

THE BODY WAS MEANT TO MOVE...



-Eve Gentry



The
Human Movement Conference

PILATES | ALEXANDER | LABAN BARTENIEFF
GYROTONIC® | MOVNAT | CONTINUUM
CARDIO YOGA | FRANKLIN METHOD | TRAGER | NIA

2nd Annual Conference
ONLINE
October 2-4, 2020



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 TRAGER® APPROACH - A Lighter Way of Being

Think about softening, deepening. Think about lengthening, expanding, relaxing. Think about light, lighter and lighter still. Think about a dancing cloud.

The Trager® Approach is a mind/body modality using touch, movement and an open meditative state for relaxation and improved mobility - a way of learning and teaching through movement. The Trager practitioner uses her hands to communicate a quality of feeling to the nervous system during the table work, and guides the person to move with that feeling on their own. The Trager® Approach can induce profound **relaxation and a** deep sense of well-being. It can be helpful in many situations, from everyday aches and pains, poor posture, sports injuries, as well as more serious conditions.





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MAYA AUBREY

Maya Aubrey is a Pilates teacher and movement specialist. In 1991 she began her studies of Pilates with Michelle Larsson and Eve Gentry in Santa Fe, New Mexico. Since 1993 she has owned her own studio in Santa Fe where she enjoys teaching the classic Pilates repertoire. Maya has also completed all three levels of Franklin Method training and incorporates the concepts into her Pilates classes.

She holds a BFA in Dance from the University of Utah, is a certified level three Franklin Method instructor, and is NCPT certified.

The Bare Bones of Hips and Shoulders through The Franklin Method

Tension is the enemy of movement. Too much stress, incorrect movement patterns and bad posture can inhibit hip and shoulder movement. It's time to dive deep into your anatomy and look at the bare bones of the pelvis and shoulder girdle. This workshop will give you a fresh understanding of design and correct biomechanics of the hips and shoulders.

Through the Franklin Method we will explore basic anatomy and healthy bone rhythms in movement. Using imagery, awareness and touch, you can help your students return their hips, low backs and shoulders to life. We will put this to practice using Pilates mat work as the vocabulary, but this will translate into any movement modality be it yoga, dance or fitness.

This work will give you simple tools you can take back to the studio to help to re-educate your students with hip, low back or shoulder pain to move with power and freedom rather than tension.



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.



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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 as well as a contributor and author on numerous articles on the Pilates method.

Movement class Teacher, Workshop presenter



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



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AMBER GRAY

Amber Gray moves from a diverse landscape of experience. As a dancer, 28 years studying and teaching Haitian dance led her to Continuum. She was mentored by Emilie Conrad, who authorized her to teach Continuum in 2007. As a human rights psychotherapist, she works with survivors of war and political violence in the U.S and is an international consultant, advising many programs worldwide on staff care and wellness programming. Amber developed “Polyvagal-informed DMT for Trauma” through years of collegial idea inspiring with Dr. Porges.

She is an award-winning dance movement therapist, an animal rights activist, and lover of all things wild. Continuurhythm® services offer individual and group experiences to move our hearts and shift our states in service of humani-planet-wellbeing.



Bathing the Bones: An Introduction to Continuum

Continuum is “moving medicine”. It is a movement and life practice originated by Emilie Conrad that uses breath, sound and movement to awaken our innate, primal movement. Emilie Conrad taught that all fluids are basically one element, resonating with all other fluids. They function as a kind of umbilical cord supplying us with the pulsing undulations of life. Continuum movement increases flexibility, motility, wellbeing, creativity, innovation, adaptability and vitality.

Our movement patterns have origins in the sea. Connecting to this fluid system offers levels of nourishment, liberation and healing that restore, youthfulness, playfulness and ease. This introduction to the Continuum will weave breath and sound together with movement sequences to invite free-flowing, organic movement. Bringing fluid movement into other movement practices can increase their potential for healing, strengthening and diversifying movement range.

Continuurhythm® integrates Continuum, a fluid embodied practice inspired by the undulations of human movement, Polyvagal-informed dance and soma-movement therapies, and sacred dance. Continuurhythm® offers a rhythmic, physically strengthening and spirit nourishing “workin” for whole body fitness. It is appropriate for movers and dancers of all levels of experience and fitness who want to connect to the deep roots of all movement, the ease and flow of wave motion – our inner choreographer.

For this class, please have a folding chair or stool; yoga or workout mat, and soft blanket available. A physio-ball, hand held or wearable weights and a foam roller are also useful if they are accessible to you.



AMY HAVENS

Amy has a dance degree from CSU and is a national and international Pilates educator and one of the original teachers on Pilates Anytime. She is also one of the brains and minds behind content development, designing class programming and educational strategies for the global Pilates platform. She opened her studio, CenterPoint Pilates, in Santa Barbara, CA. in 2001. Amy is also a Level 1 Fascial Stretch Therapist through the stretch to Win Institute.

Movement Class Teacher



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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 teaches in Albuquerque, NM.

Pilates Movement class teacher



SARAH HOLMES

Dr. Holmes continues to be passionate about spreading the benefits of Pilates. The Pilates Effect grew from her life experiences and out of her doctoral research completed in March of 2013, at the University of California, Riverside. She taught as an Assistant Professor of Dance and holds an M.A. Dance, Mills College and a B.A. Economics, Scripps College and has published critical scholarship about Pilates.

She is certified with Polestar Pilates, Peak Pilates, and the Pilates Method Alliance, and worked as a Master Instructor for Peak Pilates and more recently, Balanced Body. Her current research intersects with complexity science, somatic practice, contact improvisation, and critical race studies.



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JAMIE BERRY KLEIN

Jamie is a 2nd Degree Black Belt licensed instructor of The Nia Technique, including certification in 5 Stages of Movement Development and Moving to Heal, Nia's therapeutic arm. She is a decade long classroom and private instructor at StudioNia Santa Fe, the Southwest's center for Nia.

She has trained with Nia co-founders, Debbie Rosas and Carlos Aya-Rosas, Nia's international team of trainers, Parkinson's pioneer, Gary Sobol, and many other transformative leaders. She has presented to local, state and national organizations including NM Coalition on Parkinson's, and National Spasmodic Torticollis Association, also lobbying for funding in Washington, DC on their behalf. She provides essential therapeutic movement for individuals, and presents workshops and classes at senior residences and recovery centers.

Nia

Nia is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. ... Step into your own joyful journey with Nia, and positively shape the way you feel, look, think and live.



STACEY LEI KRAUSS

Stacey Lei Krauss is the president of willPower productions, llc., and the creator of The willPower Method® and Cardio Yoga.

She is an international fitness educator accredited with ACSM, ACE, AFAA, 10 years of dance training and over 20 years in the fitness industry. A native New Yorker, she built her career in the heart of NYC through the education, prestige, and talent of Equinox and then followed the brand to San Francisco to grow through a broader industry. She's now based in Denver, CO enjoying the benefits of training in altitude and balanced, holistic living.

CARDIO YOGA

A practice of improving our inner self while training at cardiovascular intensity. Cardio Yoga can be considered a Vinyasa of Dynamic Asanas. Cardio Yoga uplifts the physical being through cardio, strength and functional fitness.





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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.

Pilates Movement class teacher

RICH O'CONNOR

Rich discovered the GYROTONIC® Method in 2002. After years of heavy strength training and intense martial arts practice, his body was a mess – he desperately needed a way to heal and rejuvenate himself. By chance, he found the GYROTONIC System and had almost immediate relief of back and shoulder pain.

Rich is also a MovNat educator/trainer and combines the varied techniques he has learned into his own unique approach to teaching movement. Today, he strives to inspire people to a healthier, more balanced and ultimately “better” way to live, function and exist through a lifetime - moving beyond injuries, age, frailties and disease - to constantly progress with ease and grace.

GYROTONIC®

GYROTONIC 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. ... Regular GYROTONIC practice also builds core strength, balance, coordination, and agility.

MovNat

MovNat is a fitness and physical education system based on the full range of natural human movement skills. The Movnat system trains physical competence for practical performance. Based on effective, efficient, and adaptive movement modalities.





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STACEY REDFIELD

Stacey juggles multiple careers. As an actress, model and spokesperson, her face has appeared in national commercials, movies and advertisements. Her Pilate's career started in 1999 after over a decade of weight training, aerobics and two babies didn't leave many options for exercise. If someone would have told her then that her future would be to own a Pilates studio, she would have laughed—out loud. But after taking her first Pilates class—which she couldn't pronounce correctly—she just knew it was her destiny.

Stacey opened the Physical Methods Pilates Studio in 2000. She has contributed to several publications as an expert on the history of Pilates and Physical Culture, as well as regular television appearances to share her fitness tips.

Stacey's passion for Pilates is intoxicating as she continues to teach her clients that they only get one body in life... "If they break this one, they can't go out and buy another one." She is blessed with the most amazing group of inspiring and dedicated clients who will never know how much they have given her. "I love every one of you...you know who you are."

Cardio Yoga

Cardio Yoga can be considered a Vinyasa of Dynamic Asanas. Cardio Yoga uplifts the physical being through cardio, strength and functional fitness.



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BETH ELKINS WALES

A 2001 graduate of Core Dynamics, Beth Elkins Wales is now the owner of the Pilates Loft in Buffalo, New York. Elkins Wales 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 host 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 faculty of the Chautauqua Institution's Dance Department, directed the Chautauqua Regional Youth Ballet, and has taught master classes at the University of Buffalo, and many schools throughout Western New York. Elkins Wales and her husband co-direct the multi-media dance company nimbus dance.

Movement Class Teacher





YAMUNA ZAKE

Yamuna Zake has dedicated the last 39 years to creating simple easy to use education and wellness products to help people become empowered in taking care of their own bodies. Her focus is on BODY SUSTAINABILITY. It is Yamuna's original thinking and knowledge base that people seek when standard medicine fails them. With her knowledge of the body's structure she provides logical, common sense advice that everybody can utilize and get better with. She takes a no nonsense logical and anatomically correct approach when helping people help themselves. She has a network of practitioners trained in her various methodologies worldwide. Her work is in over 38 countries and she has trained over 2000 practitioners in her various methodologies. All of her work is original and created by her exclusively.



WORKSHOP: UNDERSTANDING THE PELVIS AND PELVIC FLOOR

Product requirement: 1 gold and 2 black balls and mats

The pelvis takes an enormous amount of impact from both the upper and lower body. Many muscles attach the pelvis connecting it to the spine, the anterior and posterior torso, and to the femurs. For the pelvis to be the strong supportive structure it is meant to be the 2 sides of the pelvis need to be as balanced as possible without excess impact into anyone part. For the muscles that have attachments to the pelvis to function well, working the pelvic bones is required first. Constant high impact into bone can age bone and cause tendons and muscles to contract toward bone making it harder and harder to have muscles working in balance from the tendons into body of muscle.

As we age the pelvic bones narrow and the bone quality changes. Both bone loss and drying out of bone occurs. When this happens muscles also lose their full mobility limiting range of motion. Direct bone stimulation helps to restore the pelvis to a more youthful state.

This workshop will focus on restoring pelvic function through direct bone stimulation and then reconnecting the muscle attachments to the pelvis. The goal is to learn how to bring the energetic life force back into the pelvis restoring pelvic function, and stimulating hormonal and organ function. Both the pelvic floor and prolapses of organs will be covered.

Workshop: THE FEET - THE BODY'S FOUNDATION - A MINDFUL APPROACH

Product Requirement: Foot wakers and foot savers

This workshop will teach a simple mindful approach for rebuilding healthy foot function. In order for the body to be fully aligned while exercising and to get the best results overall, it is essential to train the feet activating all the foot muscles, aligning the bones so the feet, ankles, knees and hips track correctly.

In this workshop you will learn simple guidelines for rebuilding healthy foot function. This includes learning:

How to rebuild each part of the foot. | How to form natural healthy arches |
How to stay mindful throughout the day reinforcing healthy foot patterning. |
How to build strength and flexibility in each part of the foot. | How to transfer weight naturally through each part of the foot improving gait. | How to use the Yamuna props to help reinforce the keys to rebuilding the feet | The basic anatomy of the bones and muscles of the feet. | What are the causes of the most common foot problems including: plantar fasciitis, bunions, hammer toes, and Morton's neuromas.



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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.

FRIDAY, OCTOBER 2, 2020

| <u>Time Begin</u> | <u>Time End</u> | <u>Event Type</u> | <u>Teacher</u> | <u>Movement Type</u> |
|-------------------|-----------------|-------------------|--|----------------------|
| 7:00am | 8:00am | Early Workout #1 | Beth Elkins Wales | Pilates |
| 8:15am | 10:15am | Workshop #1 | Amber Gray | Continuum |
| 10:30am | 11:30am | Workout #2 | Amber Gray | Continuumrhythm® |
| 10:30am | 11:30am | Workout #2b | Stacey Lee Krauss | Cardio Yoga |
| 11:45am | 1:45pm | Workshop #2 | Frederick Curry | Laban Bartenief |
| 2:00pm | 3:00pm | Workout #3 | Frederick Curry | Laban Bartenief |
| 2:00pm | 3:00pm | Workout #3b | Amy Havens | Workout w/ Amy |
| 3:15pm | 5:15pm | Workshop #3 | Kevin A. Bowen Suzanne Gutterson Michele Larsson | Eve Gentry |

SATURDAY, OCTOBER 3, 2020

| <u>Time Begin</u> | <u>Time End</u> | <u>Event</u> | <u>Teacher</u> | <u>Movement Type</u> |
|-------------------|-----------------|--------------|----------------|------------------------|
| 7:00am | 8:00am | Workout #1 | Yamuna Zake | The Power of Breath |
| 8:15am | 10:15am | Workshop #1 | Yamuna Zake | Rebuilding Your Pelvis |
| 10:30am | 11:30pm | Workout #2 | Robyn Avalon | Alexander Technique |
| 10:30am | 11:30pm | Workout #2b | Kate Latimer | NIA |
| 11:45am | 1:45pm | Workshop #2 | Robyn Avalon | Alexander Technique |
| 2:00pm | 3:00pm | Workout #3 | Rich O'Connor | Movnat |
| 3:15pm | 5:15pm | Workshop #3 | Rich O'Connor | Movnat |

SUNDAY, OCTOBER 4, 2020

| <u>Time Begin</u> | <u>Time End</u> | <u>Event</u> | <u>Teacher</u> | <u>Movement Type</u> |
|-------------------|-----------------|--------------|----------------|----------------------|
| 7:00am | 8:00am | Workout #1 | Kevin A. Bowen | Movement |
| 8:15am | 10:15am | Workshop #1 | Ruth Alpert | Trager |
| 10:30am | 11:30am | Workout #2 | Ruth Alpert | Trager |
| 11:45am | 1:45pm | Workshop #2 | Maya Aubrey | Franklin Method |
| 2:00pm | 3:00pm | Workout #3 | Maya Aubrey | Franklin Method |
| 3:15pm | 5:15pm | Workshop #3 | Kate Latimer | NIA |

Schedule subject to change.