



HOUR 1 "Días y horas especificadas para España"

BB Gang

Introduction and Welcome

29 de Mayo 16:30

Description: Ken Endelman, Nora St. John, Joy Puleo, and Al Harrison welcome you to the first ever Pilates Around the World Virtual Conference! See what we have in store for you!

Language: English

HOUR 2

Pilates Anytime All Stars

The World's Biggest Mat Class

29 de Mayo 17:00

Description: We would like to launch Pilates Around the World with the biggest Pilates mat class ever. Join us and four amazing Mat teachers for a dynamic class celebrating our strength, our community, and our love of all things Pilates!

Language: English

Website: www.pilatesanytime.com

Social:

www.facebook.com/PilatesAnytime

www.instagram.com/pilatesanytimeus

twitter.com/PilatesAnytime

www.youtube.com/PilatesAnytime

www.pinterest.com/pilatesanytime

HOUR 3

Cara Reeser

Challenging our Expectations

29 de Mayo 18:00

Description: Join me for a 55 minute up level movement practice on the mat! Our theme will be "Challenging our Expectations"! The practice will explore spinal extension with the goal of building skills, awareness, and confidence

for executing some of the advanced Pilates back bending protocols! Through the warmup we will explore the essential biomechanical elements to prepare our bodies for the final expression of high bridge and walk over! Let's take the leap together, open our hearts, and discover our potential!

Props recommended: Mat, two yoga blocks (or books the same size), wall space

Language: English

Studio: Cara Reeser Pilates

Website: www.carareeserpilates.com

Social:

www.facebook.com/PilatesAligned.Denver

twitter.com/pilatesaligned

HOUR 4

Brent Anderson, PhD, PT, OCS

Cueing the Nervous System

29 de Mayo 19:00

Description: This 1-hour course is designed to introduce the concept of how movement practitioners can more efficiently use the body's proprioceptive system to facilitate efficient motor learning. Emphasis will be made on the importance of structural alignment, load, and velocity as the tools to facilitate efficient movement cueing through the nervous system.

Following this mini-course participants will:

- Have reviewed the neurophysiology of the human proprioceptive system
- Understand the importance of spontaneous neuromuscular organization
- Understand the importance of the myofascial system and the interstitial receptors as they pertain to the neuromuscular organization of the human
- Learn how to apply basic principles in Pilates Exercise to the three tools that facilitate spontaneous organization: Alignment, Load, Velocity

Language: English
Studio: The Polestar Pilates
Website: www.polestarpilates.com
Social:
www.facebook.com/polestarpilates
twitter.com/polestarpilates
www.instagram.com/polestarpilates
www.linkedin.com/company/polestarpilates

HOOR 5

Shari Berkowitz

Biofeedback on the Mat: Your Best Tool to Heighten Proprioception with Shari Berkowitz

29 de Mayo 20:00

Description: Your best tool to help your clients isn't fancy, isn't expensive...it's on every apparatus even when there seems like there are none...it's your mat. During this time of Covid-19 we are getting more and more intimate with using less and less...we're down to a mat...and it's about time! It's time to discover the greatness of the mat. Sure, the exercises...but I mean what a brilliant tool it is if we know how to use. The mat is our greatest tool for developing proprioception. It is our best biofeedback tool. In this workshop, we'll delve into the 4th or 5th dimension of the mat...what it can really do for us in developing our ability to sense ourselves in space, make great internal connections and be present in movement for exercise and the movement of life.

Language: English
Studio: Vertical Workshop
Website: : www.theverticalworkshop.com
Social:
www.facebook.com/groups/19389953732
www.instagram.com/theverticalworkshop
twitter.com/ShariBerkowitz

HOOR 6

Alice Becker

Mat Circuit with Props for a Healthy Lumbar

29 de Mayo 21:00

Description: During this time when many of us are sitting more than usual or out of our usual movement routine, the lower back can become stiff and painful. Join Alice for a Mat class focused on restoring comfort and ease to the lower back.

Props recommended: Tennis balls, resistance band, Pilates ring, pillow, towel, small ball
Language: Portuguese (some English)

Studio: Physio Pilates
Website: www.physiopilates.com
Social:
www.instagram.com/alicebecker.physio/?hl=en
www.facebook.com/alice.beckerd
www.youtube.com/watch?v=nUS2_Glh4CQ&feature=youtu.be

HOOR 7

Elizabeth Larkam, MS Ed

Thoracic Organization for Planks

29 de Mayo 22:00

Description: The thoracic spine and ribs together with the organs of the thorax provide the foundation for the shoulder girdle, arms, and hands. Experience movement sequences that integrate the thorax with your whole self for success in Leg Pull, Leg Pull Front and Side Bend Twist.

Language: English
Studio: Fusion Pilates
Website: www.fusionpilatesedu.com
Social:
www.facebook.com/pg/Fascia-in-Motion-Fascia-focused-movement-for-Pilates-by-Elizabeth-Larkam-489093688129020/posts/
www.secretlifeoffascia.com/elizabeth-larkam/#

HOOR 8

Kathryn Ross-Nash

Magic Circle Mat Class

29 de Mayo 23:00

Description: Find a Magic Circle a ring or a ball and join Kathryn for what is sure to be a powerful, inspiring, and invigorating class.

Props recommended: Pilates ring preferred. If not, consider an 8" - 12" ball to squeeze

Language: English
Studio: KRNNY Pilates
Website: www.kathirossnash.com
Social:
www.facebook.com/kathirossnash.redthread

HOOR 9

Madeline Black

The Integrated Psoas and Diaphragms

30 de Mayo 00:00

Description: Madeline Black leads a mat class focusing on the psoas' relationship with the diaphragms and trunk fascia. She will guide you through the imagery of the psoas and its influences from the cervical to the feet. You

will experience the biotensegrity principles of the psoas, the diaphragms and thoracolumbar fascia. Madeline integrates traditional Pilates mat along with her inventive use of movement and props for the whole body. After this class you will be standing and moving differently!

Props recommended: Mat, Chair or stool, Bolster, Oov, or roller, Ribbed Inflatable Ball 8"-10" (21-26 cm) or ball this size, Yoga block (two) or books, Theraband (blue), Wall space, two paper plates

Language: English

Studio: Studio M

Website: www.madelineblack.com

Social:

[#madelineblackmethod](https://www.facebook.com/MadelineBlackPilates)

www.facebook.com/MadelineBlackPilates

twitter.com/MadelineBlack

www.instagram.com/madelineblackpilates

www.linkedin.com/in/madeline-black-76b56b13

vimeo.com/madelinedeanblack

Hour 10

Tom McCook

Centering, Mindful Movement and Meditation

30 de Mayo 01:00

Description: In this class with Tom McCook, he will guide you through an embodied experience to come into the life of our body, release tension, align with gravity and feel into our interconnectedness. After a mindful movement practice to open, connect and align, we'll center our somatic awareness (soma meaning our body, mind and spirit in its wholeness) to cultivate our attention and connect it to what's important. We'll complete the session with a meditation to deepen the experience of practicing good medicine in support of being our best selves in service to the world.

Language: English

Studio: Center of Balance

Website: www.centerofbalance.com

Social:

www.facebook.com/CenterBalance

www.youtube.com/channel/UCRLmClmgwkGsPvMgrSz9gKw

Hour 11

Tamara O'Reilly

Magic Circle & Softball for Muscular Slings

30 de Mayo 02:00

Description:

Learn to program using the Magic Circle and Togu ball to address our muscular slings. Tamara will take you through a session that will balance the body using a range of movements (and challenges!) that will highlight where we might need to put a little more focus.

- This session will be a blend of familiar exercises, put together to address the entire body, through all ranges of movement, bringing our awareness to the fact we are complex, multiplanar beings!

Props recommended: Pilates ring, 8" - 12" ball such as a Togu or airball

Language: English

Studio: The Pilates Workshop

Website: www.thepilatesworkshop.com.au

Social:

www.facebook.com/TPWorkshop

twitter.com/tpwwollongong

www.instagram.com/thepilatesworkshop

www.youtube.com/channel/UCLdcwa7qH63vuSEMS_FXMmA

Hour 12

Dr. Roh

**Overcome gluteal amnesia
(dead butt syndrome)**

30 de Mayo 03:00

Description: Since COVID-19 crisis, we have been blocked from going outside. According to a survey about the effects of the lockdown by Tilion Pro in Korea, 4,010 people age 20-50 man and women gave the following responses:

- Gained weight 1,718(43%); no change (39%); lost weight (18%).
- The main reason for this is due to decreased physical activity:

- No exercise during the weekend (40%), stopped exercising altogether (33%), overeating for stress (33%), decreased physical activity due to working from home (20%).

Because of the lack of physical activity, they spend more time sitting on a chair, sofa or couch leading to limited opportunities to activate gluteals, hamstrings, abdominals and back muscles. Decreased activation of the posterior chain can cause back pain or sitting disease as a result. In this short workshop we will focus on waking up these muscles using common props to prevent low back pain.

Props recommended: Bands, 8" - 12" ball such as a Togu or airball, towel

Language: Korean

Studio: Korea Pilates Federation

Website: www.vonsung.com/project/korea-pilates-federation

Social:

www.facebook.com/rsypilates

HOURL 12.5

Hyun-Jeong Lee

Cadillac movement with a focus on spine

movement 척추움직임에 중점을 둔

30 de Mayo 03:30

Description: Cadillac Exercises: Class focusing on spine movements in Cadillac optimized for various movements 다양한 움직임에 최적화된 케딜락에서의 척추움직임에 중점을 둔 수업.

Language: Korean

Studio: Epilates Center

Website: www.epilates.co.kr

Social:

blog.naver.com/epilates1002

www.facebook.com/#!/Epilatescenter

www.instagram.com/e_pilates

HOURL 13

Audrey D'Cotta

Moving at the Right Frequency

30 de Mayo 04:00

Description: Every muscle has a baseline frequency with which it communicates with the brain to move the body. Various factors such as body misalignment, overuse and injury can cause the baseline frequency of muscles to

deteriorate and become inhibited. Movement that feels normal in our perception may not be perfect but what is habitual for us. The body is accustomed to take the path of least resistance to be "efficient". The brain minimizes the perceived energy required for a task; it tends to use the strongest muscles to do a movement. In this session we will learn some of the common muscles in our body that tend to become overactive and take over the jobs of the actual muscles that are meant to generate movement. Embodying the Balanced Body Movement Principles, we will release and stretch these overactive muscles and strengthen the right muscles that are meant to do the job with Pilates based and functional exercises.

Props recommended: Mat, whatever myofascial release tool is available such as foam roller, metal drink bottle, or tennis ball with yoga block, Resistance Band, Bath Towel

Language: English

Studio: The Movement Body Group

Website: www.themovingbodygroup.com

Social:

www.facebook.com/audreydcotta

www.linkedin.com/in/audrey-d-cotta-37a9994b/?originalSubdomain=sg

www.instagram.com/adcotta/?hl=en

HOURL 14

Angel Chan

Three Dimensional Core Workout (with small accessories)

30 de Mayo 05:00

Description:

- Train the core inside out in three dimensional
- Activate inner unit - explain what is inner unit and how to activate them. Prepare the body for more core exercise
- Work on outer unit - explain what is outer unit and exercises for outer unit. Prepare the body for more functional core exercise
- Functional core exercise for daily activities
- Functional core movement for performance activities

Language: Chinese (Mandarin)

Studio: We Fitness Society

Website: www.my-thai.org

Social:

www.facebook.com/MyThai.org

twitter.com/mythaiorg

www.instagram.com/mythaiorg

www.youtube.com/mythaiorg

Hour 15

Yasmin Karachiwala

Pilates meets High Intensity Interval Training

30 de Mayo 06:00

Description: Join Yasmin for a delightful and challenging workout that will get your entire body moving, your heart rate up and your mind and body working together in perfect harmony. This workout is designed to combine the precision and mindful benefits of Pilates training with upright moves designed to increase your heart rate and rev up your metabolism. It's an all in one workout you can do at home.

Language: English

Studio: Body Image

Website: www.bodyimage.in

Social:

www.twitter.com/YasminBodyImage

www.facebook.com/YasminBodyImage

[instagram: yasminkarachiwala](https://www.instagram.com/yasminkarachiwala)

Hour 16

Taha Erpulat, CPT

TBD

30 de Mayo 07:00

Description: TBD

Language: Turkish

Studio: Body Arts Pilates Studio

Website: bodyartspilates.com/studio/instructor-bio

Hour 17

Julia Sheganova

Pilates at Home

30 de Mayo 08:00

Description: Using ordinary items one can find around the house, Julia will take you through creative ways to practice Pilates at home. These exercises are great for the present situation but are also good ways to encourage your clients to maintain their Pilates benefits by adding in a home exercise routine.

Language: Russian

Studio: Body Contrology

Website: www.bodycontrology.ru

Social:

www.facebook.com/bodycontrology

www.youtube.com/channel/UCFqUzO6fvlYfdxWjwoz1BHg

www.instagram.com/bodycontrology

Hour 18

Hadar Schwartz, PT

The Magic Stick

30 de Mayo 09:00

Description:

- In this class we will use a simple prop, the wooden stick; we will explore and fly together. The wooden stick is available to everyone and can be both challenging and assistive. We will focus on shoulder girdle and thoracic mobility, open our heart and spread our wings.
- Level: Intermediate-advanced (can be modified for beginners)

Props recommended: Mat, wooden stick, or dowel

Studio: Tel Aviv University Pilates Studio

Hour 19 and 20

Italian Mat Class

Movement Magic on the Mat

30 de Mayo 10:00 - 12:00

Description: In this extended workshop, you will experience movement sequences focusing on every part of the body. From the Movement Principles, several of the Italian Master Instructors will develop powerful, useful, and creative mat and small equipment-based sequences exploring the full potential of the human body. **Instructors:**

Roberto Cernini

Monica Capuano

Sergio Sgambati

Enrico Prandini

Barbara D'Andrea

Enzo Ventimiglia

Language: Italian (some English)

Hour 21

Antonio León Rodríguez

Move your back in 3 dimensions

Mueve tu espalda en tres dimensiones

30 de Mayo 12:00

Description: The aim is to move the back in all possible directions integrating core musculature in relation with lower body and upper body. This would take as to a global movement of the whole body.

Descripción: El objetivo es mover tu espalda en todas las direcciones posibles integrando la musculatura del core en relación con el tren inferior y superior del cuerpo. De esta forma nos llevará a un movimiento global de todo el cuerpo.

Language: Spanish, En Español

Studio: Hygge Pilates

Website: www.hyggepilates.com

Social:

www.facebook.com/pilates.a.leon

www.instagram.com/hyggepilates

Hour 22

Alan Herdman

Clear Direction, Effective Change

30 de Mayo 13:00

Description: When we are clear about what we want the body in front of us to do, and we can express that desire directly in a way the client can understand, we see the body change as if by magic. The alchemy between the teacher's perception of the client's potential and the client's ability to manifest that potential is where skillful teaching reaches its fullest expression. Join Alan for an hour of clarity, simplicity and joyous movement.

Language: English

Studio: Alan Herdman Pilates in Central London (Marble Arch) & Alan Herdman Pilates at Third Space Canary Wharf

Website: www.alanherdmanpilates.co.uk

Social:

www.facebook.com/AlanHerdmanPilatesStudios

twitter.com/AlanPilates

Hour 23

Chrissy Romani-Ruby, PT, DEd, MPT, ATC, CPT
Functional Movement of the Spine

30 de Mayo 14:00

Description: Proper cueing and effective Pilates instruction relies on a thorough understanding of healthy movement throughout the spine. In this session we will review the functional anatomy of the spine and then apply it to Pilates movements for better evaluation, more effective cueing, and safer programs for your clients.

Language: English

Studio: Phi Pilates

Website: www.phipilates.com

Social:

www.facebook.com/hipilates/

www.linkedin.com/company/phi-pilates/

www.youtube.com/channel/UCQI2eb4sWbfSmXMfW5zvYjQ

Hour 24

Lolita San Miguel

Reflections on Pilates

30 de Mayo 15:00

Description: Following a full day of Pilates insights and exercises from all over the world, Lolita San Miguel, one of only two people officially certified by Joseph Pilates to teach, will celebrate our founding father Joseph Pilates with stories about her time with him and her time teaching the method to her international group of disciples.

Language: English

Studio: Pilates y Mas

Website: www.lolitapilates.com

Social:

www.facebook.com/Lolita-Pilates-190604184286429

www.instagram.com/lolitapilates

Hour 25

BB gang

Conclusion

30 de Mayo 16:00

Description: TBD

Language: English