



Hamburg 2012 Class Descriptions

Saturday 3 rd November				
TIME	NAME	DESCRIPTION	PRESENTER	CODE
08.00-09.00	Barrel Progressions	Joseph Pilates created a beautiful progression on a piece of equipment that is overlooked too often: the Barrel. He created the Barrels to gradually open two very restricted areas of our body: the hips and the shoulders. We will work through this progression from Small Barrel up to the Ladder Barrel in such a way that it will become easier to incorporate the Barrels into almost every workout!	Juliana Afram	JA01
08.00-09.00	GYROKINESIS®	GYROKINESIS® exercises allow one to work on the entire body through seven natural elements of spinal movement: forward, backward, left side, right side, left twist, right twist and circular, as well as all other joint articulation. This approach systematically and gently works the joints and muscles through rhythmic and undulating movements. These movements stimulate the body's internal organs while different corresponding breathing patterns are integrated along with the movements.	Bettina Preuschoff	BP01
08.00-09.00	Meet and Discuss Session	Pilates Carnival is all about talking to each other. Throughout the weekend delegates who have spare time are encouraged to meet and have informal chats about anything to do with Pilates. Let's get to know each other!		
09.15-10.15	Wall Unit and Chair Class	Learn the opportunities offered to you by the Wunda Chair and Wall Unit, the Pilates method in a more intense and generally better way to learn about your body. Expand your world by these two extraordinary pieces of Pilates equipment, and enjoy new ways to move.	Christian Lutz	CL01
09.15-10.15	Pilates in the 3 rd Dimension	Go on a journey into the world of 3-dimensional movement. Experience how to enlarge your Pilates practice by the use of 3-dimensional movement patterns. Insight and knowledge gained during training in Spiraldynamik and Dance Medicine will contribute to this workshop experience Be encouraged to discover your body with joy and curiosity.	Bettina Preuschoff	BP02
09.15-10.15	Physiotherapy, osteopathy and Pilates	During this lecture, Sebastian will use his wide ranging qualifications in the fields of physiotherapy, osteopathy, massage and Pilates, and he will draw on his experience in sport, hospitals, outpatient rehab centres, and private practices.	Sebastian Klöckner	SK01
10.30-12.45	Open Practise Space (2 hour class)	Bettina's Pilates in the 3 rd Dimension class will lead into an "open practice space" to compare different schools and methods; although they might start from different viewpoints they often use the same exercises. Join in to share research processes, with open hearts and free from any judgment!	Bettina Preuschoff	BP03
10.30-11.30	Pilates Evo	Pilates Evo is a unique Pilates System, developed in London by Chris Hunt Pilates. It takes Pilates in a new and exciting direction, incorporating functional training methods and movement patterns in flowing sequences with an uplifting soundtrack. Pilates EVO uses NLP and Mindfulness Meditation techniques to maximise psychological and physical benefits, and it is a challenging system for a wide range of training goals as it gives many different levels in each exercise to progress muscular fitness using repetitions, range of motion, rate and resistance.	Chris Hunt	CH01
10.30-11.30	Pilates Retreats: A Reality Check	Mareile Paley has been organizing and leading Pilates and Yoga Retreats all over the globe - from Bali to Mexico and beyond. In this Q&A session she will give a peak behind the scenes of what it means to turn the 'retreat dream' into reality.	Mareile Paley	MP01



Saturday 3rd November (continued)

11.45-12.45	Yoga Meets Pilates	Yoga meets Pilates. Join this session and flirt with your edge: The best from both worlds flows perfectly combined. For Vitality and Peace of Mind.	Kerstin Reif	KR01
11.45-12.45	Pilathai	Pilathai is a unique fusion of Pilates and Thai Massage. There are many similarities between Thai massage and Pilates, not least the fact that both seek to use the whole body in exercises designed to move and stretch, and both promote a mind-body connection. See how Pilathai uses a combination of Pilates moves in various neutral positions mixed with Thai Massage moves. This gives the client an amazing experience, leaving them feeling lighter, more flexible and yet stronger.	Chris Hunt	CH02
13.45-14.45	Studio Workout	Come and experience a classical Pilates Workout Session. We incorporate the Mat, Reformer, Wunda Chair, Barrels and Tower/ Cadillac. Be ready to move and have fun!	Juliana Afram	JA02
13.45-14.45	Core Challenge with Elliptical io-Ball	Strengthen and tone muscles, improve posture, flexibility and balance and create a sleek, firm and strong body. All movements target the core muscles of the body, including the abs, lower back, hips and buttocks. io-Ball helps give control and feedback about how the body is working. It increases safety and strengthening effects. To work with io-Ball will help to burn more calories in a lesson.	Andrea Burkhardt	AB01
13.45-14.45	Meet and Discuss Session	Pilates Carnival is all about talking to each other. Throughout the weekend delegates who have spare time are encouraged to meet and have informal chats about anything to do with Pilates. Let's get to know each other!		
15.00-17.15	Circuit Equipment Class (2 hour class)	Fun, athletic conditioning whole body exercises on the stability chair & reformer. Functional movements against spring resistance in a variety of positions that train core stability. The Reformer will function more like a traditional fitness tool as opposed to strictly facilitating Pilates moves.	Sandra Machado	SM01
15.00-16.00	PowerVit® Mein Rücken	PowerVit® mein Rücken is a dynamic and effective stabilisation training round about the spine. It is a movement program which trains the deep muscles of abdomen and back. The specialty of this concept is the diversity and the balance between Power and Softness.	Jasmina Berger	JB01
15.00-16.00	EssSense Nutrition (in German)	With which food do I optimize my weight and my fitness? A naturopath and nutritional expert, Roland developed this unique concept that deals with the combination of the individual metabolic analysis with the latest in nutritional research. Learn about the gradual change in diet for permanent weight reduction and performance improvement.	Roland Klövekorn	RK01
16.15-18.15	YOGI-lates Stretch and Partner Shiatsu (2 hour session)	Couple up in class! YOGI-lates combines the basic principles of Pilates training and correct alignment of the body with aspects of Yoga philosophy, Pranayama and Asanas. On top of this we will enjoy deep stretches in pairs to open the spine in all directions and awaken the body energies by using meridian work. Working in pairs will help to find correct alignment in positions and profit from the weight of your partners hands and body in order to sink deeply down into stretches and relaxation- (a bliss for the entire body). Specific hands on can also taken to your Pilates or Yoga classes to assist your Client in a different way from what you might know.	Anja Kursawe	AK01
16.15-17.15	Over-sized Clients (in German)	What is possible and what is impossible for clients who are overweight? Learn how to cue and how to lay hands on. To show that the possibilities of Pilates for people who are not only dancers, actors or those people who are sporty their whole life.	Jasmina Berger	JS02



Sunday 4th November

08.00-10.15	Pilates to feel good in Pregnancy	This training session will teach you how to give women during pregnancy support for their physical changes. An all around great body awareness training on the large equipment, and a good mix of specific exercises for strength and endurance, breathing, and relaxation. The exercises are performed alternately on different Pilates equipment.	Lilian Graça & Dania Irmiler	LD01
08.00-09.00	Pilates Evo	Pilates Evo is a unique Pilates System, developed in London by Chris Hunt Pilates. It takes Pilates in a new and exciting direction, using functional training methods and movement patterns in flowing sequences with an uplifting soundtrack. Pilates EVO uses NLP and Mindfulness Meditation techniques to maximise psychological and physical benefits. It is a challenging system for a wide range of goals as it gives many different levels in each exercise to progress muscular fitness using repetitions, range of motion, rate and resistance.	Chris Hunt	CH03
08.00-09.00	Meet and discuss Session	Pilates Carnival is all about talking to each other. Throughout the weekend delegates who have some spare time are encouraged to meet and have informal chats about anything to do with Pilates.		
09.15-10.15	Pilates For The Heart	Did you know that cardiovascular disease (CVD) causes over 4.3 million deaths in Europe? That is nearly half of all deaths in Europe (48%). It is an enormous amount! If you think of your clients, you might realize that a lot of them have these kinds of issues as well. This session will present how to use different forms of Pilates alongside other techniques for the good of the heart. It will be a physical but also a mental workout. So prepare your body, imagination, open your heart and your mind to experience well-being at all levels of human existence.	Agnieszka Ostasz	AO01
09.15-10.15	Pilates Retreats: A Reality Check	Mareile Paley has been organizing and leading Pilates and Yoga Retreats all over the globe - from Bali to Mexico and beyond. In this Q&A session she will give a peak behind the scenes of what it means to turn the 'retreat dream' into reality.	Mareile Paley	MP02
10.30-11.30	Stabilisation and More...	The stabilization of the spine and the pelvis is one of the key elements of the work with our customers. Unilateral overload of the body, muscle disharmony, pelvic rotation - these are some of the reasons with which we meet on a daily basis. Meet a few simple exercises that will improve your work and will give you new ideas for workouts.	Karolina Libelt	KL01
10.30-11.30	Flowing Mat	This flowing mat class focuses on abdominal work, spinal rotation and full body integration.	Christiane Tittel	CT01
10.30-11.30	Pilathai	Pilathai is a unique fusion of Pilates and Thai Massage. There are many similarities between Thai massage and Pilates, not least the fact that both seek to use the whole body in exercises designed to move and stretch, and both promote a mind-body connection. See how Pilathai uses a combination of Pilates moves in various neutral positions mixed with Thai Massage moves to give your client an amazing experience, leaving them feeling lighter, more flexible and yet stronger.	Chris Hunt	CH04

Sunday 4th November (continued)

11.45-12.45	Reformer: Beginner to Intermediate	Join Christian for a session using the reformer. This hour will be spent working on exercises from a beginner level through to intermediate level. Enjoy the session and learn something new.	Christian Lutz	CL02
11.45-12.45	Core Challenge With STABY	Strengthen and tone muscles, improve posture, flexibility and balance and create a sleek, firm and strong body. All movements target the core muscles of the body, including the abs, lower back, hips and buttocks. STABY helps give control and feedback about how the body is working. It increases safety and strengthening effects. To work with STABY will help to burn more calories in a lesson.	Andrea Burkhardt	AB02
11.45-12.45	Classical Pilates: Let's Talk About It	The mission of Power Pilates is to honor the integrity of Joseph Pilate's Method. Through our program development, we train our instructors to pass on the legacy of the original work as it was handed down by the first generation teachers. During this workshop we talk about Joes original intentions of the exercises and how we can deepen our own understanding of the original method!	Juliana Afram	JF03
13.45-16.00	Circuit Equipment Class (2 hour class)	Fun, athletic conditioning whole body exercises on the stability chair & reformer. Functional movements against spring resistance in a variety of positions that train core stability. The Reformer will function more like a traditional fitness tool as opposed to strictly facilitating Pilates moves.	Sandra Machado	SM02
13.45-14.45	Pre-Matwork Class	This class gives you the fundamental skills to correctly perform the Matwork exercises. It's not all Pilates, but everything here will help with the principles of the method in your body, and enable you to implement these into your practice to implement. Enjoy!	Christian Lutz	CL03
13.45-14.45	Sensomotoric coordination	With safety such an important issue, in this theory session Andrea will teach you how you can make your Pilates classes safer for all your clients.	Andrea Burkhardt	AB03
15.00-16.00	Reformer on the Mat Workout	A workout that not only challenges the body, but will also exercise your mind! In this class, we "translate" advanced Reformer work to the Mat. Use your imagination while performing the exercises because the straps, springs and foot bar are gone! This class challenges your powerhouse.	Juliana Afram	JF04
15.00-16.00	EssSense Nutrition (in German)	Which food optimizes my weight and my fitness? A naturopath and nutritional expert, Roland developed this unique concept that deals with the combination of the individual metabolic analysis with the latest in nutritional research. Learn about the gradual change in diet for permanent weight reduction and performance improvement.	Roland Klövekorn	RK02
16.15-17.15	Reformer Workout	With this reformer workout, challenge coordination, balance and of course strength. Warming up with foot and legwork, with inner thigh emphasis, then followed by some hip and abdominal exercises as well as shoulder and arm work.	Christiane Tittel	CT02
16.15-17.15	Pilates For Therapy	A large number of clients with whom we work on a daily basis complain of various types of pain - some of them are temporary, some chronic. We will look how to modify the known Pilates exercises and help our clients to understand the functionality of the body, its problems and how to deal with pain.	Karolina Libelt	KL02
16.15-17.15	Goodbye Session	A final chance to swap telephone numbers and say goodbye to old friends and to new friends.		