

## Take it from past years attendees...

*"You receive quality education in an intimate setting where you are able to interact one on one with the presenters. I look forward to attending the 3rd Annual PRT Conference."*

-Deanna Marose, Pilates Instructor

*"You don't feel like another number at this conference, you get a chance to share with other professionals in the industry and learn technique, theory and practice."*

-Monica Perez, Owner, The Core Pilates Studio

## What is the Cost?

Full Registration includes 6 workshops, 3 workout classes, 2 general presentations, 5 meals and 1 cocktail party. - **\$575**

Group of 4 or more - **\$475 /person**

Registration for any 2 days. - **\$500**

Friday: 2 Workshops, 1 workout class, one general presentation and 2 meals - **\$275**

Saturday: 2 Workshops, 2 workout classes, one general presentation and 2 meals - **\$300**

Sunday: 2 Workshops and 1 meal - **\$250**

**Hotel Room Rate is \$109 per night**



## Presenters from years past

**Brent Anderson**

**Sherri Betz**

**Shelly Power**

**Lolita San Miguel**

**Julian Littleford**

**Michele Larrison**

**Rebecca Leone**

**Kyria Sabin**

**Kimberly & Katherine Corp**

**Kristy Cooper White**

**Amy Taylor Alpers**

**Karena Teck Lineback**

**Laurette Ryan**

**Just to name a few!**



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## WEEKEND AT BERNIE'S

Education that's refreshing!



## Instructor Summit

Weekend at  
**BERNIES**



**June 5 - 7, 2015**

**Double Tree Hotel**

**Palm Beach Gardens. Florida**

# ABOUT OUR CONFERENCE

## Conference Schedule

### Thursday, June 4, 2015

9:00-5:00 p.m. Pre- Con -Redcord intro

### Friday, June 5, 2015

6:30-7:30 a.m. Registration

7:30-8:30 a.m. Workout Class 1

7:30-9:00 a.m. Breakfast

8:45-9:00 a.m. Opening Ceremony

9:15-12:15 p.m. Workshop 1

12:15-1:30 p.m. Lunch

12:30-1:30 p.m. General Presentation

1:45-4:45 p.m. Workshop 2

5:00-6:00 p.m. Cocktail Party

### Saturday, June 6, 2015

6:30-7:30 a.m. Registration

7:30-8:30 a.m. Workout Class 2

7:30-9:00 a.m. Breakfast

9:15-12:15 p.m. Workshop 3

12:15-1:30 p.m. Lunch

12:30-1:30 p.m. General Presentation

1:45-4:45 p.m. Workshop 4

5:00-6:00 p.m. Workout Class 3

### Sunday, June 7, 2015

8:00-11:00 a.m. Workshop 5

11:00-11:30 a.m. Brunch

11:30-2:30 p.m. Workshop 6

## 18 hours of workshops in three days.

We are proud to announce all workshops will be 3 hours in length for this years conference. This allows both the presenters as well as attendee's ample time to best experience all of what the workshop has to offer. Each workshop's will maintain the same intimate setting as last year, in that all classes will be a maximum of 30 participants.

## Why Choose our conference?

The PRT conferences is built around the educational desires of the instructors that are attending. Our workshops are structured to give the attendee the best opportunity to interact with the presenter. The topics for workshops are greatly influenced from the input of our previous year's attendees.

Hence why we call it the Pilates Round Table.

## A few of our past workshops...

### Redcord Active - 14 Hour Intensive. By Michael Leonardi

In this 14 hour intensive, you'll receive the first two levels of Redcord Suspension training. This training will lead you through the functional understanding of suspension



training and how to best work with corrective exercise.

## Accessing Your Psoas: Creating True Integrated Movement

By Amy Taylor Alpers

Do you move from your center in a truly organic, whole body, integrated way? Are you able to assess whether your clients can – and if not, why not? In this workshop we will utilize Pilates spinal and hip flexion and extension exercises to develop our visual assessment skills to determine whether movement is actually coming from 'the center' correctly and efficiently, and if not, how to correct it.

## Scolio-Pilates

By Karena Thek Linback

For misalignments of the spine, the spine must be addressed in three-dimensions. Learn to use props to aid movement of the spine towards a neutral alignment. Once the neutral alignment is obtained, then strengthening around this new alignment will create the lasting change that we desire for our clients.

## PILATES ROUND TABLE INSTRUCTOR SUMMIT

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