



# mind body



## A1B \* Liquid length

### Misty Tripoli

Both the earth and our bodies are over 70 per cent water. Evidence suggests that thoughts, words, ideas and music affect the molecular structure of that water. Using the water research of Dr Masaru Emoto, Misty guides you through a powerful blend of music, intention, vibration and focus that deepens the connection and awareness of your fluid nature, decompressing and lengthening the body while infusing your mind, body and spirit with positive energy. **WS**

## A1C \* Smooth transitions

### Claire Norgate

Learn how to be a more creative and effective yoga teacher by exploring smooth transitions from standing postures to floor and floor postures to standing. The focus of this practical class is grace of movement and contemplation of breath as you learn a series of transitions and techniques that you can take away and apply to your classes. **WS**

## A2B \* Classical Pilates – The real deal

### Tamara Middleton-Echave

Join Tamara to learn about Joseph Pilates and his reasons for developing this wonderful movement system. By gaining an insight into his world, you will understand the sequential nature of Pilates and learn the levels, starting with the introductory program. You will learn the purpose and moves of each exercise, the common errors that can occur while executing the moves and how to correct them. **WS**

## A2C \* ChiBall™ Mandala yoga

### Monica Linford

Join Monica for this Hatha-flow yoga session featuring hand mudras with distinctive poses based on Kundalini yoga. The moving postures are synchronised with the breath to build internal heat for effective release of stiffness and tension. The closing restorative yoga poses cultivate inner strength, peace and wellbeing. **WS**

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## A2N \* Shiatsu for PTs

### Lynley Gladdis

Stimulate pressure points, stretch muscles, mobilise joints and unblock the body's energy pathways to help your clients experience

improved flexibility and vitality and release tension that they weren't even conscious of. Lynley shows you how to create a training session that both energises and relaxes. This session reveals how you can really help every client who experiences stress in their life. **WS**

## A3B \* STOTT PILATES®: matwork for men

### Lisa Kaye

Get down on the mat for a workout that's not for the faint-hearted. Lisa welcomes you to the full-body workout that athletes swear by for sports conditioning, cross training and a strong, injury-resistant core. Every last muscle will feel this challenging routine which uses only body weight, gravity and innovative exercise choices to focus on precision and control. **WS**

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## A3C \* Yoga for the fitness body

### George Dovas

Whether it's tight hamstrings, sore lower back or stiff shoulders, we all feel the aches and pains that come from a career in fitness. With this sequence of yoga poses, George addresses all the tight areas in the 'fitness' body. By taking the sequence home and practicing regularly, you can loosen up and reduce your injuries. **MC**

## A4B \* Optimal stability with the ChiBolster

### Liz Guilhaus

The ChiBolster assists in the functional retraining of the core stabilisers and increases awareness through mobilisation and proprioception. A useful tool for clients with recurring injuries, Liz shows you how to use the ChiBolster to assess how well the core muscles are working and practice movement patterns for optimal stability in lumbar, thoracic and cervical spine. **WS**

## A4C \* Balanced baby – Pilates and yoga unite

### Liz Dene & Claire Norgate

Is Pilates or yoga better during pregnancy? Get all the answers from two of Australia's leading pregnancy specialists. In this session Liz and Claire explore the pros and cons of both practices during childbearing, revealing safe and unsafe exercises and alternatives for each. If you work with this special population you can't afford to miss this enlightening session. **WS**

## B1B \* Nailing the core

### Lisa Champion

If you want to be in the top 10% of trainers who really nail core training, join Lisa to learn fantastic assessment tasks for rating low, medium and high level core control, and innovative ideas to re-train your clients at the levels they need to improve. Gain cutting edge knowledge that will take your training and teaching skills to new heights. **WS**

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## B1C \* Peak power yoga

### Duncan Peak

In this powerful session, Duncan takes you to your edge, both physically and mentally, as he leads you through a flowing sequence that builds upper body and core strength. The physical practice is blended with the ancient teachings of yoga, giving a powerful blend of strength and serenity. Be prepared to sweat as you find fitness for your inner witness! **MC**

## B1G \* Discovering the power of meditation

### Misty Tripoli

The life enhancing physical, mental and emotional benefits of meditation are countless, yet it remains a missing element in the Western workout mindset. Misty reveals how easily simple meditations can be added to any class or workout. Learn several short meditations that can be easily incorporated into any program, and create your own mini-meditation that will inspire a deeper mind/body connection in your participants and clients. **L**

## B2B \* Pilates circuits for PTs

### Marena Digby & Donna Ellerton

Looking for a fun way to deliver Pilates to small or large groups? Marena and Donna combine a traditional circuit format with Pilates principles to create a unique training program that will motivate and inspire. A must-attend workshop for those in search of ideas to energise their existing clients and build their business with new ones! **WS**



# mind body sessions

## B2C \* Core stabilisation for the whole body

Simon Borg-Olivier

Simon shares his unique understanding of the secrets of hatha yoga as seen through the eyes of an exercise-based scientist and physiotherapist. Join him as he teaches practical methods that can be used to extend the concept of core stabilisation to the whole body. The methods learnt can be used to promote incredible fitness and the healing of injuries. **WS**

## B3B \* Mistykal yoga

Misty Tripoli

Soothing, evocative tribal rhythms transport you into the rich world of vinyasa style yoga and heart expanding dance movements. Learn how to navigate the body to find and diffuse tension and stress, tap into inner rhythms, let go, open up and decompress. With gorgeous choreography and Misty's positive message interlaced throughout, you will leave with an open heart and a rejuvenated spirit. **MC**

## B3C \* Belly beautiful

Honey

Join one of Sydney's leading exotic BellyDance professionals and experience the hottest trend in dance. When you learn the grace and beauty of BellyDance, you'll also be learning a unique abdominal workout to take back to your participants to build coordination, confidence and stamina. **MC L1**

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## B4B \* Yoga for sport conditioning

Kathy Popplewell

Discover how to enhance your clients' sports performance, reduce recovery time, prevent injury and improve their overall wellbeing. In this challenging and fun master class Kathy guides you through the fundamentals of practicing yoga for sports conditioning, covering technique, sequencing and progressions based on the three pillars of strength, stability and suppleness. You'll leave feeling strong, focused, uplifted and ready to take on the world! **MC**

## B4C \* STOTT PILATES®: Prenatal matwork

Lisa Kaye

Drawing upon the most current medical information, exercise guidelines and research available on pregnancy and movement, Lisa identifies appropriate STOTT

PILATES® matwork exercise adaptations and programming concepts for teaching small groups and private clients. Anatomical and physiological changes, risk factors and movement considerations are discussed with an eye to providing safe and effective workouts throughout all trimesters. Strategies for building new pre-natal programs and enhancing existing ones are also provided. **WS**

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## C2B \* Mistykal movement

Misty Tripoli

Lose yourself in the power of music and rhythm as it fills the space inside you, replacing the things that clutter your mind, making your body sway and move. Inspired by modern dance, intuitive creative movement, yoga and the release of deep stretching, Misty teaches you how to increase fluidity, flexibility and relaxation as you express and move through your body. **MC**

## C2C \* Dynamic yoga synergy

Simon Borg-Olivier

Using a practical understanding of reflexes and muscle co-activation, Simon delivers a general level yoga session in the Synergy style (traditional hatha yoga with a physiotherapy perspective). Each posture or exercise can be adapted to be either very easy or very hard. When taught correctly this is an effective and safe system of yoga for teaching to large classes with varying levels of students. **MC**

## C3B \* Asana fusion: creating a blended and balanced yoga class

Jane E Seymour

Creating a yoga class that balances the right fusion of asanas is challenging. In this master class, Jane provides the essential building blocks for a balanced class, and suggests progressions that allow you to develop intensity and complexity as your participants improve. Discover or re-discover the value of foundation asanas and progressive variations that will keep your participants coming back for more. **MC**

## C3C \* ChiDance

Lynley Gladdis

For centuries, music and dance have been used to reach a state of calm and higher consciousness. Join Lynley for this session using ChiDance to ground the body, calm the mind, awaken and stimulate chi, express yin

(soft, slow, smooth, calm) and yang (hard, energetic, challenging, expansive). This session will leave you feeling balanced and calm, but also energised. **MC**

## plenary session

### B5G \* The ChiBall Method™ – Harmony, balance and wellbeing

Monica Linford, Lynley Gladdis & Liz Guilhaus

Join the Australian ChiBall team for the ultimate ChiBall experience that you can take back to your participants. Regulate the breath, calm the mind, energise and invigorate, centre and consolidate, let go and relax. Surrender and nourish yourself and you are guaranteed to complete this session feeling completely refreshed, balanced and composed. The perfect way to end a long day. **MC P**

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## plenary session

### B5H \* E<sup>3</sup>Motion – Energy, expression and execution in movement

Misty Tripoli

Deep rhythms and eclectic music create a backdrop for this beautifully inspired session encompassing yoga, Pilates, core training, dance and meditation. Misty reveals how masterfully these disciplines compliment one another, showing you how to condition your body and express yourself with eloquent movement. A heart expanding workout to take back to your participants, this session will open you up to new ideas, energise your soul and lift your spirit. **MC P L1**

## plenary session

### C1A \* Network Pilates – Essence of flow

Liz Dene, Lynley Gladdis, Claire Norgate & Lisa Westlake

Join the Network Pilates master trainers for an early morning workout full of take home ideas for your next class. Experience the focus of flow as you transition from one move to another with ease and grace. Feel the essence of mind body movement with creative ideas and insight into where movement can go. Walk away feeling centred, balanced and ready for the day. **MC P**

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