



AUTHENTIC PILATES EDUCATION INTERNATIONAL

APEI CONFERENCE WORKSHOPS SCHEDULE

FRIDAY - 18th October

TIME	WORKSHOPS	GROUP	STUDIO
7.30am	Registration	ALL	
8.30am - 10.30am	Jean-Claude Above All, Learn How to Breath	PURPLE	Studio A
	Simona Cipriani Contrology Upright and Mat Exercises™	YELLOW	Studio B
10.45am - 12.45pm	Jean-Claude Above All, Learn How to Breath.	YELLOW	Studio A
	Simona Cipriani Contrology Upright and Mat Exercises™	PURPLE	Studio B
12.45pm -1.30pm	LUNCH		
1.30 pm - 3.30pm	Simona Cipriani The Arch of Life™ . Or Barrel to Roll	CHOICE	Studio B
	Katie Agnew Explore The System	CHOICE	Studio A
3.45.pm - 5.45.pm	Jean-Claude Fine Tuning the Reformer	ALL	Studio A

6.00pm DRINKS AND NIBBLES ALL

SATURDAY - 19th October

8.00am - 10.00am Simona Cipriani ALL Studio A
Body Mechanics for Contrology
™ Small Piece of Equipment

10.15am - 12.45pm Jean- Claude ALL Studio A
Spinal motion Analysis / Spine
Corrector &L Barrel

12 45 - 1.30 LUNCH

1.30pm - 3.30pm

Jean Claude PURPLE Studio A
Push and Pulls Cadillac

Simona Cipriani YELLOW Studio B
"Emanate" Pilates Hands-on
Workshop

3.45pm - 5.45pm Jean Claude YELLOW studio A
Push and Pulls Cadillac

Simona Cipriani PURPLE Studio B
"Emanate" Pilates Hands-on
Workshop

SUNDAY - 20th October

9am - 11am Olga tamara CHOICE Studio A
Dynamic Flow: *Flow is the Secret
Sauce.*

Katie Agnew CHOICE Studio B
Upside down Chair

11.15am - 1.15pm **Simona Cipriani** PURPLE Studio A
Contrology Archival Cadillac

Jean-Claude YELLOW Studio B
Advanced Wunda Challenges

1.15pm - 2pm **LUNCH**

2pm - 4pm **Simona Cipriani** YELLOW Studio A
Contrology Archival Cadillac

Jean-Claude PURPLE Studio B
Advanced Wunda Challenges

4pm -6.00pm **BUMP OUT**

WORKSHOP DESCRIPTION:

JEAN-CLAUDE NELSON

Above All Learn How To Breath

The importance of proper breathing during our Pilates practice is often neglected. We will take a step back and put our full attention on moving the body with the breath. In this workshop, participants will learn the fundamental importance of proper breathing techniques in Pilates practice. Through focused exercises and mindful movement, attendees will gain a deeper understanding of how to synchronize breath with movement to enhance overall performance and maximize benefits.

Fine Tuning the Reformer

In this workshop we will take our full attention to details to optimize our practice and teaching on the Reformer. We will go through the Intermediate Level and order to find precision in the execution of the exercises.

Spinal Motion Analysis - Spine Corrector and Ladder Barrel

This workshop involves assessing the movement of the spine during various exercises and movements on the Spine Corrector and Ladder Barrel. This

analysis helps instructors tailor Pilates routines to address individual needs and imbalances, promoting better spinal alignment, flexibility, and strength. By observing how the spine moves and identifying any restrictions or asymmetries, instructors can create personalized workouts to improve overall spinal health.

Pushes and Pulls on the Cadillac

This workshop will focus on using tactile cues to help your clients find a deeper connection to the movements on the Pilates Cadillac.

We will also learn the appropriate pressure to apply for effective active stretching.

Advanced Wunda Challenges - Wunda Chair

The Advanced Wunda Chair workshop includes exercises that focus on balance, strength, and control. These could involve movements with transitions, and variations that require precise coordination. It's important to ensure participants have a solid foundation in Pilates before attempting advanced challenges on the Wunda Chair to prevent injury. We will learn how to provide proper guidance and modifications based on individual abilities.

SIMONA CIPRIANI:

Contrology Upright and Mat Exercises™

Travel back in time to the original ideas of creator Joseph H. Pilates and the integration of the often-overlooked vertical exercises into Mat work routines. The way that Pilates taught kinetic movement was rooted in ancient Greek practices. He believed that the methods the Greek athletes used to prepare for the Olympics were the optimal techniques of movement and strengthening, so he incorporated those ideas and techniques into his program of standing exercises. Learn about the connection of archival movements to contemporary authentic Pilates Mat exercises. Set your teaching apart, and push your Mat routines to the vertical limit!

The Arch of Life™. Or Barrel to Roll

The Arch shape represents perfect architectural balance--witness the enduring viaducts and buildings of Rome and Athens. The arch also represents perfect architectural balance within the human body. In this workshop, learn surprising details about the bones, muscles, and the body's alignment. Focus on open-chain and closed-chain movement. Gain the knowledge to reconstruct

the amazing arch structure--the foundation of the Art and Science of Contrology--from the foot foundation up!

Body Mechanics for Contrology™ Small Piece of Equipment

In this workshop, teachers will review and learn the traditional pieces of equipment that Joseph Pilates, Clara Pilates, and Romana Kryzanowska used in their repertoire of the C-part of the system. You will learn how to guide the client into the proper position and how to create a program specially designed for their needs effectively. Once you are equipped with the knowledge of the extra pieces of apparatus, you will be able to develop a strategy for each of your clients. Rediscover tools such as; Magic Circle, Push Up Handles, Breath-a-Cizer, Neck Stretcher, Toe Exerciser, Finger Exerciser, Posture and Poise Apparatus, Pedi-O-Pole, and Gondola Pole. Come and learn skills that will improve your teaching, and allow your clients to experience something new.

"Emanate" Pilates Hands-on Workshop

Learn to apply the skill of Hands-on Touch through the Art and Science of Contrology and achieve maximum results in your Pilates session.

This workshop will demonstrate to teachers how to utilize multiple approaches to communicate movement through touch. These approaches include directional, therapeutic, stabilization, and motivational touch. Participants will be able to identify where the appropriate location of touch is, and how to design and utilize appropriate methods and protocols for their clients and their individual needs, using both Pilates mat and apparatus exercises.

Contrology Archival Cadillac-

Take your Pilates training to a higher level and master the most advanced Contrology Archival Cadillac exercises. Incorporate hands-on skill, imagery, rhythm, and dynamic motion in the exercises to facilitate the client's learning process and yours. Study the importance of resistance work during your workout. Focus on the transitions between exercises to create a stronger, more fluid practice. Learn new Contrology exercises based on the archival material.

KATIE AGNEW:

The Upside down Wunda Chair – looking at it from a different angle.

We know how to use the chair and do a lot of exercises from the system on it. But did you know you can flip it? There are many different exercises with the chair upside down that are suitable for all sorts of bodies and can help with posture and body awareness. Switching out the push for the pull or where the support comes from can help us learn how other exercises work in the system also.

The System.

The system – we hear it talked about, we know that it is the basis of Classical Pilates, we know it is supposed to be very important – but what is it?!

Each exercise has a foundation from the basic work and each exercise has a connection to other exercises in the system.

The genius of Joseph Pilates is that he designed and invented apparatus to allow the body to achieve new ranges of movement and to allow both support to the body and then develop into challenging the body. Plus all his pieces of apparatus have a connection to each other.

So if a person is struggling with an exercise on the mat or struggling with a functional movement in life – then we use the system to bring the possibility back to achieving those movements.

OLGA TAMARA

Dynamic flow = Control. *Flow is the secret Sauce:*

Energy, flow and an immersive Pilates workshop designed to explore the intricate relationship between movement, control, and the dynamic flow of energy within the body. In this workshop, we will delve into the principles of Pilates with a special emphasis on fluidity and grace.

We will concentrate on mastering precise movements while maintaining a constant awareness of energy direction. Harness the power of controlled movement, understanding how to efficiently pull and push energy through your body to achieve fluid transitions.