



Dear Colleague,

Let us introduce you the 4th Edition of The Personal & Pilates Conference that will be held in the beautiful city of Bilbao, Spain, on 7th, 8th and 9th October 2022. The Personal & Pilates Conference is an opportunity to spend three days in the exquisitely modern, intriguingly urban, lush green city of Bilbao learning from internationally acclaimed Pilates instructors.

### ABOUT THE CONFERENCE

Hosted by Personal & Pilates, a leading Spanish Pilates Teacher Training School and Studios in Northern Spain, The Conference (TC) 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!

The Conference consists of six 3-hour workshops, each taught by a different master instructor: all Conference participants will have access to all six workshops. It is not possible to attend the event for just one or two days.

TC provides **18 NPCP-approved CECs**.

Attendees will also have the opportunity to take private lessons with the presenters at prescheduled times. Workshops will be taught in English with simultaneous translation into Spanish.

The confirmed Presenters for this year's edition are: **Madeline Black, Cara Reeser, Pat Guyton, Dorothee VandeWalle, Jose Manuel Rodriguez and Oscar Cardo.**

This is the fourth edition of The Conference. In past editions we have been able to count on master teachers such as Mary Bowen, Elizabeth Larkam, Brett Howard, Patricia Medros or Shari Berkowitz, among others.

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

### CONFERENCE LOCATION

Gran Hotel Domine

Alameda de Mazarredo 61, 48009 BILBAO

For HOTEL RESERVATIONS please call +34 944 253 300 or book online through [reservations@hoteldominebilbao.com](mailto:reservations@hoteldominebilbao.com)

### DAILY SCHEDULE

FRIDAY October 7th, 2022

- Registration Opens at 7:30 am
- Welcome and Introductions 7:30 - 10:00

- Mat Group lesson 8:00 – 9:00
- Morning Workshop Sessions 10:00 - 13:00
- Break Lunch 13:00 - 15:00
- Afternoon Workshop Sessions 15:00 - 18:00

#### SATURDAY October 8th, 2022

- Mat Group lesson 8:00 – 9:00
- Morning Workshop Sessions 10:00 - 13:00
- Break Lunch 13:00 - 15:00
- Afternoon Workshop Sessions 15:00 - 18:00

#### SUNDAY October 9th, 2022

- Mat Group lesson 8:00 – 9:00
- Morning Workshop Sessions 10:00 - 13:00
- Break Lunch 13:00 - 15:00
- Afternoon Workshop Sessions 15:00 - 18:00

### PRIVATE / DUET LESSONS

Private lessons must be pre-booked via email: [oscar@personalandpilates.com](mailto:oscar@personalandpilates.com). Ask us for the price of the lessons.

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.

The price of the private lesson is set by every presenter. Personal & Pilates don't charge anything.

Private lessons Schedule:

- Friday October 7th: 8:00, 9:00, 13:00, 14:00, 18:00 and 19:00
- Saturday October 8th: 8:00, 9:00; 13:00; 14:00; 18:00 and 19:00
- Sunday October 9th: 8:00, 9:00; 13:00; 14:00

### REGISTRATION AND PAYMENT METHOD

- General: 600 euros
- Early Registration: 500 euros paid before 31st May 2022
- Three Payments of 200 euros in three consecutive months (you decide which month you start to pay but the last payment must be before 1st September 2022)

Only acceptable form of payment is bank transfer.

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

Bank Name: CAIXA BANK

Beneficiary Name: 3SC

Account Number (IBAN) ES6921006582210200093807

SWIFT CODE / BIC: CAIXESBBXXX

Please note that on the payment receipt(s) you must specify the first name and surname of the participant.

### REFUND AND CANCELLATION POLICY

In the very unlikely event that circumstances dictate that we must postpone or cancel the 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 June 1st 2022
- 200.00 € if written notice of cancellation is received between Jun 1st and September 15th 2022
- If the cancellation request is made after September 15th 2022 no refund will be given.

To cancel your registration please contact us:

[estudio@personalandpilates.com](mailto:estudio@personalandpilates.com)

## EQUIPMENT

All equipment used at our conference is Gratz.

## PRESENTERS

**Cara Reeser** is the owner and Senior Instructor at Pilates Aligned, Inc. in Denver, Colorado. She earned a BA from Sarah Lawrence College and an MFA in Dance, from New York University's Tisch School of the Arts. It was at NYU that Cara began her initial studies in the Pilates Method with first generation Master Teacher, Kathleen Stanford Grant. In 1993, Cara moved to Boulder, Colorado where she continued her Pilates training at The Pilates Center. After certification, Cara taught there for six years before opening her own studio. Cara is a continuing education provider for Pilates instructors offering a variety of workshops and mentoring programs for professionals worldwide as well as online with Pilates Anytime. As a second-generation Pilates instructor and lineage carrier of the Kathy Grant work, Cara is the lead teacher and director of a post graduate training program called The Heritage Training®. Cara was a member of the Department of Dance faculty at Naropa University for 15 years, she danced and choreographed professionally for over 20 years. For the past 10 years has been a dedicated student of the Yoga tradition, all of which has inspired her interest in the science of movement and the body-mind connection.

**Dorothee Vandevale** is a master Pilates teacher and is recognized as one of the leading teacher-trainers and Pilates practitioners in the world. She has been teaching Pilates for over 30 years and has trained individuals at all levels of fitness from elite athletes to injured and older clients. Dorothee started teaching in New York City with Romana Kryzanowska and was a teacher-trainer for Romana's Pilates for over a decade before starting her own training program, M.A.T. Pilates (Metropolitan Authentic Training). Dorothee has been a co-owner of Metropolitan Pilates in Seattle, Washington, since 2003. She teaches in the tradition of the original, Classical Pilates method.

**Pat Guyton** has been teaching Pilates for over 30 years. She began her movement career as a modern dancer and later was a gymnastic coach, and an aerobics teacher. She discovered Pilates in 1984 and began her mentorship. In 1995, she met Ron Fletcher and mentored with him by traveling to his workshops, demonstrating and eventually acting as his assistant. In 1997, Ron awarded Pat a Senior Teacher Certificate of Merit of The Ron Fletcher Work. In 2000 he awarded her a Master Teacher Certificate of Merit of The Ron Fletcher Work. Pat has also been privileged to have taken workshops with First Generation Teachers: Kathy Grant, Lolita San Miguel, Mary Bowen, Bruce King and Ron Fletcher. This experience has provided a view of the diversity of the lineages and the value that each of these teachers contributed to the evolution of the Pilates Method.

Pat teaches in Boulder, Colorado. She was employed at Boulder Osteopathic Center as a registered physical medicine assistant in Colorado. This position offered her the opportunity to work with a variety of patients who needed exercise programs tailored for individual rehabilitation. The experience also fostered the coordination of Pilates with other health care professionals for the benefit of the client or patient. She has presented Pilates at numerous medical conferences, including the American Academy of Osteopathy Annual Convocation in 2000.

Currently, Pat is the owner of Pat Guyton Pilates, Inc, a fully equipped studio. Pat also owns Pilates Conservatory®, which for mentorship and continuing education. She currently has a teacher training program in Tokyo, Pilates Conservatory® Japan. Pat is a Franklin Method® Educator, Level III. Her style of teaching reflects the importance of functional anatomy and imagery to provide a safe and healthy exercise environment. Her clients range from those who are recovering from injury, people of all ages who seek increased health and vitality, and professional athletes.

Pat is a PMA Certified Pilates Teacher and a PMA CEC Provider. She has served on the Pilates Method Alliance Board of Directors from 2002 – 2008. She teaches Pilates workshops and Franklin Method® workshops nationally and internationally. Pat is a Distinguished Teacher for Pilates Anytime. Pat has authored Stretch Out Strap Shoulder Girdle and Arm Work.

**Madeline Black's** life pursuit is the discovery of how the human body moves. Over 30 years in the field of movement, her curiosity explored all aspects of movement in dance, Pilates, yoga, Gyrotonic®, fitness training and from studies of human biomechanics, human cadaver dissection labs, osteopathic and manual therapies. Madeline is the author of "Centered: Organizing the body through movement theory, kinesiology and Pilates techniques" published by Handspring Publishing. Madeline developed the Madeline Black Method™, a method teaching movement teachers to use assessment skills, movement sequences and manual techniques to help people achieve their fullest movement potential.

Her extensive study and widely respected accomplishments in the field of movement and fitness have fueled her rise as an international leader in movement and exercise education. What sets Madeline apart is her intuitive integrity, articulate awareness of the physical body and decades of expertise.

The Madeline Black Method™ is an advanced movement approach that transforms the body for better movement, health and improved physical capacity. Through Madeline's immersive training and workshops, movement professionals all over the world have gained the confidence and expertise needed to approach, identify and assess movement patterns and apply their newly acquired skills to develop efficient plans and effective movement sequences for their clients.

Madeline has filmed many workshops and movement classes for Pilates Anytime and Fusion Pilates EDU Online.

**Zoe Queally** is BSc (hons) MCSP SRP, physiotherapist and specialist in spinal problems and the clinical application of Pilates.

Zoe Queally started her career when she qualified as a UK trained Chartered Physiotherapist and has been fine tuning her clinical experience since 1996. Zoe is a spinal and sports injury specialist and she uses a combination of osteopathy, Neuro-Kinetic Therapy (NKT), "Be – Activated" Muscle activation technique, acupuncture, massage and Pilates to treat her patients. Everyone whom enters the Fisioplus Pilates clinic is first fully assessed so that an appropriate and personalised treatment program can be given to each and every person. She is one of only a handful of qualified "NKT" and "Be-activated" muscle activation practitioners in Spain.

Over the years she has worked in many clinics and hospitals throughout London alongside some of the UK's top Spinal, Orthopaedic and Neurosurgeons as well as respected Sports Physicians. Since 2003 Zoe has lived in Barcelona, mastered Spanish, and set up Fisioplus Pilates which is dedicated to offering the best possible treatment in English and Spanish. She has also founded the Fisioplus Pilates training program offering top level continuing professional development (CPD) courses to Physiotherapists and qualified Pilates Instructors across Europe.

### **Jose Manuel Rodriguez Osto and Oscar Cardo (Personal & Pilates)**

Founders of Personal & Pilates, together they have over 15 years of experience teaching Pilates. Teachers certified by the PMA, Jose Manuel is the first Spaniard to do the exclusive mentoring of Mary Bowen, one of the Elders who studied for the longest time with Joseph and Clara Pilates. Both have carried out several international certifications and they have attended seminars inside and outside of Spain with renowned teachers. They are currently doing their training in Rolwing® in Munich. Classic in style, scientifically based and always very close to his students, Jose Manuel stands out for his ease of communication, for making the difficult easy and for his infallible intuition of the human body and his movement while Oscar does it for his strict methodology and the deep study of the exercises, discovering the origin of each movement. In 2015 they created Personal & Pilates Education, a comprehensive training school for the Pilates method, that brings together everything they have learned to this day and that they define as the education that they would have liked to have had.

## **WORKSHOPS**

### **Tailoring the Pilates session – Developing a keen eye by Dorothee Vandewalle**

Dorothee selects participants and tailors a session for their specific needs. Students will learn how to observe the body in movement and how to thoughtfully direct the session.

### **The Perfect Preparation: Skill building for full expression in your Pilates practice by Cara Reeser**

In this course Cara will share some of the Pilates preparatory work developed by her mentor, first generation Master Teacher Kathleen Stanford Grant. Kathy Grant brought a great wealth of knowledge and creativity to the work she taught. Kathy believed in "warming-up" her students prior to beginning the exercise protocols that Mr. Pilates taught her. She nicknamed the preparatory sequence that she developed "Before The Hundred." Students will learn some of these skill building exercises, derived from both Kathy's vocabulary and Cara's. The aim of these exercises is to allow our clients to achieve more control, greater range, and improved alignment. Students will ultimately learn to express themselves fully and with confidence while practicing the traditional Pilates mat program.

### **Gait focused Pilates Mat and Beyond presented by Madeline Black Virtual Zoom Workshop**

Explore gait patterning and its application to Pilates mat and fundamental human movement. Madeline Black will lead a one hour movement class combining the principles of the Madeline Black Method and J.H. Pilates mat with the focus on gait patterning. She will present a PowerPoint lecture on gait, its relationship to healthy movement patterning and applying it to Pilates mat. Madeline will lead you through an

exploration enhancing your ability to identify non-optimal strategies. There will be plenty of time for Q and A with conversation with Madeline.

### **The Pelvic Floor in Clinical Pilates by Zoe Queally**

Together we'll demystify the pelvic floor and you'll learn a step-by-step approach to helping clients improve or prevent pelvic floor issues. We'll get into some of the important functional anatomy and clinical considerations from a movement perspective that will help you help your clients right away when you get back to work the next week. You'll know what to ask, what to look for and how to assess and optimise the pelvic floor using intelligent movement strategies.

This workshop has a mix of theory and practical content and will include a class so that you can really feel how you can access, strengthen and calm down the pelvic floor with precision using clinical pilates exercises

### **Slightly Askew Pilates by Pat Guyton**

Pilates movement principles applied to exercises are the transformative element of the method. The first step for a teacher with a new client is an assessment. Assessment is an intelligent observation of standing posture, gait analysis and some basic mat exercise. These are tools that help the teacher determine the organization of core movement coordinated with the extremities. It would be unusual to have a client who has perfect movement patterns. It would be typical to observe habits that could be optimized with movement education. The average human is slightly askew.

Reasons for imbalance in static posture or movement could be genetics, bone structure, repetitive motion, an accident, illness or relative health and fitness. The principles of Pilates applied to exercise can improve or mitigate many functional strategies that impede maximum body performance. The results are efficient functional movement, better performance of daily and sport activities and more ease in the body. Because we are slightly askew the journey will be individual. Good Pilates seeks to facilitate each student experience a personal journey of mindful movement.

How do we accomplish acceptance of being slightly askew, improve the experience of embodiment and accept our relative organization?

Empower the student to choose awareness.

- Offer positive feedback on what is working.
- Inquire if the student would enjoy some suggestions for improvement.
- Facilitate awareness of the status quo without judgement.
- Present opportunity for alternation choices for self-awareness of organization.
- Apply the choices as strategies within performance of an exercise.
- Ask the student to compare the feeling of efficiency and performance ability.
- Encourage the student to make the informed choice for themselves which is motivation.

### **Revealing the Pilates Chairs by Jose Manuel Rodriguez Osto & Oscar Cardo (alias Personal & Pilates)**

# TTC

## THE CONFERENCE

4<sup>TH</sup> EDITION



7, 8 AND 9 OCTOBER 2022  
 BILBAO | Gran Hotel Domine



Madeline Black



Cara Reeser



Pat Guyton



Dorothee  
 VandeWalle



José M. Rodríguez  
 & Óscar Cardo



Zoe Queally



+ info in: [www.personalandpilatesconference.com](http://www.personalandpilatesconference.com)