



International Conference  
**PILATES**  
*Seville* 2018

**Friday thru Sunday, 11-13 May 2018**

**11, 12, 13 DE MAYO DE 2018**

[www.sevilleconferencepilates.com](http://www.sevilleconferencepilates.com)

# International Conference PILATES Seville 2018

**International Pilates Conference Seville (IPCS) 2018** is your opportunity to spend three days in beautiful Seville, Spain learning from internationally acclaimed Pilates instructors:

- Mary Bowen
- Patricia Medros
- Shari Berkowitz
- Pat Guyton
- Wendy LeBlanc-Arbuckle

Hosted by Personal & Pilates, IPCS features small class sizes (max 20 participants) and plenty of equipment, so you can truly absorb what you learn. Over the three days, presenters will share their knowledge and passion with Pilates and movement professionals and students from all over the world, who want to grow professionally and have fun in the process!

IPCS consists of six 3-hour workshops: two taught by Mary Bowen, and four workshops each taught by a different master instructor. All conference participants will have access to all six workshops. Attendees will also have the opportunity to take private lessons with the presenters at pre-scheduled times.

Workshops taught in English, with simultaneous translation into Spanish.  
18 Continuing Education Credits (CECs) from the Pilates Method Alliance (PMA).

We look forward to seeing you!

For more on us, please visit [www.personalandpilates.com](http://www.personalandpilates.com)

## CONFERENCE DATES

Friday thru Sunday, 11-13 May 2018

## CONFERENCE LOCATION AND HOTEL INFORMATION

**Hotel TRH Alcora**, Carretera San Juan - Tomares, Km 1.  
41920 - San Juan de Aznalfarache (Sevilla) - Spain.

For **HOTEL RESERVATIONS** please call + 34 954 349 600  
or book online through [www.trhalcora.com](http://www.trhalcora.com)



## DAILY SCHEDULE

### FRIDAY May 11, 2018

**Registration Opens** at 7:30 am

**Welcome and Introductions** // 7:30 am - 10:00 am

**Private-Duet lessons** // 8:00 am - 10:00 am

**Mat Group lesson** // 8:30 am - 9:30 am

**Morning Workshop Sessions** // 10:00 am - 1:00 pm

**Lunch, Private-Duet lessons** // 1:00 pm - 3:00 pm

**Afternoon Workshop Sessions** // 3:00 pm - 6:00 pm

**Private-Duet lessons** // 6:30 pm - 7:30 pm

### SATURDAY May 12, 2018

**Private-Duet lessons** // 8:00 am - 10:00 am

**Mat Group lesson** // 8:30 am - 9:30 am

**Morning Workshop Sessions** // 10:00 am - 1:00 pm

**Lunch, Private-Duet lessons** // 1:00 pm - 3:00 pm

**Afternoon Workshop Sessions** // 3:00 pm - 6:00 pm

**Private-Duet lessons** // 6:30 pm - 7:30 pm

### SUNDAY May 13, 2018

**Private-Duet lessons** // 8:00 am - 10:00 am

**Mat Group lesson** // 8:30 am - 9:30 am

**Morning Workshop Sessions** // 10:00 am - 1:00 pm

**Lunch, Private-Duet lessons** // 1:00 pm - 3:00 pm

**Afternoon Workshop Sessions** // 3:00 pm - 6:00 pm



## PRIVATE / DUET LESSONS

Private lessons must be pre-booked via email: [oscar@personalandpilates.com](mailto:oscar@personalandpilates.com).

The morning mat lessons are first come, first served.

Video taping of any classes at the Conference is strictly prohibited. Pictures can be taken for personal use only.

## REGISTRATION

2 modalities:

a) Early Bird Registration: 2 payments (300 € before January 31, 2018 and 190 € before May 5, 2018)

b) Regular Registration: one-time payment of 550 €

Please remit your payment(s) into the following account:

Bank Name: CAJA RURAL DEL SUR

Beneficiary Name: ASOCIACION ANDALUZA DE PILATES (AAP)

Account Number (IBAN) ES55 3187 0080 0131 1990 1522

SWIFT CODE: BCOEESMM187

Please note that on the payment receipt(s) you must specify the first name and surname of the participant. Send us a copy to: [oscar@personalandpilates.com](mailto:oscar@personalandpilates.com) and we will confirm your payment (s).

## REFUND AND CANCELLATION POLICY

In the very unlikely event that circumstances dictate that we must postpone or cancel an event, you will be refunded your Registration fee in full. Personal & Pilates is not responsible for workshops, or portions of workshops that attendee misses due to illness, emergency, or other event beyond our control.

All fees are in euros.

Cancellation of your registration will incur the following fees:

- 50.00 € if written notice of cancellation is received prior to the early registration deadline (January 1 2018)
- 200.00 € for two or three day registrations if written notice of cancellation is received during the regular registration period (from January 1 to April 30 2018)
- If the cancellation request is made within 72 hours of an event, no refund will be given.

To cancel your registration please contact us at:

Personal & Pilates, C/ Victor, 5 - 1º izquierda 48005- Bilbao (Vizcaya) - Spain or via e-mail at [estudio@personalandpilates.com](mailto:estudio@personalandpilates.com)

## EQUIPMENT

All Arregon Pilates Original equipment used at our conference is available for purchase after or even before the event. The equipment is NEW and is offered at a reduced price. Please contact: [info@pilatesoriginal.es](mailto:info@pilatesoriginal.es) or call +34 600 422 429 for more info.



## COURSE DESCRIPTIONS

### **Pilates plus Psyche, Mary Bowen (3 hours)**

In the world of Pilates Mary Bowen is known especially for her integration of Jungian analytical psychology with the Pilates Method. The physical head! It is inside and it is outside. The thinking head and the psychological head – the conscious and the unconscious. Let's explore them together. Each one helps and hinders. Each one is full of wonder and difficulties. Regardless of your Pilates experience, practitioner or teacher, Mary's life experience and decades of exploring Pilates and Psychotherapy, will export you on a journey into your mind, body and spirit. Breathe with awareness, move like a cat and integrate the WHOLE person is her message always. You will learn how to see the psyche in body shape (bodyreading), how to shape the psyche in movement and how to connect with your own journey toward full self expresion.

### **An Evening with Mary – An informal evening of Mary's entertaining stories of training in Joe's New York gym and spending a lifetime developing and teaching the Pilates Method. (3 hours)**

Lifelong Pilates is the name of Mary Bowen's studio and as a title it couldn't be more apt. It is 58 years since Mary started to study with Joe Pilates and she still carries on learning and teaching. Now in her 80s, the Pilates Elder is more active than many people half her age, combining her Pilates activities and practice as a Jungian psychoanalyst with travelling all over the world talking about working with Joe and about her philosophy of Pilates. We are delighted that Mary will be our special guest at our Conference, and she is happy to be coming to Spain for the first time. Mary Bowen knew Joe and Clara over six and a half years twice a week, followed by Bob Seed, Romana Krysanowska, Kathy Grant, Bruce King each for 7 years (except Bruce died of AIDS after 5 years) and then 7 years with Jean Claude West (moving in the 1990's into P.T., anatomy, biomechanics – a whole new approach to Pilates) and then 20 years with Christine Wright, a professional leading dancer in NYC who went on to work with those lucky enough to be the body before her... 56 years (since 1959) of weekly lessons for herself! Feel free to ask questions!

### **Embodying Your Living Architecture...Through the Portal of the 3Core Connections® Embodied Perspective with Wendy LeBlanc-Arbuckle (3 hours)**

This workshop is an updated, 21st Century awareness of the vision of Joseph Pilates, cultivating imagery and language from our body wisdom. This embodied perspective empowers our fascial biotensegrity, which is a deep understanding of how gravity and spatial orientation, along with our breath's elastic recoil, shifts whole body tension and trauma patterns, re-sets our nervous system, creates effort with ease, and a more relational, empathetic way of being in the world. Participants will cultivate a new sense of their whole body "living fascia" architecture from a "core coordination" biotensegrity perspective, rather than pieces and parts "core control" biomechanical perspective...and will compare and contrast the experience of flowing movement from these perspectives.

When we discover the inherent wisdom and intelligence within every cell of our body by allowing ourselves to re-discover how to "yield or rest down" into gravity before moving, we reconnect with our primal nature, and our relationship with the natural world that surrounds us. A primal question to ask is, are we coming from the "tension" of "doing it right"(biomechanics), or the "release" of "partnering with gravity and spatial orientation (biointelligence).In this way, we move beyond "exercising", and begin "energizing". We develop a way of being in life, with ourselves and others, that is grounded, curious and empathetic...way beyond movement as a "thing to do"....100's becomes "YOUR100's", rather than "THE 100's". Let's play and explore together!.



### **Thoracolumbar Fascia: "The Second Brain of Movement", Shari Berkowitz (3 hours)**

Fascia has been a major topic in movement and movement education lately but are you aware of the central role the Thoracolumbar Fascia plays? Through my years of research and applying research to movement, the Thoracolumbar Fascia has proven to be what I call "The Second Brain of Movement". In the effort to develop balance and efficiency in the musculoskeletal system, accessing the Thoracolumbar Fascia is key to unlocking dysfunction and returning balance to whole body. Learn how to address the Thoracolumbar Fascia with the Pilates exercises you already know. These techniques can make your teaching 100% more effective and help you create fantastic change for your clients.

### **Pilates and the functional Spine on the Spine Corrector, Pat Guyton (3 hours)**

The spine is the connector between the shoulder girdle and the pelvis. The spine provides movement, protection, force absorption, support and attachment sites. When we are babies, we do not have spinal curves because we have not adapted to gravity through standing. Throughout the developmental process of being supine and learning to walk, our spine will develop specific curves which balance our energetic axis. The central axis does not run through the spinal curves but actually runs through our organs. All functional movement is defined in three planes of motion. Each vertebra moves in three dimensions and each curve of the spine has movement defined by the shape of the individual vertebrae. Often movement cues are two dimensional and may create tension, restriction and poor posture. The breathing may be restricted. Joe Pilates watched babies and animals in his study of movement which was part of a larger exercise philosophy called Physical Culture. We now understand more about function through research and the application of science. This knowledge does not negate Pilates. Knowledge empowers the ability to enhance the quality of instruction and get better results in Pilates practice. In this workshop, you will learn the basic anatomy of the spine and the three-dimensional movement. This information will be applied to the Spine Corrector. You will also experience how functional movement can improve your understanding of how and why Spine Corrector work is beneficial and necessary. The goal of this workshop is to provide information regarding movement that is based in truth and science while maintaining a fun environment to learn.

### **The One and Only – The Hundred! The Quintessential Pilates Exercise, Patricia Medros (3 hours)**

The Pilates Mat sequence starts with an enormously difficult exercise: the Hundred. If Joseph Pilates was a genius of the body, why did he give first place in his repertoire to the Hundred? Today, many of us "pass through" this exercise, or delete it from our practice. Let's restore our appreciation and enjoyment of the Hundred! From kinesiology and anatomy, to biomechanics and motor skill development, we will experience how the entire Method is encapsulated in this single, energizing exercise. For all client populations, we will learn how to modify the Hundred, and to teach and do the exercise in an enjoyable way.

Striving to master the Hundred is worth the effort – an essential and rewarding journey towards mastery of the complete Pilates system.



## PRESENTERS



### PAT GUYTON

Pat is a Master Teacher, published author, featured speaker at medical conferences including the American Academy of Osteopathic Medicine annual convention, Pilates Method Alliance Alumni Board Member, former registered physical medicine assistant and CO United States Gymnastics Federation coach, video collaborator and distinguished teacher at Pilates Anytime, as well as a sought-after ambassador of purposeful Pilates instruction across the globe.

But Pat's clients and students simply think of her as the perpetually positive, remarkably limber, hardworking, and insightful one with a heart for healing.

Visualizing each session beforehand, and recording notes after every interaction to improve for the next session, Pat crafts tailored, relatable scenarios for each individual. For example, the pilot instantly understands pelvic floor with Pat's "keep the horizon level and don't tip the wings."

Negative language, dogmatic correction, and perfection have no place in Pat's life or her studio. Every program is crafted to set the individual free, not chain them to an on-site program. Pat develops every move with realistic, heartfelt consideration of the whole person and practical application for their life.

Pat believes exercise should be enjoyed whether that is yoga, riding, running, dance, gardening, or competing in the Olympics. You will hear her say, "You should not need to 'recover' from a healthy workout."

Pat feels fortunate to have found her calling early on and has never strayed from it. Pat lives to care for others.



### PATRICIA MEDROS

Patricia is a second generation Pilates teacher, having earned certification status directly from Romana Kryzanowska in 1999. She was the first person to bring classical Pilates to Rome, and was also Italy's first Power Pilates Teacher Trainer and representative.

Moving from the United States to Rome in 2001 to establish her proprietary education center, Patricia is dedicated to cultivating classical Pilates throughout Europe, while also pursuing, emphasizing, and teaching the scientific underpinnings of the method. Patricia regards her methodology as neuromuscular re-education, mindfulness practice, interoception development, and awareness training of the entire self.

She is known for her ability to elicit a 'deep kinesthetic experience' of every exercise, and for validating the traditional work with scientific research.

Patricia has presented at the Pilates Method Alliance conference, will present again at the 2017 convention in California, and at Pilates on Tour®. She has taught thousands of clients, qualified hundreds of apprentices, written and published over 25 teacher training manuals, and conducted dozens of instructional programs and workshops in Italy, Spain, Switzerland, Israel, the U.K. and the United States. She holds a BSc from Northwestern University.





## MARY BOWEN

Mary Bowen, PMA®-CPT, at 87 is the eldest Pilates elder still teaching. She is an outstanding mentor, as she supports each Pilates teacher's creativity and self-development at any stage of their Pilates career.

Mary has practiced Pilates for 58 years. At 29, in 1959, for six and a half years twice a week she studied with Joe and Clara themselves. Lessons for her did not end after Joe's passing. Consecutively for 7 years each she studied with Bob Seed, Romana Kryzanowska, Kathy Grant, Bruce King (who died after only 5 years), Jean Claude West (who had learned the Pilates Method at Mary's studio in MA) and Christine Wright for 20 years from 1995-2015 until she moved to Toronto.

For 56 years Mary took private lessons for herself. In her words: "I believe a teacher should always stay a student." Mary's Pilates evolved with each teacher into her own style and distillation. Mary's early career was in theatre as an actress/singer/comedienne, which is still evident to those who are lucky enough to work with her. Since 1970, now 47 years ago and ongoing, Mary has had her own practice as a Jungian psychoanalyst. It was in 1975, 16 years into her own Pilates work, when Romana gave her permission to teach Pilates. Mary's analytical clients were all asking for this as they passed her Pilates machines at the back of her office in MA.

For 20 years Mary kept the analyst and the Pilates teacher separate but parallel, until 1995, when without intention the two professions combined in the teaching of Pilates in order to help and settle down both clients and teachers when they needed more understanding of what the problems they were having were about. By the year 2000 this combination had become Mary's unique signature offering at the PMA – PILATES PLUS PSYCHE. Mary offers workshops and presents at conferences throughout the U.S. and abroad in Europe, the Near East, Japan, Singapore, Australia, and South America (so far). Mary is a founding member of PMA and in 2017 she has presented the 17th time at PMA's Annual Meeting.



## WENDY LEBLANC-ARBUCKLE

Wendy has a 40 year background in holistic health, and lifelong studies and collaborations with distinguished pioneers in Pilates, yoga, Structural Integration Bodywork and Somatic Arts and Sciences. Her studies have revolved around the pursuit of illuminating and unifying the universal core principles that underlie Pilates, yoga, and all great body/mind practices, with a vision of having participants in her workshops discover how to be vitally alive and self-healing, just as Joseph Pilates envisioned in Return to Life.

Wendy has studied Pilates with 5 of the Pilates Elders, beginning with Romana Kryzanowska, then with Kathy Grant, Mary Bowen, Ron Fletcher and Lolita San Miguel. Additionally, her extensive yoga background, and studies with Bonnie Bainbridge Cohen, Emilie Conrad, Susan Harper, Judith Aston, Tom Myers, The Guild for Structural Integration, Hubert Godard, and Phillip Beach, give Wendy a unique voice in the Pilates Community. Her expanded 3Core Connections® Perspective of Lower, Central and Upper Cores, honors the body's experience of "Core as relationship... with gravity, ourselves, one another and our environment." When we live deeply and fully in our bodies, we are able to connect to infinite movement, as well as the stillness of the center, discovering how that shapes our physiology, psychology, and personality.

Wendy teaches nationally and internationally, including Balanced Body: Pilates on Tour, was a founding member of the Pilates Method Alliance, is a second generation PMA®-CPT, and a Mentor in Balanced Body's Passing the Torch Mentoring Program. She was featured in the July 2013 issue of Pilates Style Magazine.





## SHARIBERKOWITZ

Owner of The Vertical Workshop in New York City and Los Angeles, Shari teaches Pilates sessions and workshops and writes The Pilates Teacher Blog reaching out to teachers across the world to continue education each day. Shari teaches independently of any training program working to help teachers of all styles of Pilates become stronger teachers both with teaching skills and increased repertoire. Her deep study of biomechanics, functional anatomy and psychology adds a twist to her teaching that unlocks many doors within Pilates. While Shari's exercise vocabulary is Classical Pilates, her sessions and workshops are for everyone of every style. Though originally certified by Romana Kryzanowska and formerly Power Pilates' Lead Teacher Trainer and

Director of West Coast Education, Shari's teaching is like no other. Her varied background from her successful career as a professional dancer/singer/actress and extensive work with doctors and physical therapists gives her a rich base from which to teach. Shari travels extensively presenting at all of the major Pilates conferences including Power Pilates, Pilates Method Alliance, Pilates on Tour, Pilates Style, Body Mind Spirit Expo and IDEA. Internationally, Shari presents in Switzerland, Turkey, England, Japan, Sweden, Croatia, Italy, Spain and beyond.

**Info about the city of Seville:**

**<https://www.visitasevilla.es/en>**



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## ARREGON



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