



» MIND BODY

As the vogue for work-life balance grows, so does the popularity of programs focusing on strengthening and rejuvenating the mind as well as the body. The FILEX 2010 Mind Body program provides the opportunity to expand the skills you need to deliver invigorating experiences every time.

» MIND BODY SESSIONS

Move into stability > A1R Lynley Gladdis

Join Lynley in a session incorporating yoga, dance and Pilates-based movements. Discover how to deliver your class participants valuable information, practical tools, fluid moves and a format that allows a smooth integration of core recruitment throughout both the workout and their day-to-day activities. **MC**

Power Yoga and sport – A winning combination > A1S Duncan Peak

Learn how to use Power Yoga as the ultimate athletic cross training technique. Using tested methods from his experience in training elite athletes, Duncan teaches specific 15-minute sequences you can integrate into personal training sessions for improved recovery, flexibility, stability and mental resilience to complement a variety of sports. This workshop will benefit all your athletic clients, from recreational to world-class. **WS**

Redefining the change with mind body fitness > A2L Maureen Hagan

Today a woman who is healthy at menopause can expect to live another 30 to 40 years. In this dynamic, interactive session for personal trainers, group exercise instructors and program directors, Maureen explains the hormonal changes and symptoms that affect mind and body health during this time. Discover fitness perspectives and programming ideas that provide a 'meno-positive' mind and body fitness plan. **L**

Diaphragm dynamics > A2S Simon Borg-Olivier

The diaphragm is a key to internal power, as well as an important contributor to core stabilisation. In this workshop Simon shows you how to use intelligent postures and movements to create an abdominal awareness that allows the diaphragm to be used to generate increased power and superior core stabilisation. This discovery can simultaneously trigger the parasympathetic nervous system to enhance relaxation, digestion, immunity and sexual function. **WS**

Post natal Pilates – Getting the body back into shape > A2T Liz Dene

Are you confused about how and when it is safe to train clients after pregnancy? What exercises should you start with? Learn how to develop stability and strength using Pilates principles and discover when it is safe to progress and regress. In this hands-on practical session Liz teaches you the easy system to get your clients' bodies back into shape. **WS**

Tribal FIRE > A3P Kathy Popplewell

Turn up the heat, liberate your inner fire and feel the power in this uplifting, high energy, interactive group exercise experience to the sounds of tribal drums. Join Kathy and unleash your warrior as you learn how to layer simple and easy movements that will have your participants rediscovering a deeply tribal connection as they dance with a freedom and joy that had been long forgotten! **MC**

Yoga for the 50+ > A3S Sara Kooperman

As the 50+ population skyrockets, so does the need for innovative programming for this group. Discover yoga's potential to address the health concerns associated with ageing, including reduced sleep, chronic pain, breathing inefficiency and anxiety. Join Sara as she reveals practical tips, simple modifications and specific progressions to help combat the natural ageing process while increasing participants' self confidence. **WS**

Abs, butt and back on the ball > A3T Lisa Westlake

Get on the ball to revamp your tummy, hips and thigh classes with fresh moves for old favourites. Discover a range of exercises to hone in on muscles below the belt, while considering safety, back health, posture and muscle balance, and learning important teaching tips, modifications and progressions. **WS**

Transcendance > A4Q Petra Kolber

The sessions you teach should transcend 'class' status and be 'experiences'. In this workshop Petra blends the grace of dance, the strength of yoga and the mindfulness of tai chi to celebrate the joy of movement and enable you to delight in your dance. By beautifully weaving movement and music together, you can shift from delivering an exercise class, to delivering an experience that your participants will cherish. **WS**

Power meditation for peak performance > A4R Duncan Peak

Join Duncan to learn basic mindfulness techniques, gain an understanding of their physiological effects and discover how to apply them to your everyday life for improved performance. Take home simple yet effective breathing and meditation practices that will improve your ability to operate at your full potential in hectic times without allowing stress to take its toll on your mental and physical health. **WS**

Yoga for the professional sitter > A4S Lesley Gray

The majority of our participants and clients are trapped behind a desk for eight hours a day. Using specific yoga postures selected for their potential to restore clients' structural, muscular and nervous systems, Lesley demonstrates how to alleviate the strain associated with sustained sitting. You will leave this session with a detailed class plan, participant information handout and an understanding of the restorative power of yoga. **WS**



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BODYVIVE™ > B1R

Susan Trainor & the Les Mills Presenter Team

Program director Susan Trainor takes you through the newest program in the Les Mills family – BODYVIVE™. Susan and her team lead you through this ever-evolving program so you can keep up-to-date with the latest information and innovations for this truly unique program. **MC**

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Roll, release and stretch > B1T

Lisa Westlake

Flowing movement, rhythm and relaxation work in harmony to release tension, relax the body and calm the mind. Experience the invaluable benefits of mobilising and stretching on the ball to lengthen and release every muscle in the body as relaxation techniques settle the energy, leaving you feeling calm, refreshed and ready for anything. **MC**

STOTT PILATES®: Essential Reformer > B1U

Lisa Kaye

Explore how altering the angle of resistance can facilitate and expand the existing Reformer repertoire. Learn a series of Essential-level exercises using the V2 Max Plus™ Reformer's adjustable pulley system and extensor straps. Lisa shows you how the angle of resistance can be changed to help fire the appropriate muscles and achieve increased range of motion in tri-planar movements. Ideal for all levels of instructor and client. **WS**

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STOTT PILATES®: athletic conditioning on the Reformer > B2S

Lisa Kaye

In this sports conditioning workshop Lisa shows you how to take your clients' game to the next level. Improve strength, power and agility through new variations of familiar exercises that challenge unilateral movement, weight transference and core stability. Focusing on the core, arms, legs, shoulders and hips, as well as rotation, you'll learn a format on the Reformer perfect for your sports enthusiast clients and athletes of all levels. **WS**

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Yoga Synergy: internal power, external calmness > B2T

Simon Borg-Olivier

Join Simon as he demonstrates how to improve power, strength, fitness and core stability while still promoting calmness and ultimate health of your internal organs. You will learn how this can be achieved using relaxed diaphragmatic inhalations and postural integrity as opposed to a 'braced' abdomen. **MC**

BODYBALANCE® > B3S

Jackie Mills & the Les Mills Presenter Team

Inhale deeply as Jackie and the team bring some calm to your convention in this peaceful yet powerful display of BODYBALANCE®. Absorb as much wisdom as you can as the crème-de-la-crème put you through your paces to help you be the best you can be. **MC**

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Australian Fitness Expo time Mind Body delegates > B2R

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ChiBall Pilates – Nourished to the core > B3T

Lynley Gladdis

Join Lynley as she expresses the earth element of traditional Chinese medicine and uses the ChiBall to improve the mind body connection and challenge, stabilise and strengthen the core. Learn exercises to take home to your participants that use the ChiBall to assist or challenge movement and release tension while allowing the body to come back to its centre. **WS**

Pilates progressions for all populations > B4S

Kayla Duke

Using the repetition-method, new, fresh and effective Pilates classes can be created and structured with ease. Learn how one or two basic leg and arm movements can be repeated in systematic combinations to create Pilates body positions and levels. Kayla also provides three different options for each exercise, making sure all participants are catered for. **MC**

Yoga dance > B4T

Sara Kooperman

In this invigorating mind body session you'll gain an appreciation for music application in traditional yoga vinyasas. A bit of rock and roll, a taste of jazz and a hint of country and western elevate your yoga program from simple breathing-focused poses to a breathless, dynamic revolution. Leave with a fresh approach to fitness yoga. **MC**



Session types: WS – Workshop, MC – Master Class

» MIND BODY SESSIONS

» PLENARY SESSION

Full-body flexibility: yoga-inspired stretch > B5H

Jay Blahnik

Fuse the pieces together and experience stretch training in a whole new light... the perfect combination of athleticism and flowing inspired yoga sequences. By integrating concepts from Jay's new best-selling book, you will gain the tools you need to get results! You'll see a huge difference in your clients' range of motion, posture, coordination and balance skills when you integrate these precise techniques into your classes and training sessions. Perfect for personal trainers and group exercise Instructors **MC P**

» PLENARY SESSION

Network Pilates: Pilates perfection > B5I

Liz Dene & Claire Norgate

Do you want to add new and interesting exercises to your classes while still being an excellent educator? Join Liz and Claire as they look at the fine balance between variation and correct technique. Learn the latest educational concepts while focusing on techniques that demonstrate variation and flow. You'll be guided through a process that allows for individual variations and encourages the participant to work at their optimal level. **WS P**

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Weighted yoga > C1P

Jess Gronholm

Weighted yoga is the ultimate fusion workout, seamlessly integrating the worlds of traditional yoga and modern strength training. Well-rounded and diverse, this session challenges your body in strength, flexibility, cardio and balance. With traditional yoga aspects to satisfy the hard core yogi, and the challenge of weights to satisfy the strength trainer, Jess shows you how weighted yoga can be the perfect complement to traditional workout routines. **MC**

ChiBall flowing yoga > C1Q

Lynley Gladdis

Join Lynley in a smooth, flowing yoga session that explores the softness of yin energy and the power and strength of yang energy. Flow from moon salutations to powerful standing postures and move into seated and lying poses to find harmony and balance for body, mind and soul. **MC**



Tribal FyousION Yoga groove > C1R

Kathy Popplewell

Let go of your inhibitions as Kathy enables you to let your body and mind groove through a fluid fusion of yoga and dance moves layered with tribal rhythms. As well as feeling liberated in body, mind and spirit, you'll leave this enlightening session feeling the satisfying effects of a whole body workout. **MC**

Become a mindful trainer > C2G

Duncan Peak

Successfully integrate philosophy and spiritual teachings into your personal training sessions and inspire your clients to find true health and wellbeing. Focusing on the theme of taking clients beyond physical exercise, Duncan shows you how to skilfully weave mindfulness techniques into a training session using practical, real-life scenarios. Take home specific strategies to tap into one of the fastest-growing areas in fitness. **L**

Mountain yoga > C2S

Sara Kooperman

This intermediate vinyasa yoga session features a sequence of creative poses blended together through expert cueing and graceful transitions. The marriage of strength, stretch and style begins with shorter vinyasas, building to increasingly lengthy vinyasas before returning to smaller couplings of poses. This rising and falling creates a mountain composed of a balance of flexion and extension, fully lengthening the body, mind and spirit. **MC**

Experience the fusion – Yogalates > C2T

Louise Solomon

Learn to apply the core stabilising practices of Pilates to the biomechanics of functional movement. Incorporating the use of resistance bands, Louise focuses on the support of the axial skeleton by recruitment of the Yogalates girdles of strength and synergy for the thoracic, abdominal and pelvic areas. Once this core groundwork is established it will assist in awakening the body's natural foundation for safe and sustainable movement. **MC**

Aqua mind body > C2V

Jennifer Schembri-Portelli

Let the qualities of water – accommodating, calming, flowing, refreshing, revitalising – transfer to your mind and body. Exercising in water improves neuromuscular response and movement awareness. Join Jennifer as she shows you how to increase the mind and body energy levels using fluid dynamic movement patterns. **WS S**

N.B. This session is held off-site at the Ian Thorpe Aquatic Centre, Ultimo.

» PLENARY SESSION

Athletic yoga > C3G

Helen Vanderburg

Combining the flow of a vinyasa yoga class and the detailed cueing of an Iyengar yoga practice, 'athletic yoga' is a challenging and dynamic experience. This physical practice of yoga suits the needs of athletic and general fitness participants by giving them an intense strength, balance and flexibility workout while teaching them how to most effectively perform the postures. **MC P**

