

6th PRT Summit
Weekend at Bernie's
Pilates Conference

Friday June 5, 2013					
	Esalen 1(full studio)	Esalen 2 (redcord)	Lulur 1 (Reformer)	Lulur 2 (CHAIR/MAT)	Onsen (Studio)
Time					
6:30 to 9:15	Registration and Breakfast				
7:30 AM to 8:30 AM		Workout class 1 Bernie Nelson Redcord	Workout class 1 Amy Taylor Alpers Reformer Workout	Workout class 1 Blossom Chair workout	
9:15 to 12:15		Workshop 1 Bernie Nelson Redcord Corrective Day 1A		Workshop 1 Blossom Wunda Chair Wonders	Workshop 1 Amy Alpers One Size Does not fit all.
12:15 to 1:30	Lunch and General Presentation Why you don't want to miss out on getting involved with suspension training now! Michael Leonardi				
1:45 to 4:45		Workshop 2 Bernie Nelson Redcord Corrective Day 1B	Workshop 2 Shelly Power reformer	Workshop 2 Blossom Before the Hundred	
5:00 to 6:00	Cocktail party and vedor show				
Saturday June 6, 2013					
	Esalen 1	Esalen 2	Lulur 1	Lulur 2	Onsen
Time					
6:30 to 9:15	Registration and Breakfast				
7:30 AM to 8:30 AM	Workout class 2 Blossom Pilates Barre Class	Workout class 2 bernie Nelson Redcord Group Class	Workout class 2 Amy Taylor Alpers Reformer	Workout class 2 Shelly Power Mat work	
9:15 to 12:15	Workshop 3 Amy Taylor Alpers Dealing with Common Injuries	Workshop 3 Micheal Leonardi Redcord Corrective 2a	Workshop 3 Shelly Power Advanced Reformer		Workshop 3 Bernie Nelson Pilates Case studies
12:15 to 1:30	Lunch and General Presentation				
1:45 to 4:45	workshop 4 Shelly Power Get it together	Workshop 4 Micheal Leonardi Redcord Corrective 2b		Workshop 4 Blossom Wunda Chair Wonders	Workshop 4 Amy Taylor Alpers Tribute to Romana
5:00 to 6:00	Workout class 3 Amy Taylor Alpers Mat work	Workout class 3 Micheal Leonardi Redcord group Class	Workout class 3 Shelly Reformer	Workout Class 3 Blossom Wunda Chair Workout class	
Sunday June 7, 2013					
	Esalen 1	Esalen 2	Lulur 1	Lulur 2	Onsen
Time					
8:20 AM to 11:20 AM	Workshop 5 Bernie Redcord Pilates Case Studies		Workshop 5 Shelly Archival Reformer	Workshop 5 Blossom Accessible Advanced Mat	Workshop 5 Amy Taylor Alpers One Size Does Not Fit All
11:20 AM to 12:00 AM	Brunch				
12:00 PM to 3:00 PM		Workshop 6 Shelly Power A new Prospective on Mat		Workshop 6 Blossom Wunda Chair Wonders	Workshop 6 Amy Taylor Alpers Dealing With Common Injuries
3:15 PM	Closing of Conference				

All workshops, classes, rooms and times are subject to change or cancellation.

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Workshop Descriptions

Dealing with Common Complaints and Injuries

By Amy Taylor Alpers

As Pilates teachers our main task is to utilize the profoundly valuable exercises Joseph Pilates designed to help people achieve optimal over-all health. In actuality, however, we are often confronted with clients who require additional help with specific issues that can be a little outside our comfort zone and even our scope of practice. Some of the most common ones we often face include: neck tension and pain; spinal pathologies such as scoliosis, kyphosis, bulging/herniated discs, sciatica; joint concerns including gritty/clicking/popping sounds and arthritis; tendonitis, hernia, migraines, digestion and sleep problems, post-surgical issues including joint replacements, mastectomy; and more.

In this 6 hour workshop we will cover issues from the above list as requested by those personally attending. Bring your questions, confusions, and concerns – maybe even bring a suffering client if possible – so we can address as many as time permits.

Consider revealing your own struggles with any of these problems too, so we can all benefit from actual 'live' examples to help us learn and grow as teachers.

One Size Does Not Fit All

By Amy Taylor Alpers

Body types are often referred to in fruit metaphors – apple, banana, or pear shaped. Or geometric forms such as rectangles, triangles, and circles. Or odd scientific terms such as mesomorph, ectomorph, and endomorph. However, the variations in the human body's design are much more diverse and complicated than that. In Pilates our mission is to help 'uniformly develop' the body – to bring it into ideal balance and alignment so it can move with ultimate efficiency and effectiveness, enabling detoxification and reoxygenation through unhindered circulation.

Regardless of both genetic programming and lifestyle issues, it is possible to enable any body to be more uniformly developed through Pilates. However, this doesn't happen automatically simply by teaching them to do the exercises. It requires that the teacher truly acknowledge all the essential facts about the body in front of her/him, and realize that the Pilates exercises will need to be adapted in such a way that they will very purposefully accommodate all physical inconsistencies.

Proportions of weight, height and length, as well as relative tightness and flexibility, as well as male/female differences in distribution of mass will all need to be taken into consideration. It's basically a physics problem. How do we make the Pilates exercises fit each person's unique design to help achieve our ultimate goal – uniform development?

A Tribute to Romana Kryzanowska

By Amy Taylor Alpers

When Joseph Pilates died in 1967 at the age of 83, Romana Kryzanowska, a lifelong student of his, stepped in to help his widow, Clara, run the studio. When Clara died 10 years later, Romana took over the business. And there she stayed, teaching students and teachers by the hour, and later, traveling the world directing a teacher training program, right up until her recent retirement. She always said, "I'm not a creator, I just teach what 'Uncle Joe' taught." And that was her enduring commitment to Pilates. To maintain the original integrity and spirit of Joseph Pilates' method.

In this workshop we will learn Romana's history and understand her place within the industry. Then, utilizing Mat and Reformer exercises, we will explore her style and approach to teaching Pilates. Come prepared to move. That's what Romana was all about.

Accessible "Advanced" Matwork

By Blossom Leilani Crawford

In this 3 hour workshop, we will do a Matwork reboot. We will look at Mr. Pilates "Return to Life" Matwork repertory and order. Our focus will be the latter half and lesser known and often less executed half of the exercises. We look at the essence and purpose of each exercise and find the accessible movement within most of the Matwork.

Come ready to move and play. Breathe new life into your teaching with this workshop. Best of all, you will learn tools to teach most of the Matwork (even the Advanced repertory) to most clients.

Wunda Chair Wonders

By Blossom Leilani Crawford

In this Wunda Chair workshop Blossom will lead an exploration of the traditional exercises of the Wunda Chair. This is not a workshop of dazzling new choreography or tricks. Rather we will look at the classical movements of the Wunda Chair and take away flourishes to highlight the simple yet difficult movements on the Chair. Also Blossom will gently (and not so gently) remind instructors of some of the exercises that are completely accessible, but sometimes left off the to do list.

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Before The Hundreds

By Blossom Leilani Crawford

I assisted Kathy Grant's Matwork class at NYU for 10 years. In that class Kathy developed a vocabulary of warm up exercises that came before starting the traditional Pilates Matwork. Before the Hundreds are the building blocks to doing traditional Pilates vocabulary. In my view this is the heart of Kathy's work. The exercises have a huge range of style, but are easily assimilated in teaching and workouts.

A New Perspective on Mat

By Shelly Power

Shelly brings a fresh approach and offers a new perspective to the traditional Pilates mat exercises. In this 3-hour workshop we will work on movement to create the ultimate healthy body for ourselves and our clients plus explore how to integrate and progress the exercises for all abilities. Each of the different movements will be used to prepare the body for more advanced movement on the Mat and on the apparatus.

Get It Together!

By Shelly Power

This 3-hour workshop will examine the connections and transitions crucial to moving from the elementary through to advanced apparatus exercises through a mixture of discussion and practical work. We will look at the relationships between many of the hip extension exercises in the Pilates repertoire and how they relate to other movements in the Pilates repertoire and functional, real-life movements.

Advanced Reformer

By Shelly Power

This 3-hour workshop is ideal for anyone teaching group classes or 1-1s and looking for more dynamic/advanced repertoire to introduce to their clients. As well as teaching you the exercises, we will explore how to integrate them most effectively into your client's program or class.

Redcord Active: Advanced - Corrective Exercise (2 day course)

By Michael Leonardi & Bernie Nelson

This advanced course introduces the professional to Redcord's kinetic-chain assessment protocol and corrective exercises. Learn how to identify movement compensations, muscle imbalances and "weak links" along each myofascial chain throughout the body. Apply Redcord's patented "bungee" off-weighting system to make suspension exercise a safe and effective training option for all populations, regardless of age and strength level. Learn how to administer corrective exercises on the Redcord, utilizing bungee cords to help maintain proper biomechanical alignment and to establish efficient movement patterns. Upon completion of this course, you will be able to demonstrate safe and effective use of the Redcord equipment to develop and implement training programs that promote optimal muscle stability and movement efficiency for daily activities and sports.

Every Redcord course is substantiated by more than 20 years of scientific research and practical experience documenting the effects of suspension-based exercises on the well-being of individuals, and on the recovery from injuries and health conditions. All exercises and applications are currently used by medical and fitness professionals to facilitate rehabilitation, prevent injuries and enhance performance

Case Studies: Pilates

By Bernie Nelson

After months of education and practice you have now finished your Pilates education program. You're out on the street and ready to be a Pilates instructor. It was only that easy. There are so many hurdles that you have to cross to build a practice that can support your financial needs. Many of these is working with the clientele that comes through your door. This three hour workshop will give you tools that will make the transition of Pilates enthusiast to trusted instructor.

Case Studies: Redcords/ Pilates

By Bernie Nelson

One of the greatest tools I have come across is Redcord and suspension training. It works very well in correlation with the Pilates work, but one must really understand how to combine both modalities in order to help clients achieve better muscular balance and control. In this three hour workshop we will show you how to combine these two modalities to better work with the normal client that walks through your door.