



THE TEXAS CLASSICAL PILATES CONFERENCE™

FEBRUARY 21 – 23, 2020

EVENT SCHEDULE – DETAILS*

FRIDAY, FEBRUARY 21, 2020: PMA CECs

8:30am.....	Registration Opens	
9:00am – 4:00pm.....	Private Sessions Available	CONTINUING EDUCATION PROVIDER
10:00am – 12:00pm...	<u>Adult First Aid/CPR/AED Certification Training - CHRIS WATHEN</u> - <i>OPTIONAL additional fees assessed</i> CPR Certification through the American Red Cross. 2-hour online course must be completed prior to 2-hour practical course.	2
12:00pm – 1:00pm.....	<u>Support Your Voice – STEPHANIE PERRY</u> As instructors our voice is one of our strongest instruments and tools of the trade. But what if we injure our voice? How can we teach? This workshop will discuss one instructors’ journey through injury, recovery, and present ways to support our voice as part of our bodies, and to teach instructors how to take care of their voice.	1
1:00pm – 3:00pm.....	<u>Creating a Culture of Respect – TERRI SWAIN</u> As Pilates professionals, we have daily physical and verbal contact with clients and associates. In the wake of the #MeToo movement, how do harassment/discrimination regulations affect our business? This session will explore creating respectful work environments that not only comply with state, local and federal regulations but will help set you apart by creating an environment that is inclusive, welcoming and recognizes boundaries. Through interactive scenarios we explore how everyday situations can escalate if not handled properly and give you the tools to recognize where liability might exist in your studio. Terri is a dedicated Pilates practitioner and has been a Pilates client for over 10 years!	2

*All programming is held at the [Hilton Fort Worth](#), located in Downtown Fort Worth, TX
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3:15pm – 4:00pm.....	<p><u>MAT 1 Pre-Pilates/Basic – SONJE MAYO</u> Let's start at the top, look at the foundations, and start our first class with <i>class!</i></p>	.75
4:15pm – 6:15pm.....	<p>SEMINAR 1 <u>Teaching Beginners on the Reformer – MOSES URBANO</u> The beginning exercises are the foundation of the work, and the Reformer brings a sense of stability and security to each exercise while challenging each practitioner. Moses has some great tips on how to set our first timers up for success! <u>Senior Spotlight – SONJE MAYO</u> Pilates is a great resource for every body at every age. We all know that, but many people of a certain age believe Pilates to be too hard for them. Let's change that perspective. In this workshop, Sonje will address many issues for instructors to be mindful of as well as present many options and alternatives to make your seniors more comfortable while still challenging them. <u>Core Cadillac – LORI COLEMAN-BROWN</u></p>	2 2
7:00pm – 9:00pm.....	<p><u>An Evening With Joe – CATHY BARKER STRACK</u> Separate fact from fiction. Learn about the people and events that shaped Joseph Pilates's life from Germany to America. Cathy presents stories, as they were told to her, from former clients and friends of Joe, such as Tony the barber. Learn what Joe was like as a friend, a teacher, and a businessman.</p>	2

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SATURDAY, FEBRUARY 22, 2020:

PMA CECs

7:00am	Registration Opens	
7:00am – 9:00am	Privates Sessions Available	
8:00am – 8:45am	MAT 2 <i>Intermediate</i> – LORI COLEMAN-BROWN Wake up with a smooth Intermediate level Mat with Lori’s special brightness and flare!	.75
9:00am – 11:00am	SEMINAR 2 <u>Bring on the Barrels</u> – LORI COLEMAN-BROWN Small Barrels, and Spine Correctors, and Ladder Barrels, OH MY! Join Lori on the barrels to start a body on its way to bending in all directions and how to adjust for different heights. <u>Variations on the Cadillac</u> – BRETT HOWARD There are countless exercises on this versatile piece of equipment! Brett will take you through a series adding in variations learned from all of his teachers. Whether reviewing exercises you might have forgotten or seeing new ones for the first time, you’ll have a few more tools in your chest! <u>Osteoporosis: Breaking It Down</u> – SONJE MAYO To keep our clients moving and safe, we need to better understand the parameters that come with this very specific body consideration. Sonje can walk us through the basics of understanding these issues and help us with a roadmap on working with bodies in a safe and productive manner to keep our clients moving as long as possible.	2 2 2
11:00am – 2:00pm	Lunch (<i>on own</i>) Private Sessions Available	
11:00am – 12:00pm	<u>PROFESSIONAL DEVELOPMENT</u> – RUSSELL SODER Maintenance ABC’s Get a step by step demonstration on maintaining your apparatus! Russell will address troubleshooting your Reformer, cleaning the wheels, and measuring straps as well as offer a Q&A. This workshop will give you the know-how and confidence to take care of your own equipment while protecting your investment.	1

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1:00pm - 1:45pm

MAT 3 Intermediate/Advanced – MOSES URBANO

Wake up your body after lunch with strength, precision, and flow. Let Moses dig into to this Intermediate/Advanced level Mat!

2:00pm – 4:00pm

SEMINAR 3

Made for Men – MOSES URBANO

Working with men is a different beast than working with women. You got to have to pass the surface and get down deep. Lean how Moses gets past those thick external muscles and down deep into the Powerhouse to lift and stretch the spine. See how to stretch the chest and open the hips. Your male clients will love it!

Reformer Reboot – SONJE MAYO

Think you know your Reformer? Great, well it's time to take it up a notch. Just by changing your focus and really concentrating on the details, you can amp up your workout to get the most out of the work. No cheating here! Sonje will push you for more, all the while keeping it true to the work as Joe taught it to her.

Reframing the Frame – LORI COLEMAN-BROWN

If shoulders have been an enigma to you, you must take this workshop! From the arm box to the diamond collarbone, join Lori as she demystifies this complex structure and gives you tools to connect to the Powerhouse from the top down.

2

2

4:00pm – 6:00pm

SEMINAR 4

Pilates for Youth – BRETT HOWARD

Joseph Pilates felt strongly about his work and the importance of making his work accessible to those at an early age, even within the schools. Whether working with children at play or with pre-professional adolescents, there are special considerations to be aware of in working with a growing and developing mind and body. Brett Howard, co-author of Pilates for Children and Adolescents, we will explore working with children at different ages, stimulate creative and imaginative play within the system, and provide a forum to answer your specific questions. We can all have a voice in shaping our youth to benefit health and wellness both physically and mentally.

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6:00pm-6:30pm

Questions & Answer – ALL

.5

Aside from questions in your Seminars, we know you want to hear from our presenters! You want to hear more about their experience and stories, their backgrounds and the drives. They have seen the profession change over decades and each provide a unique perspective on the Pilates industry. Join our Q&A. Be part of the discussion, and build a stronger community together.

7:00pm – 9:00pm

Sip & Shop / Meet & Match

A low key, non-structured gathering to hang out with each other! Sip on a drink. Shop with our vendors. Meet with your friends. Make a Match! We will have a fun game/scavenger hunt to get to know your fellow attendees and colleagues. We hope this will help to stimulate conversation, make some friends, and build relationships within the Pilates community. Drinks and snacks provided for conference attendees.

SUNDAY, FEBRUARY 23, 2020:

PMA CECs

7:00am

Registration Opens

7:00am – 9:00am

Private Sessions Available

8:00am – 8:45am

MAT 4 Advanced – BRETT HOWARD

.75

Get ready! This classical advanced mat workout is the heart of the work, challenges both mind and body, and elevates our spirit.

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9:00am – 11:00am	<p>SEMINAR 5</p> <p><u>Wunda-ful Chair – BRETT HOWARD</u></p> <p>Brett loves the chair, and after this workshop you will see why! He will take you through so many exercises, ones we see on a regular basis, and gems we rarely practice. If there are some exercises you haven't practiced since your apprenticeship, you will get a chance here!</p> <p><u>Teaching Athletes – MOSES URBANO</u></p> <p>Pilates is a great cross training tool for athletes. Mentally, an athlete understands the principles of precision and efficiency, and physically, they need balance and recovery from their perspective sport. Moses works with athletes to build upon their training and elevate their productivity.</p>	2
	<p><u>Cadillac Cuisine – SONJE MAYO</u></p> <p>The Cadillac is a great way to create strength and stretch while building security and stability. Plus there are some bells and whistles that can only be done on the Cadillac! Join Sonje as she offers her unique perspective on how to incorporate this piece into your teaching toolbox!</p>	2
11:00am – 1:30pm	<p>Lunch <i>on own</i></p> <p>Private Sessions Available</p>	
11:00am – 12:30pm	<p><u>PROFESSIONAL DEVELOPMENT – SERAN GLANFEILD</u></p> <p><u>Business: 101</u></p> <p>Most of us got into the business to help others, but now we are left sorting through scheduling and payroll, websites and social media. Need some business advice? Whether a small business, a self-employed individual, or working for a large corporation, we all have business factors to consider. From marketing and sales strategies to everyday business and management habits, and the most effective forms of utilizing social media, Seran is there to talk us through it all. A Pilates business coach and founder of SpringThree.com business consulting, Seran is here to answer your pressing business questions.</p>	1.5

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12:30pm – 1:15pm	<u>MAT 5 – Open Level</u> LAURA WEST STRAWSER Get 1 more mat in to finish out your weekend! This open level mat class is set to rejuvenate your body and refresh your brain and send you out into the world to solidify your TCPC2020 weekend!	.75
1:30pm – 3:30pm	SEMINAR 6 <u>Classic/Crazy Wunda Chair – LORI COLEMAN BROWN</u> Chair, chair, and more chair – think you’ve seen it all? Well this workshop will turn everything on its head! Riffle with rhythm, balance and bounce. From intense and challenging, to supportive and stabilizing, Lori brings a sense of fun and play to this versatile apparatus. <u>Reformer A-Z – MOSES URBANO</u> Join Moses as he takes us through the Reformer work from top to bottom. Get teaching tips, exercise breakdowns, and how to adjust for body alignment. The Reformer offers the meat and potatoes of the system and understanding our ultimate destination helps us experience the journey. <u>Barrel Bliss – BRETT HOWARD</u> Barrels are a great way to both reshape and support the spine. It opens the chest and hips and aids in developing flexibility while aiding in stability. Whether using it to begin a session or to finish, the barrels are a much-loved apparatus and a necessary element to the work.	2 2
3:30pm – 4:00pm	<u>In Closing</u> Come together for any last-minute announcements, closing remarks, and goodbyes.	

**Schedule subject to change.*

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