



02:00 pm – 03:00 pm / Choose class 1 or 2

1. Serafino - creative matwork party

Serafino will get you to move! In his unique way he will teach a fun mat class with unexpected variations, wonderful flow and a lot of fun. Join this experience!

CV: Serafino Ambrosio,

owner of two Pilates and Gyrotonic Studios in Rome Italy, Currently a Principle Educator and Licensee for Polestar Pilates Italy and PMA Certified , Serafino has travelled the world (Russia, Europe, USA , Asia , Australia ...) teaching core curriculum and a variety of workshops at various world renowned Conventions and Institutes, in the Pilates Method. Both Gyrotonic and Gyrokinesis Certified and also Certified in the KMI Method of Structural Integration of Thomas Myers.

2. Peter - Freeing membrane tension

One of the fundamental effects of practicing Pilates based exercises is the influence it has on the body's membranes. Increasing our understanding of the fascial envelopes and intertwining structures that interconnect the body and influence our dynamic posture can be fundamental in appreciating the effectiveness of Pilates based exercises. In this session we will investigate how various basic principals in Pilates can be enhanced through a fascial membrane perspective in order to improve ones own and ones clients outcomes.

CV : Peter Lewton-Brain, DO, MA

Peter trained as a dancer at the School of American Ballet in New York City. His studies include a BA from the State University of New York, an MA from the University of Nice, both French and Swiss Degrees in Osteopathy (DO) and training in Polestar Pilates Rehabilitation in London. Along with overseeing a dancers health clinic in Mougins and a private practice in Monaco, he works with the Ballets de Monte-Carlo and the Princesses Grace Dance Academy. In 2006 he founded the Association Danse Médecine Recherche (ADMR) in Monte-Carlo and in 2010 the association Dance Environment Santé in France. A Board Member-at-large and Vice-president elect of the of the International Association of Dance Medicine and Science (IADMS) he speaks internationally on performance enhancement and injury prevention. Speaking Italian, French, Portuguese and English.



03:00 pm – 04:00 pm / Choose class 3 or 4

3. Amy - freedom flow – yoga

All are welcome to this gentle Vinyasa Yoga class. We will greet and awaken our spirit through Kirtan (collective mantra singing). The asanas (postures) are sequenced in a shape-shifting progression, linking your fluid movements with your steady breath, building strength and balance. With pranayama, (breathwork) we will expand, direct and ground our own energy. Through meditation (focused, present-moment, integrated state of awareness), we will experience this transitory, precious and liberating moment.

CV : Amy Heger

- * Bachelor of Science in Applied Learning and Development from the University of Texas at Austin.
- * Healer in Psychotherapy (Heilpraktikerin Psychotherapie)
- * Yoga Alliance Experienced Registered Yoga Teacher (E-500 RYT)
- * Certified International Association of Yoga Therapists (C-IYAT)
- * 300-hour training in SvasthaYoga Therapy
- * Faculty for both 200-hour Vinyasa Yoga Teacher Training program and 300-Hour Plus Advanced Yoga Teacher Training Program
- * Co-founder and co-owner of Lord Vishnus Couch Yoga Studios 2003 - 2016
- * Co-creator of Yoga Conference Germany in Cologne

4. Luisella - Stability on the Roller

Most of chronic Pain patients suffer from instabilities in different joints. Stability is the control of mobility. In this class Luisella focus on core strength and stability. The instable position on the roller leads to activation of deep trunk and joint muscles that stabilizes the vertebral joints and others. Join this course and you will feel the difference! Feel stability, feel elongation, be happy!

CV: Luisella Petronio:

Former high class dancer discovers at the age of 18 in Zurich, the method of Pilates with Monica Germani. Since then she has integrated this method into her daily workouts to get a better physical preparation and perfect her classic technique. Polestar Pilates Trainer Mat and Studio. She participates in seminars and conferences alongside leading teachers of Pilates technical education such as: Lolita San Miguel, Elisabeth Larkam, Liz Bussey, Rael Isacowitz, Brent Anderson, Alain Herdman. She teaches Sivananda yoga practice and her philosophy of life.



POLESTAR®

☐ 04:30 pm – 05:30 pm / Choose class 5 or 6

5. **Yaelle - Pilates et cancer du sein / Yaelle - Pilates and Breast Cancer**

Practical course of mobilization and organization of the shoulder girdle

The goal of Joseph Pilates in creating his method was to allow every individual to live with ease in his body, to the maximum of his potential.

Nowadays, breast cancer is statistically the most developed cancer by women. The Pilates method offers many accompanying possibilities during this period. Its quality of body-mind technique allows us to influence the mechanics, the structural organization of the scapular area, strength, posture, as well as breathing, self-image .

During this one hour course we will explore a repertoire of exercises with the assistance of small equipment

CV: YAELE PENKHOSS

Director of *studio Equilibre Pilates*, Pilates Instructor, Instructor gyrotonic®, educator Polestar Pilates, board member of the French Pilates Federation (FPMP). Yaëlle pursues a career as a dancer in France and Brazil. In 2000, she met Pilates and trained by the school Polestar Pilates with Brent Anderson and Alice Becker in post-rehabilitation. She collaborates with Physiopilates (Polestar Pilates South america) as an educator from 2004 to 2005. Since 2012, Yaelle is an educator of the Polestar Pilates formations. As a shiatsu practitioner she fully integrates this approach to touch in its work within the Pilates method, finding obvious links between the application of principles of Chinese energy medicine and the application of the principles of the Pilates method.

6. **Birgit - Connectivity**

This Pilates Mat Class looks to bring awareness of the skeleton connectivity with the aim to work with gravity rather than against it. We will explore known Pilates exercises and variations and learn how slightly different approaches might change our performance. Let's enjoy and allow ourselves to move with ease.

CV: Birgit Scheefe

Birgit is a Polestar Educator, Dancer and Dance Teacher, and a Feldenkrais Practitioner. She teaches for Polestar in Cologne and internationally in Paris, Basel and Amsterdam. In Cologne, she works at Springs Pilates Studios + Practices and teaches at the University of Music and Dance. Birgit's many years as a professional classical and contemporary dancer shape her understanding of movement and influences her Pilates teachings. Always in search of new perspectives, Birgit completed her training as a Feldenkrais Practitioner in 2015. Movement in all its different facets characterize her interests and professional and personal development.