

PILATES EXPO LOS ANGELES OCT 19-20 2019 • PILATES SPORTS CENTER 10TH ANNUAL EVENT

Time	MAIN SUITE 100	MAT SUITE 100A	STUDIO B SUITE 108
Fri Oct 18th 2pm-7pm	Scoliosis Protocols in the Studio <i>Dr. Andromeda Stevens, D.C. Schroth Certified</i> <i>Pre-Con Separate Event Fee \$200 12 PMA CEC's</i> <i>Taking Full EXPO? you get a \$50\$ discount on the Pre-Con Workshop</i>	Clients with Trainers - Open	Clients with Trainers - Open
SAT Oct 19th 9:00am-12:00pm	Dowel on the Reformer Explore new challenges of balance, strength and stability in classical and new exercises with the Pilates Dowel specialized with multiple attachments to perform exercises in ways you never imagined Kelli Altounian, NCPT & Josh Smith \$100 3 PMA CECs	The Exo Chair w/ Props Workshop Innovative work on the chair with weights and bands to modify, add variety or challenge the workout. The workout flows with little downtime in-between for a private session or for a class of various levels. Classical exercises at the end of each block to promote the Pilates principals of flow, stamina, mind body connection and coordination. Maria Sevilla NCPT \$100 3 PMA CECs	FRANKLIN METHOD®: Happy Organs & Pilates Cuing for Dynamic Movers Workshop Up level your practice by learning the function of the organs using imagery, touch and exercises to improve well-being. Explore the lungs, heart, kidneys, liver, diaphragm and more with imagery that will stay slouch proof and energized. Includes a Mat class. Leave more grounded, supported and with more ease! Nikki Alstedter and Lora Pavilack NCPT \$100
1:00 - 4:00pm	Baby Arc & Spine Corrector Workshop/Certification Learn the supportive and challenging small barrels! So versatile in the Studio ad often overlooked. Barrels are now required by the PMA to sit for the Exam. \$150 12 PMA CEC's Dr. Andromeda Stevens and Kelli Altounian, NCPT's <i>(\$25 test fee if a Diploma is Desired)</i>	PMA Study Guide Workshop Taking the PMA Certification Exam to become PMA - CPT®? You WILL pass if you take this Workshop! Includes workbook. <i>The Pilates Method Alliance, Inc. ("PMA") does not authorize, license or endorse PMA Certification Exam preparation courses. CECs N/A. *PMA requires Barrels to take the PMA Exam see our Barrels Workshop to get compliant!</i> Megan Drake, NCPT \$100	The Foot Workshop The foot influences the whole chain! Let's take a more in depth approach to the foot to help clients find intrinsic movements in the feet. We will look at different patterns of the lower leg and how they affect the knee, hip and low back. We will approach fundamental exercises on the equipment for optimum foot health. Maria Sevilla, NCPT \$100
4:15 - 5:30pm	Wrap Party! Wine / Apps and a look into safe and natural Beautycounter with Amanda Koch	Wrap Party! Wine / Apps and a look into safe and natural Beautycounter with Amanda Koch	Wrap Party! Wine / Apps and a look into safe and natural Beautycounter with Amanda Koch
SUN Oct 20th 9:00am – 12:00pm	Pilates Cardio Spring Board / Tower Workshop Level II Based on the success of the original Cardio Springboard I, The new advanced workout will teach fun, new and exhilarating moves that will make you look at the springboard with new eyes. Helena Hultberg-Talman, NCPT \$100 3 PMA CECs	Split Pedal Wunda Chair Workshop Exciting spilt pedal variations to add to the repertoire. Beginner through advanced exercises that cross over to all models of the split pedal chair. Seth Hampton, NCPT \$100 3 PMA CECs	Stretching in Perfect Alignment Learn to stretch your clients in perfect alignment while you are maintaining your own form. You will not only learn to stretch your client on the mat but also walk away with some nice new stretches on all the different apparatus. Jessica LaMons \$100 3 PMA CECs
1:00pm - 4:00pm	Pregnancy for Pilates Understand the limitations and risks associated with pregnancy the postnatal client. Learn terminology, specific workout and programming protocols. Includes a valuable workbook. \$140 12 PMA CEC's Helena Hultberg-Talman, Doula and NCPT	Ramp it up!! Creative ideas for programming clients using advanced exercises and integrates cardio into the Pilates routines. Kadee Sweeney, NCPT \$100	The Art of Selling Through Storytelling You don't have to "sell" if you learn the art of storytelling and how to communicate successfully. Listen to your client's needs and what's driving their decisions. Overcome objections and successfully communicate the benefits of your services. Learn how to develop an effective story to create the greatest impact to increase membership and drive sales. Natalie Walker, NCPT \$100

- REGISTRATION \$400 Sat/Sun (Early Bird \$50 Discount if you register before Sept. 15th) Total Value up to \$490
- **Workshops A La carte \$100-140 and include handouts / Refund policy:** Cancel within 7 business days, the admin fee is \$50 with a refund of balance. Cancel 7- days or less NO REFUND
- **Up to 24+ PMA Credits Can Be Earned at This EXPO! / REGISTER HERE ONLINE**
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