THE BODY WAS MEANT TO MOVE...

-Eve Gentry

human MOVEMENT conference

PILATES | ALEXANDER | FELDENKRAIS™
BODY MIND CENTERING™ | LABAN BARTENIEFF
GYROTONIC® | THE WILLPOWER METHOD®

January 25-27, 2019
Santa Fe, NM

- 4 hour Intensive Workshops
- 2 hour overview Workshops
- Pilates Mat and Movement Classes

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Regular Registration through 11/30/2018 - $549.00
Late Registration (if available) 12/1/2018 through 1/20/2019 - $599.00

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More info at: coredynamicspilates.com

THE HUMAN MOVEMENT CONFERENCE

2019 is our inaugural launch of Core Dynamics Pilates' annual education event—The Human Movement Conference. This conference offers a unique way to experience the many facets and approaches to teaching and exploring human movement and practices.

As always, Core Dynamics Pilates mission is to preserve, pass down and develop the approach to teaching Pilates and movement originated by Eve Gentry. This approach is based upon her more than 60 years as a dancer, dance educator, and study with Joseph Pilates, and her continued exploration of all things "human" movement.

The Human Movement Conference is dedicated to Eve and her philosophy: 'Are you a teacher or are you a conveyor belt? Never stop learning!' To that end we have set up several education formats as well as a wide array of presenters and topics. The Human Movement Conference has only a limited number of tickets available so that each participant can have a unique education experience.

The Conference features:

- 4-hour workshop sessions for a more in-depth presentation of information on most of our key education offerings
- 2-hour sessions on several other topics and modalities including Gyrontonic®, the willPower® Method, specialty population education sessions
- Pilates Mat and various movement classes
- A beautiful geographical setting with a unique, relaxed, and open learning atmosphere
- The Conference itself will take place at The Santa Fe Community Convention Center, New Mexico Dance Barns NDI, and our host hotel La Posada de Santa Fe
- Opening Reception
- Limited tickets are available, so register early
- Affordable Conference fees and hotel rates

In this our inaugural year, we have quite a line-up. All of the workshops presented are unique, new and specifically designed just for this Conference. From Alan Herdman's 'My Pilates Life'—a four-hour autobiographical overview of his rich lineage as a dancer and Pilates educator, including movement sequences and wonderful stories, to Elizabeth Larkam's special education session on her new book *Fascia in Motion*.

We also have a special presentation by Anna Woolley Shaffer, who studied with Joseph Pilates from the time she was 16 years old. Anna has been teaching Pilates and ballet since 1953, and she will be here to share her life experiences.

PRESENTERS

RUTH ALPERT

Ruth Alpert brings to her teaching extensive training in alternative movement modalities in addition to her many years' experience as a dancer. Ruth's interest in healing movement began in 1976, with the work of Bonnie Bainbridge Cohen, Lulu Sweigard, and Susan Klein.

She has been a certified practitioner of The Trager® Approach since 1987. Ruth was trained in pilates by Michele Larsson in 1992 and has been an Associate of Core Dynamics Pilates Teacher Training since 1998. She certified in GYROTONIC® in 2002, and became a teacher of The Alexander Technique in 2007. Ruth has conducted workshops throughout the US since 1978.

The Eve Effect:
Eve Gentry spent a lifetime in the study of dance and human movement. She was a pioneer in the modern dance community and founded not only the Dance Notation Bureau but also The Institute for the Pilates Method. During her life, she trained countless students and clients; however, she only taught three people to teach the Pilates method and her approach to teaching movement. Those three individuals—Michele Larsson, Debora Kolwey and Suzanne Gutterson, with the assistance of Ruth Alpert, will overview and discuss the effect of Eve's legacy not only on the dance world, but also her more profound effect on the Pilates method.

Pilates Movement class teacher

ANNA ALVAREZ

Anna Alvarez is owner of Pilates Miami Shores and a Lead Teacher Trainer for Core Dynamics Pilates. Anna is a former professional ballet dancer, who went on to pursue sports in an amateur capacity. In 1998 Anna started Pilates through Physical Mind Institute, and completed a comprehensive program through Core Dynamics in 2000. Anna has a great deal of experience working with the mature population and those recovering from injury.

Anna is an international workshop presenter and has been invited to teach in Spain, Brazil and Argentina.

Pilates Movement class teacher

ROBYN AVALON

Robyn has been studying Alexander's work for over 40 years. She is the Founding Director of The Contemporary Alexander school, offering teacher training programs in Santa Fe, NM and Portland, OR, and is Co-Director/Core Faculty of Alexander Alliance International with training programs in Japan, South Korea, France, Switzerland, Austria and Germany. She also teaches at the Cleveland Institute of Music, Oberlin Conservatory, and The Meadowmount School of Music. Robyn is the creator of Living in a Body: The Quintessential Guide to Natural Movement, a professional body mapping certification course taught worldwide. She offers introductory through post graduate workshops throughout North America, Europe and Asia in movement education, arts and health venues.

The Alexander Method
Alexander Technique, the 'Work' based on the principles of F.M. Alexander, is a practical, hands-on study of the principles of coordination, movement, habit, and awareness, which teaches you how to release pain and tension, rediscover excellence, ease, strength, flexibility, grace, and joy, and realize conscious choice in every activity of life.

ELLEN BARLOW

Ellen holds a B.A. in Dance Education from the American University in Washington, DC, is a senior teacher with the School for Body-Mind Centering (BMC), and is currently on faculty in both the Somatic Movement Educator and BMC Practitioner training programs at the Kinesthetic Learning Center in Durham, NC. She is a founding member of the Body-Mind Centering Association and a past president of the International Somatic Movement Education and Therapy Association (ISMETA). She resides in Washington, DC, where she maintains a private practice, consults on program development, and is a physical therapy aide and teacher of GYROTONIC® and GYROKINESIS® at Elements Fitness & Wellness Center.

Body Mind Centering®
In this workshop we will explore aspects of Body Mind Centering® drawing from the content areas of Embodied Anatomy and Physiology, and Embodied Developmental Movement. The intention is to both open up new possibilities of consciousness and to support, enrich and extend our current movement practices.

Movement class Teacher

KEVIN BOWEN

Kevin has been involved in the health/wellness profession since 1988. He was the co-founder of the Pilates Method Alliance (PMA) and the Pilates Miami studio, and has also consulted with various Pilates and fitness businesses. Currently Kevin is the owner and director of Core Dynamics Pilates, a comprehensive Pilates Teacher Training Program based upon the Eve Gentry lineage.

Kevin is an outspoken proponent of the many benefits associated with the Pilates method of exercise and the pursuit of a holistic lifestyle for everyone. He founded The Pilates Initiative, a not for profit organization whose mission is to make Pilates accessible to everyone.

Kevin has been featured on numerous local television features in addition to CNN, the Discovery Channel, Pilates Style and Ocean Drive magazines and is a contributor and author on numerous articles on the Pilates method.

Movement class Teacher

KATHY BOND

Kathy Bond is a PMA®CPT and owns the Saskatoon Pilates Centre in Saskatoon, Canada; the Canadian education center for Core Dynamics Pilates. Kathy has been teaching Pilates for 20 years and dance for over 50 years. She is one of the new teachers for the National Ballet School of "Dance for Older Adults with Dementia"

Kathy is the Canadian co-chair on the board of Dance and the Child International; was the coordinator for "We Dance Because" and is past president of Dance Saskatchewan Inc.

The importance of dance and movement for Alzheimer's
Kathy is one of eight inaugural trainers for the exciting new work, which is from a joint venture between Canada's National Ballet School and Baycrest Health Sciences. This program is designed to provide an accessible and enjoyable dance program for people with dementia and their caregivers.

This workshop focuses on how to teach movement to people who suffer from dementia and restrictions.

NBS and Baycrest have piloted a teacher training program for experienced dance instructors to provide them with the preparation and skills to facilitate the NBS-Baycrest dance program in their own communities.

Contact them at sharingdance@nbs-enb.ca for more information!

Pilates Movement class teacher

MARY ELLEN BRYAN

Mary Ellen Bryan's movement career began studying classical ballet under the Royal Academy of Dancing technique which led her to a professional dance and choreographic career. In 1999, studying with master teachers Michele Larson and Virginia Nicholas, she earned a Pilates Certification through Core Dynamics Pilates.

Mary Ellen has a BFA in Dance and Nutrition from Arizona State, Athletic Training at Lindenwood University, Thai Massage and GYROTONIC® licensing.

Inspired by the desire to reach people in all walks of life, Mary Ellen opened Central Studio in October of 2012, and continues to develop life changing programing with passion and purpose. Supported by the love of her husband, four amazing children, her parents, six siblings and many long standing clients and friends, the journeys continues together.

Pilates Movement class teacher

FREDERICK CURRY, MA, CMA, PMA, CPT

Mr. Curry is an Assistant Professor of Professional Practice in the Department of Dance, Mason Gross School of the Arts, Rutgers University, where he teaches dance pedagogy and Somatics and directs the Pilates studio. Frederick has been a faculty member and modular certification program director at the Laban/Bartenieff Institute of Movement Studies in New York City. As a Laban/Bartenieff specialist, he has led workshops and presented scholarship internationally including throughout the United States, and in Belgium, Canada, Denmark, France, Switzerland, Uganda and the United Kingdom. Frederick is a graduate of the Polestar Pilates Comprehensive Studio Teacher Training Program.

Laban Bartenieff Movement Fundamentals
In this workshop, Laban/Bartenieff concepts will be explored in an experiential and integrated format to illuminate fundamental principles underlying all movement practices. Through moving, observing, discussing and reflecting, participants will explore Laban/Bartenieff Body, Effort, Space and Shape concepts to understand how they integrate to support moving efficiently and expressively with full awareness and intention.

Movement class teacher

AMY HAVENS

The Pilates Method has been Amy's vocation since 1997. Amy opened her own studio, CenterPoint Pilates, in Santa Barbara, CA. in 2001. She has been on faculty for 6 years with Rebekah Rotstein/Buff Bones. Amy is the Assistant Director of content and one of the original teachers on Pilates Anytime. Amy is a national and international Pilates educator, mentor, teacher trainer and business coach and lives by the statement 'never stop learning' and the development of professional community.

Care for the Care Givers
The statistics are staggering. The number of caregivers in the U.S. alone in recent years has risen dramatically both in terms of informal and formal caregiving situations.

This two-hour presentation will help illustrate the necessity that caregivers need to receive care themselves. We will review data around the topic of caregiving in the U.S and abroad and you will come to understand the importance of the role that Pilates teachers could have and what impact that can make on the caregiving industry. Amy will share her personal stories of her role as caregiver to both her father (who passed away in 2007 from ALS) to caring for her mother through two strokes, a hip replacement, being widowed and being moved into assisted living and back to independent living. Her Pilates practice helped get her through all the physical challenges, emotional, spiritual and psychological stresses as well.

Movement class teacher

ALAN HERDMAN

Alan studied at the London School of Contemporary Dance and was working as a teacher and dancer when, in the late 1960s, he was invited to New York to learn about the Pilates method. There he worked intensively with Carola Trier and Bob Fitzgerald, two first generation teachers trained by Mr. Pilates.

Alan returned to the UK in 1970 to set up Britain's first-ever Pilates studio. Among his first clients were actors, dancers and singers, but word soon spread as doctors and physiotherapists began recommending Pilates to patients struggling with chronic injuries. Alan now lectures on Pilates around the world, and has written several successful books, including *The Pilates Directory* (2004), *The Gaia Busy Person's Guide to Pilates* (2003), *Pilates for Men* (2007) and *The Complete Pilates Tutor* (2014).

He runs a training course for Pilates instructors in London and supervises courses in both Athens and Istanbul. As well as running his own studios, he and his assistants teach in dance schools and designated Pilates studios internationally.

My Pilates Life
In this special, first-ever workshop, Alan will present a four-hour autobiographical retrospect on his life and careers both in dance and Pilates, and his continued evolvement as a teacher of health and movement. You'll see photos, hear stories and learn some of his original movement sequences. Come prepared to listen, talk, move, laugh and cry.

Pilates Movement class teacher

PHOEBE HIGGINS

Phoebe first met Romana in1967 when she was enrolled in her ballet class. She began her studies with Romana in 1976 at SUNY Purchase to help strengthen her spine which was weakened by scoliosis. In 1980 Phoebe went to work at the Pilates Studio under Romana's guidance, and later in 1989 went to work with Dr. Howard Sichel at Power Pilates. Phoebe was asked by the School of American Ballet and Ballet Academy East to organize programs for their teenage professionally geared students. The success of these programs is evident in the infrequency in injuries of the dancers and their continued strength. Currently Phoebe still teaches at the School of American Ballet.

The Romana we Knew
Romana Kryzanowska's Pilates career and legacy spanned two continents and more than 55 years. She stated that Pilates was 'Stretch with Strength and Control.' Phoebe Higgins studied with her from a very young age, and Romana made a profound im-pact on the trajectory of her life. Peter Roel came to train with Romana after working with Kathy Grant and grew in his depth and understanding of the Pilates method. Phoebe and Peter worked together for more than five years in NYC at Power Pilates. Together they will share the poignant and rich legacy of movement, teaching & life tips they acquired and developed through the inspiration of their mentor and friend Romana.

Pilates Movement class teacher

SUZANNE GUTTERSON

Suzanne was born in New York City. She began her first dance and movement lessons at age 5. In the late 1960's she moved to Santa Fe, NM where she studied Feldenkrais and was introduced to Pilates by Eve Gentry.

Suzanne reflects that the time she spent working alongside Eve in the studio was invaluable and says, "Through the years Eve's words and philosophy have guided my teaching. Teaching for me never gets stale as there is an intrinsic richness that is profound and fosters my own creativity. While I have developed a number of my own variations on the equipment and Mat, they all bear the influence of both Eve Gentry and Joseph Pilates in both form and philosophy."

Suzanne still works out of her 'home' studio in Albuquerque, NM.

The Eve Effect:
Eve Gentry spent a lifetime in the study of dance and human movement. She was a pioneer in the modern dance community and founded not only the Dance Notation Bureau but also The Institute for the Pilates Method. During her life, she trained countless students and clients; however, she only taught three people to teach the Pilates method and her approach to teaching movement. Those three individuals—Michele Larsson, Debora Kolwey and Suzanne Gutterson, with the assistance of Ruth Alpert, will overview and discuss the effect of Eve's legacy not only on the dance world, but also her more profound effect on the Pilates method.

Pilates Movement class teacher

DEBORA KOLWEY

In 1982 Debora moved from New York City to Boulder, Colorado to dance with The Nancy Spanier Dance Co. While teaching fitness at a local gym, she apprenticed with Stephan Frease to become trained in Pilates, and in 1985 opened a small studio in her home.

She spent the next few years teaching privately, and traveling to study with first generation teachers. Pivotal to her development was an apprenticeship with Eve Gentry. After Eve's death, Michele Larsson and Debora created the first Core Dynamics workshops to carry on Eve's legacy.

The Eve Effect:
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Pilates Movement class teacher

ELIZABETH LARKAM

Elizabeth Larkam is internationally recognized as an innovator of movement education and practice. She pioneered the Pilates Method Alliance® initiative Heroes in Motion® and was awarded the Medal of the Danish Society of Military Medicine in 2010 in recognition of her efforts to improve the rehabilitation of wounded soldiers.

Elizabeth is a Feldenkrais® practitioner, as well as a GYROTONIC® and GYROKINESIS® instructor. She was a Dancemedicine Pilates Specialist at Center for Sports Medicine, Saint Francis Memorial Hospital, 1985–2000, as well as the Director of Pilates & Beyond for Western Athletic Clubs, 2000–2009. Elizabeth's book *Fascia in Motion: Fascia-focused Movement for Pilates* (Handspring, 2017) is a revolutionary book inspired by the most significant publications from fascia research that melds 30 years of Pilates practice with study of the neuromyofascial system.

Fascia in Motion
An overview of the current research and publications on the architecture of the neuromyofascial system prepares movement educators to apply these discoveries to the practice and teaching of movement sequences. Research on fascia suggests new criteria for exercise sequencing and informs choices for movement tempo and rhythm. Verbal cueing to facilitate proprioception and interoception supports the neuromyofascial system as a body-wide organ of communication. The direction and quality of touch cues can be refined in order to be harmonious with the properties of the neuromyofascial system. This four-hour workshop references my book *Fascia in Motion: Fascia-focused movement for Pilates* (Handspring Publishing, 2017).

Movement class teacher

MICHELE LARSSON

Michele is a former dancer and choreographer who trained in NYC at the Julliard school of Music. She began studying Pilates with Eve Gentry in 1970 and in 1982 began teacher training under Eve's guidance. Michele worked with Eve for 9 years prior to the founding of the Institute for the Pilates Method in June of 1991.

She founded Core Dynamics Pilates to continue the Pilates teacher training she learned from Eve Gentry. Michele has presented workshops worldwide and still teaches Pilates in Santa Fe, NM and is a special educator for Core Dynamics Pilates.

The Eve Effect:
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Pilates Movement class teacher

STACEY LEI KRAUSS

Stacey Lei Krauss (SLK) is the creator of the yoga-cardio fusion program willPower Method®. She is a RYT-500, a student of Shamanism and Transformative Arts as well as a Reiki practitioner. Stacey approaches teaching through integrated sensory practices, guiding students to explore a higher level of self-awareness through movement. With nearly 30 years of teaching experience in the fitness industry, SLK has represented the most prominent brands as a Master Trainer and Program Developer: Schwinn, BOSU, Peak Pilates®, Nike®, Vibram FiveFingers® and VIVOBarefoot.

Workshop: The Next Dimension – Emotional Fitness
Isn't it time to strengthen the body, mind and emotions? Explore scientifically proven "Power Postures," gestures and metaphors as strategies to rewire emotional responses. For 18 years, The willPower Method® has united physical exercise with empowering thoughts for positive mental and emotional health. Learn how "Repetition Produces Results" in this smart cardio-fusion signature series; inspiring clients from the inside out, and literally from head to toe.

Workout: willPower – The Emotional Fitness Workout
Experience a rhythmic, cardiovascular workout based in scientific "Power Posturing" and positive mental coaching. The nature of this proven signature series allows students to focus on thought patterns and rewire their emotional responses. The willPower Method® is a flowing practice that enhances physicality, mental processing and emotional intelligence for students of all abilities.

Movement class teacher

REUVEN 'ROBBIE' OFIR

Robbie is originally from Israel has lived in the U.S. since 1961. He is a husband, father and a grandfather. He graduated NYU with a B.Sc. and an M.A. in Physical Therapy and later earned his PhD. at The Union Institute, in Movement Science/ Motor Learning while training to be a practitioner/teacher of the Feldenkrais Method ®. He is now an educator/ trainer in the FM®, and has taught courses in the U.S., Israel and Japan.

His transition from P.T. to the FM came about after he experienced limitations of P.T. in working with traumatically brain injured veterans. P.T. offered valuable tools for restoring strength, fitness and mobility, but was not sufficiently effective when the rehab setting required much more 'learning' and not so much 'training'. FM®, being a somatic education discipline, filled in those needs.

The Feldenkrais® Method
The Feldenkrais® Method is based on principles of physics, biomechanics, and an empirical understanding of learning and human development. Moshe Feldenkrais said, "We move according to our perceived self-image." By expanding your perception and increasing awareness, you will become more aware of your habits and tensions and develop new ways of moving. By increasing sensitivity, the Feldenkrais Method assists you to live your life more fully, efficiently, and comfortably.

The workshop that Robbie will be presenting will be experiential, i.e., movement and the accompanying sensory/perceptual experience leading to enhanced function—Learning by doing. Discussion, Q&A will follow and will be fruitful after we have shared a common language of experience we can relate to.

PETER ROEL

Peter started dancing at age 19, and moved to NYC in 1983 to pursue his dance career, and while doing so, started his Pilates education in 1984 with Kathy Grant. He studied and worked with Kathy for 15 years. In 1992, he was certified to teach Pilates by Romana Kryzanowska, and in 1995 he was certified to teach GYROTONICS® by Juliu Horvath.

Peter was a principle dancer with the o. a. Elisa Monte and the Martha Graham dance company. He started his studio, the Pilates Shop Yoga Garage in 2001 in NYC.

The Romana we Knew
Romana Kryzanowska's Pilates career and legacy spanned two continents and more than 55 years. She stated that Pilates was 'Stretch with Strength and Control.' Phoebe Higgins studied with her from a very young age, and Romana made a profound impact on the trajectory of her life. Peter came to train with Romana after working with Kathy Grant and grew in his depth and understanding of the Pilates method. Phoebe and Peter worked together for more than five years in NYC at Power Pilates. Together they will share the poignant and rich legacy of movement, teaching & life tips they acquired and developed through the inspiration of their mentor and friend Romana.

Pilates Movement class teacher

DR. ANDROMEDA STEVENS, D.C.

Andromeda became a Doctor of Chiropractic in LA, CA and has been in practice for over 22 years. She became a D.C. because she was inspired by her own scoliosis condition. Her practice specializes in scoliosis using the Schroth Method and is certified by Dr. Hans R. Weiss (the grandson of Schroth) as one of very few certified in the US in the original method. Dr. Stevens was introduced to Pilates in the early 90's and was so inspired that she co-founded Pilates Sports Center, Inc. in Los Angeles in 2000 and became a Pilates Method Alliance Gold Certified Teacher™ in 2005 (13657 PMA#). The profound results of Pilates with her patients, as well as the inability to find good Pilates Instructors for the Studio, led her to co-found/co-direct the PSC Pilates Teacher Training Program, and the Pilates Master Teacher Program with the mission of providing the highest standard of excellence in Pilates education.

The Scoliosis Workshop
This workshop will highlight background information on scoliosis such as: causes, diagnosis criteria, symptoms, types, surgeries and bracing techniques. After we understand the basics, we will unravel real hands-on techniques to assist and support the client in the Studio. A take home handout will assist you in making creative and intelligent choices, and remove the mystery and confusion that can create frustration for both the client and the instructor. We will use apparatus and props available to us in a typical Studio as well as some home care ideas to support the client outside of the studio.

KIKI VANCE

Kiki is trained as a Kinesis Myofascial Integration practitioner (now ATSI), is an ISMETA registered Somatic Movement Therapist and Educator by way of her early studies in Ideokiesis and Dynamic Anatomy with Nancy Topf; studied with Moving on Center and Martha Eddy in their Participatory Arts and Somatic Movement Therapy modules, and is trained in Pilates, GYROKINESIS® and GYROTONIC®. In addition to her private practice and GYROTONIC® group classes Kiki is an educator for Art of Motion Slings Myofascial Training. She is currently teaching Anatomy Trains in Motion courses in the US and Europe.

GYROTONIC® Description
GYROTONIC® – created by Juliu Horvath is a training method based in principles of yoga, dance, tai chi, and swimming. Unlike yoga (and most workouts), there's an emphasis on rotation and spiraling movement that doesn't have an end point. Initially, Juliu's "Yoga for Dancers" was taught at Steps on Broadway and at Juliu's own location—White Cloud Studio. As demand for his classes grew, and the diversity of his clientele increased, Juliu refined Yoga for Dancers, creating a class format that almost any person could perform, regardless of age or state of health. He named this refined version of Yoga for Dancers the GYROKINESIS® Method. Juliu continued to develop and refine the method he created and then to develop the GYROTONIC® Method, and his world-renowned GYROTONIC® equipment. Kiki will teach a GYROKINESIS® class as well as a 2-hour overview workshop on the GYROTONIC® system.

Movement class teacher

BETH ELKINS WALES

Beth Elkins Wales is the owner of the Pilates Loft in Buffalo, New York. Beth earned a BA in Dance Performance and Mind Body Techniques from SUNY Empire State College, and works with clients of all ages, including young athletes. The Pilates Loft is a training studio for the Core Dynamics Teacher Training Program and a mentor location for aspiring Pilates teachers.

Beth's specialized movement experience began with many years of classical dance training and a professional dance career. Beth was on the faculty of the Chautauqua Institution's Dance Department, directed the Chautauqua Regional Youth Ballet, and has taught master classes at the University at Buffalo, and many schools throughout Western New York. Beth and her husband co-direct the multi-media dance company Nimbus Dance.

Pilates Movement class teacher

NEWLY DISCOVERED "FIRST GENERATION" TEACHER HAS SOMETHING TO SAY!

MEET ANNA WOOLLEY SHAFFER

Anna Woolley Shaffer is a disciple of Joseph Pilates, studying with Joe and Clara from 1950 until Joe passed away, and then carrying on working with Clara. She spent countless hours with Joe and Clara throughout the years, and Joe gave Anna permission to teach his work. Joe made a film of Anna which he used as a training tool both in his studio and at Jacob's Pillow.

Anna danced with The Atlanta Ballet, The National Ballet, professional opera companies and in Broadway musical tours. She had her own dance school in Baltimore for twenty-seven years and was the founding director of Baltimore Ballet Theater and The Harford Concert Ballet Company. She currently teaches Pilates and ballet in Palm Coast Florida.

From The Human Movement Conference: We are thrilled that Anna has agreed to join us to share her rich legacy of training with Joe and Clara. She will offer three sessions during the conference, speaking about her life and career as both a ballet and Pilates teacher.

The Human Movement Conference *Santa Fe, NM January 25-27, 2019*

SCHEDULE

Please review the schedule below—for each workshop and movement class please indicate your first, second and third choice. Once the workshops and classes are filled, we can offer standing room space for observation.

Please keep in mind that we will do our best to accommodate everyone. We will send out additional information at a later date as to where you can pick up your Event packets on Thursday, January 24th.

We are all thrilled to welcome you to our beautiful city! Santa Fe—The City Different!

Legend:
BMC Body Mind Centering
FIM Fascia in Motion
LBMF Laban Bartenieff Movement Fundamentals
SFCC Santa Fe Convention Center
NDI National Dance Institute - New Mexico Dance Barns
TSW The Scoliosis Workshop
Pilates Movement class – Pilates-based Mat class
Movement class – a movement class that is not Pilates Mat-based

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THURSDAY 1/24

8:00am – 5:00pm	**Registration open - SFCC**

FRIDAY 1/25

6:45am – 8:00am	**Registration open - SFCC**
7:00am – 8:30am	Pilates Movement class (Wells) - SFCC
8:00am – 8:30am	Buses to NDI
8:30am – 11:00am	**Opening Sessions - NDI ALL ATTEND**
11:15am – 12:15pm	Movement classes - NDI
	Studio A: The willPower Method® (Krauss)
	Studio B: Pilates Movement class (Herdman)
	Studio C: GYROKINESIS® (Vance)
	Studio D: LBMF (Curry)
12:15PM – 2:00PM	**LUNCH BREAK**
12:20pm – 12:50pm	Buses to SFCC
2:00pm – 6:00pm	**Workshop 1 - SFCC**
	Coronado: Alexander® (Avalon)
	De Vargas: LBMF (Curry)
	Peralta: My Pilates Life (Herdman)
	Lamy: FIM (Larkam)
	OONP: Me and Joe (Shaffer)
6:30pm – 8:00pm	Welcome Reception – La Posada OPEN TO ALL

SATURDAY 1/26 - SFCC

7:00am – 8:00am	Coronado: Pilates Movement (Roel)
7:00am – 8:00am	Peralta: Pilates Movement (Alvarez)
7:00am – 8:00am	Lamy: BMC Movement (Barlow)

SCHEDULE (cont'd)

8:30am – 12:30pm	**Workshop 2**
	Coronado/De Vargas: The Eve Effect (Larsson, Gutterson, Kolwey)
	Peralta: TSW (Stevens)
	Lamy: BMC (Barlow)
8:30am – 10:30am	OONP: GYROKINESIS® (Vance)
10:45am – 12:45pm	OONP: The willPower Method® (Krauss)
12:30 – 2:00PM	**LUNCH**
1:00 – 1:45	Coronado: Pilates Movement class (Higgins)
	Peralta: Fascial Movement (Larsson)
	De Vargas: Pilates Movement class (Larsson)
2:00pm – 6:00pm	**Workshop 3**
	Coronado: Our Romana (Higgins,Roel)
	De Vargas: Feldenkrais® (Ofir)
	Peralta: My Pilates Life (Herdman)
	Lamy: TSW (Stevens)
2:00pm – 4:00pm	OONP: Me and Joe (Shaffer)
4:15pm – 6:15pm	TBD
	EVENING FREE

SUNDAY 1/27

7:00am – 8:00am	Coronado: Movement class (Havens)
7:00am – 8:00am	De Vargas: Pilates Movement class (Bond)
7:00am – 8:00am	Peralta: Movement class (Alpert)
7:00am – 8:00am	Lamy: Pilates Movement class (Kolwey)
8:30am – 12:30pm	**Workshop 2**
	Coronado: BMC (Barlow)
	De Vargas: Alexander® (Avalon)
8:30am – 10:30pm	Peralta: Alzheimer's & Dance (Bond)
10:45am – 12:45pm	Peralta: Care for The Caregivers (Havens)
	Lamy: Fascia In Motion (Larkam)
12:30PM – 2:00PM	**LUNCH**
1:00pm – 1:45pm	Coronado: Pilates Movement class (Gutterson)
	De Vargas: The willPower Method® (Krauss)
	Peralta: Movement class (Bowen)
	Lamy: Pilates Movement class (Bryan)
2:00pm – 6:00pm	**Workshop 3**
2:00pm – 4:00pm	Coronado: Alzheimer's & Dance (Bond)
4:15pm – 6:15pm	Coronado: Care for The Caregivers (Havens)
2:00pm – 4:00pm	De Vargas: Me and Joe (Shaffer)
4:15pm – 6:15pm	De Vargas: GYROKINESIS® (Vance)
	Peralta: LBMF (Curry)
	Lamy: Our Romana (Higgins, Roel)
7:00pm	**Gather for dinner at – TBA**

Schedule subject to change.

TRAVEL INFORMATION FOR SANTA FE

The official travel site for Santa Fe, NM is https://santafe.org/Visitors_Guide/

HOST HOTEL:

Our Host Hotel is the beautiful La Posada de Santa Fe. Please call 505-986-0000 to make a reservation. Be sure to mention that you are with *The Human Movement Conference* **for our special room rate of $119.00 per night single or double!**

AIRPORTS

Albuquerque, NM – larger regional airport supported by many major carriers
Santa Fe, NM – small local airport, limited flights daily, typically more expensive.

FLYING TO THE ALBUQUERQUE SUNPORT? TAKE A SHUTTLE SERVICE TO SANTA FE

The following shuttle service companies provide transportation between Santa Fe and Albuquerque and Santa Fe and Taos:

- **Sandia Shuttle Express** - 30 trips daily to fit your travel schedule. Pick-up and drop-off at all Hotels, Motels, B&B s, Colleges and other locations.
- **RoadRunner Shuttle & Charter** provides general shuttle service (limited availability based on reservations) and private ride service (available 24 hours daily) - Reservation Required for both shuttle and private ride service from or to ABQ. - (505) 424-3367
- **Taos Express** - Makes limited stops in Santa Fe - see their schedule. (575) 751-4459
- **NM Rail Runner Express** - TRAIN. The New Mexico Rail Runner Express carries passengers in and out of Santa Fe between Albuquerque and points south. There is no direct train from the Sunport. You must take a shuttle or taxi to the Albuquerque Train Station and catch the train north from there. See Maps of the Rail Runner route to Santa Fe. View the Schedule and Current Fare Structure, and visit the New Mexico Rail Runner Express website for details. For more information, you may also call: (866) 795-RAIL.

CAR RENTAL AT ABQ SUNPORT

There are numerous options for rental cars out of the Albuquerque Sunport including:

- Advantage Rent-A-Car (800) 777-5500
- Alamo Rent-a-Car at (800) GO-ALAMO (800) 462-5266
- Avis Auto Rental (800) 331-1212
- Budget Rent-A-Car of NM (800) 527-0700
- Dollar Rent-A-Car (800) 800-4000
- Enterprise Rent-A-Car (800) 736-8222
- Hertz Corporation (800) 654-3131
- National Rent-A-Car (800) CAR-RENT
- PayLess Car (800) PAYLESS
- Thrifty Car Rental (800) 847-4389

HEALTH CONSIDERATIONS WITH TRAVELING TO HIGH ALTITUDE

Santa Fe is located at 7,000 feet above sea level, so please take the following into consideration when preparing for your trip:

- Some individuals may need to acclimate slowly, so if at all possible consider arriving two days before the beginning of the event.
- Complex carbs allow you to use more oxygen more efficiently to help maintain your energy levels.
- Drink PLENTY of water—at least 8, 8-ounce glasses daily—the air is dry and the human body requires more water to humidify the air you breathe.
- Avoid high quantities of caffeine and alcohol as their effects may be intensified.
- Symptoms of high altitude sickness can surface even in the healthiest individuals: Headaches, dizziness, loss of appetite, nausea/vomiting, fatigue/loss of energy, and insomnia are just some of the more well-known symptoms of altitude sickness.