while learning tricks and tips to correct alignment. Asymmetrical Movement Patterning techniques created by Romana Kryzanowska will be given as well.
9:00 – 11:00AM	ROOM 3	LOLITA SAN MIGUEL	REFORMER/TOWER The Reformer and Tower Join Lolita for this unique experience with her Reformer/Tower program.
9:00 – 11:00AM	ROOM 4	KATHY COREY	PED-I-PUL, Toe Corrector, Foot Corrector Join us for a very special class featuring the ped o pul, foot corrector and toe corrector. These innovative programs include, focus of footwork, spinal articulation, upper body work to improve balance, agility, strength and flexibility.
11:15-12:30PM	BALLROOM	KATHY COREY	SPECIAL MAT CLASS FOR ALL
12:30 – 13:30 (12:30 – 1:30PM)	EXHIBITION HALL OPEN		LUNCH
13:30-15:30 (1:30 – 3:30PM)	BALLROOM	KATHY COREY	MAT MATWORK – ASSESSMENT AND CORRECTIONS

			The course addresses common problems of alignment, mobility, flexibility, extension, and symmetry and how to properly teach and perform the matwork exercises. We progress through the movement patterns with attention to body awareness and precision in movement and how to correct misalignments. The assessment and correction of alignment, balance, coordination and core strength explores the power and depth of the matwork.
13:30-15:30 (1:30 – 3:30PM)	ROOM 1	LOLITA SAN MIGUEL	STUDIO SUITE A Little of Each JOE’s Creative genius extended to apparatus he constructed himself where he applied much of his Matwork–Cadillac (Tower), Reformer, Chair, Ped o Pull, Magic Circle. We will visit them all for as long as time allows.
13:30-15:30 (1:30 – 3:30PM)	ROOM 3	MARIA EARLE	REFORMER Delve into an exploration of advanced exercises on the Reformer that demand heightened body awareness, control, strength and balance. Often, these exercises are considered challenging to teach and can be overlooked. However, they hold immense potential to deepen your students' practice and understanding of the Pilates method. Throughout the workshop, the primary focus will be on equipping you with a diverse range of targeted teaching strategies and tactile assists. These invaluable tools will empower you to confidently lead your students through complex movement patterns while prioritizing their safety and providing effective guidance.
13:30-15:30 (1:30 – 3:30PM)	ROOM 4	BENJAMIN DEGENHART	WUNDA CHAIR Wunda Chair - “the silent artist” The Wunda Chair combines an ergonomic furniture piece with a versatile exercise apparatus, and Joseph Pilates had a lot to say about this apparatus! Based on original quotes by Joseph Pilates about this invention, this workshop takes a look at the original philosophies of the Pilates through the Wunda Chair design and its unique exercise repertoire.

15:45 – 16:30 (3:45 – 4:30PM)	BALLROOM	PRESENTERS & ATTENDEES	CLOSING CEREMONIES