

The Reformers The Marriage (not) The Divorce
The Breath The Secrets The Passion The Divas
The Diva Wannabees The Success The Lies The Deceit
The Lovers The Attitude The Balance
The Flowing Movement The Control
The Centering The Precision
The Lack Thereof The Backstabbing
The Bitching The Tears The Bitch Slapping
The Betrayals The Pickles The Vodka
The Thighs The Shins The Arms
The Legs The Lies The Truth The Options
The Love The Friendship The Crazy Shit
The Blind Trust The Loyalty The Husbands The Wives
The Boyfriends The Girlfriends The Affairs The Jealousy
The Dancers The 100's The Bitches
The Scoop The Teaser The Cadillac The Glass Eye
Jacobs Pillow The Clients The Name Droppers The Studio
The Fundamentalists The Classical Insanity
The Contemporary Insanity The Kids The Celebrities
The Tight Shorts The Body Brushing The Frustration
The Trial The Trademark The Lawsuit
The Wunda Chair The Springs The Straps

THE WOMEN

The Women - and a certain man!

February 2–4, 2018 • Santa Fe, NM

SCHEDULE

The Women are – Carola Trier, Kathleen Stanford Grant, Romana Kryzanowska and one ‘certain’ man is Ron Fletcher. THE ‘certain’ Man himself is Joseph H. Pilates

You will hear first hand accounts from those that studied directly with these Pilates luminaries, they will share the knowledge they learned from their mentors and how they took that information and made it their own. You will leave with a renewed sense of excitement as well as a depth and breath of knowledge rarely available in today’s fast paced world. Enjoy a unique educational event guaranteed to leave you with a few ‘AHA’ moments.

The Event takes place in 5 studios located in close proximity in Santa Fe. Once you have completed and paid for registration we will send out a class section form in early Nov. Priority will be given to attendees based upon registration order. We will of course do our best to accommodate everyone’s schedule request.

All Movement labs will be a mini workshop/movement class, offering movement sequences and inspiration drawn from the mentors of the instructor presenting the session.

THURSDAY 2/1

8:00am – 5:00pm Registration open

Classes will be held throughout the day at the various studios. A separate schedule will be sent out to all attendees. All Thursday classes have an additional fee per class of \$15.00 – space is limited.

FRIDAY 2/2

8:00am – 1:00pm Registration open

7:30am – 8:30am Mat class MOVE – Elkins Wales

8:30am – 9:30am Opening gathering

9:45am – 11:30am Panel discuss -

11:30am – 1:00pm Lunch

12:30pm – 1:30pm Mat Class – MOVE - Hessel

1:45pm – 4:15pm Workshop 1

Studio A –Move – Crawford on Kathy

Studio B – MS – Jones-Boswell on Ron

Studio C – TMS – Roel on Romana

Studio D – PZ – Higgins on Romana

4:30pm – 5:15pm Mat Class 2 Express TMS - Larsson

6:00pm – 8:00pm Welcome Reception: Midtown Bistro

SCHEDULE (cont’d)

SATURDAY 2/3

7:00am – 8:00am	Mat Class MOVE: Roel
8:00am – 9:00am	Mat Class MOVE: Crawford
9:15 – 10:00am	DaVinci: Bowen
10:30am - 1:00 pm	Workshop 3 Studio A – Hessel on Carola Studio B – Larsson, Gutterson on Eve Studio C - Crawford on Kathy Studio D – Guyton on Ron
1:00pm – 2:00pm	Energy break
2:00pm – 4:30pm	Workshop 4 Studio A – Jones Boswell on Ron Studio B – Roel on Romana Studio C - Gutterson on Eve Studio D – Crawford on Kathy
Studio E - DaVinci -Higgins on Romana	
4:45 – 6:15	Movement Lab 1 Studio A – Jillian Hessel Studio B – Suzanne Gutterson Studio C – Pat Guyton Studio D – Peter Roel

SUNDAY 2/4

7:30am – 8:30am	Mat class Studio A: - Alpert
8:30am – 9:30am	Mat class Studio A: - Alvarez
8:30am– 9:30am	Equipment class Studio D: - Aubrey
8:30am – 9:30 am	Equipment class B: - Hulton
8:30am – 9:30am	Pilates circuit C - Miller
8:30am – 9:30am	DaVinci System DaVinci - Bowen
10:00am - 12:30pm	Workshop 5 Studio B – Hessel on Carola Studio C – Reeser on Kathy Studio D – Roel on Romana Studio E – Higgins on Romana
12:30 – 1:30	Lunch

SCHEDULE (cont'd)

SUNDAY 2/4 (CONT'D)

1:30pm – 4:00pm	Workshop 6 Studio B- Jones Boswell on Ron Studio C – Kolwey on Eve Studio D – Guyton on Ron Studio E – Reeser on Kathy
4:30pm – 6:00pm	Movement Lab 2 Studio B – Jones Boswell Studio C– Phoebe Higgins Studio D – Debora Kolwey Studio E – Cara Reeser
7:00 ----	Gather at Marias New Mexican restaurant.

THE PRESENTERS

BLOSSOM CRAWFORD
PAT GUYTON
SUZANNE GUTTERSON
JILLIAN HESSEL
PHOEBE HIGGINS
ELIZABETH JONES BOSWELL
DEBORA KOLWEY
MICHELE LARSSON
CARA REESER
PETER ROEL

Once the Event registration is paid in full you will be sent a schedule class selection sheet. We will do our absolute best to accommodate your class selection. Priority will be given in the order of registration.

THE WOMEN...AND A CERTAIN MAN



PRESENTERS

BLOSSOM CRAWFORD

Blossom spent 17 years with Kathleen Stanford Grant at the Tisch School of the Arts in NYC starting in 1993. In 1996 Kathy made Blossom her teaching assistant. Kathy would not offer teacher training – instead she sent Blossom to Romana Krysanowska where Blossom completed her training in 1999.

Blossom opened Bridge Pilates in Brooklyn, NY in 2006, is currently on faculty at the Mark Morris Dance Center in Brooklyn and travels extensively carrying on and expanding the Pilates work she learned from Kathy.



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.

PAT GUYTON

Pat was a dancer and choreographer for gymnasts, dancers and bodybuilders prior to her introduction to the Pilates method in Boulder, CO by Stephan Frease. She has had the opportunity to work with Bruce King, Kathy Grant, Mary Bowen and Ron Fletcher.

She first met Ron Fletcher in 1995 became his apprentice and spent the next 11 years studying and traveling with Ron, notating and organizing his choreography and approach to the Pilates method. She currently owns Pat Guyton Pilates/The Pilates Conservatory in Boulder, CO.



JILLIAN HESSEL

Jillian has been teaching Pilates for 35 years. She is a “Hybrid of the Masters,” who names Kathy Grant, Carola Trier and Ron Fletcher as her Pilates mentors. Known for her concise verbal instruction and crystal clear imagery, Jillian is also an avid Iyengar Yoga practitioner.

She mentors certified Pilates teachers through her own “Keeping the Flame” program, & you can take her online classes on Pilates Anytime.



PHOEBE HIGGINS

Phoebe first met Romana in 1967 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.

ELIZABETH JONES BOSWELL

Elizabeth began her career as a dancer and following a severe injury underwent two back surgeries in 1980. She was told she would neither be able to dance again or have children, but Pilates changed that prognosis. She began her Pilates training in 1982 at the Houston ballet and then continued studying with Alan Herdman. She then continued her training with Ron Fletcher and continued to study with other Pilates luminaries such as Carola Trier and Eve Gentry.

She was named a Master Teacher by Ron Fletcher in 2000. She currently resides in Houston, TX.



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.



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.

CARA REESER

Cara has an MFA in Dance from the Tisch School of the Arts in NYC where as a student she began her initial studies in the Pilates method with Kathleen Stanford Grant. In 1993 Cara moved to Boulder and continued her Pilates training at the Pilates Center under the direction of Amy Taylor Alpers and Rachel Taylor Segel.

She opened Pilates Aligned in Denver, CO in 2000 and is currently on the faculty at Naropa University in Boulder, CO. She continued to mentor with Kathy until her death in 2010.





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 Julio 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.

TRAVEL INFORMATION FOR SANTA FE

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

HOTEL SUGGESTIONS

Keep in mind that it is low season so hotel rates are quite inexpensive all over town.

- **El Rey Inn:** <http://www.elreyinnsantafe.com/> 505-982-5952
- **Santa Fe Sage Inn:** <http://santafesageinn.com/> 505-982-5952
- **Old Santa Fe Inn:** <http://oldsantafeinn.com/> 505-995-0800

There are a number of other hotels and B&B's a bit closer to the Plaza and the downtown area. Here are a few worth mentioning; of course the rates will be more expensive.

- **Inn at Loretto**
- **Hotel St. Francis**
- **Hotel Eldorado**
- **La Fonda** (the famous inn at the end of the trail)

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.