

B1F PILATES AND PREGNANCY

LISA WESTLAKE AND LIZ DENE

In this highly-interactive session you'll explore the application of Pilates moves to various stages and individual situations affecting pre and post natal women. Explore traditional Pilates moves and see how these can be modified for this special group. You'll leave feeling motivated and confident to include pregnant women in your Pilates program. **WS**



B2F PUSH AND PULL PILATES

ZOSHA PIOTROWSKI

Taught the essentials and now your participants are ready for more? Add the flex band and Pilates ring to your classes to create a new challenge and to overload muscles. Applying added load and push-pull principles to common exercises will take your participants to another level of conditioning and awareness. **WS**

B2H FLOW-YOGA™ REVOLUTION

DEDE DANIELS AND DENISE KLATTE

Twist, turn and rotate to improve trunk mobility, strength, function and overall balance. This series has been formulated to challenge core stability, mobility and range of motion while maintaining internal awareness, concentration and focus. Ideal for athletes, professional 'sitters' and individuals who want to add a new 'twist' to their way of training! (Intermediate – some yoga teaching experience recommended). **WS**



B3G BODYBALANCE®

GARRY HART AND THE LES MILLS TEAM

Technique and extracting the most from every posture and move is the focus of the BODYBALANCE® Master Class, conducted by Les Mills Asia Pacific's Master Trainer, Garry Hart. He and his team of awesome BODYBALANCE® Trainers have passion to spare; and love to share this in every class they teach. The seamless inter-weaving of coaching and connection will inspire and challenge you in this year's BODYBALANCE® master class. **MC**

Sponsored by



B4F VINYASA YOGA

CLAIRE NORGATE

Join Claire to experience a variety of creative flows that intertwine standing strength, balance, core work and floor asanas, all connected via the breath. This session teaches you how to use these flows as complete routines or break them into smaller components to use in your classes. **MC**

B5F TOUCH OF RELAXATION**LISA WESTLAKE**

Add a touch of relaxation to your classes, and your participants will love you forever. Lisa shows you how to create unique and extra special cool downs by injecting simple but effective relaxation sessions into your classes and personal training sessions. Discover how music, voice, visualisation, colour and aromatherapy can help your clients relax after a strenuous workout. **MC**

C1F FLOW-YOGA™ FIRE AND WATER 2006
DEDE DANIELS AND DENISE KLATTE

Come and hear the latest scientific research regarding yoga and weight loss, plus learn powerful heat building and fat burning movements (fire), as well as sweat producing pose flows (water). This session is updated every year to include the latest pose flow moves and research! (Intermediate – some yoga teaching experience recommended). **WS**

C2F AWAKEN, REVIVE AND RENEW
MONICA LINFORD

Yoga re-awakens and brings a new vigour to mind and body, and serenity to the

spirit. Pilates cultivates concentration, self-awareness, stability and centredness. Join Monica in this session which will teach you the ultimate combination of the two to revive, renew, release and relax. **WS**

C2H STRETCH AND FLEX!
ZOSHA PIOTROWSKI

Sounds like an eighties exercise video? Far from it! This master class challenges the body through controlled Pilates based exercises that require muscle endurance whilst moving through a range of motion. Zosha shows you how to test different breathing patterns and levels of control through alignment and movement. Who said Pilates was easy?! **WS**

C3F BREATHE YOUR WAY TO A BETTER BODY AND MIND
ANNA-LOUISE BOUVIER

Eastern philosophy meets western science in this compelling session, in which you'll discover the different techniques you can use to assess and improve the way your clients breathe. You'll come away with a better understanding of how the power of the breath can improve all aspects of life. **WS**

C4F FLOW-YOGA™ ROM**DEDE DANIELS AND DENISE KLATTE**

Improve the range of motion and flexibility of the hip and shoulder joints by linking hatha yoga poses together! Learn to bring more functional movement to the complex hip and shoulder regions, while maintaining proper alignment and improving static and dynamic awareness to bring about fluidity of movement in the entire body! This safe, yet challenging workshop improves your range of teaching skills for all students and clients! (Intermediate – some yoga teaching experience recommended). **WS**

MIND BODY PLENARY**C5D STRENGTH, GRACE AND HARMONY**
MONICA LINFORD

Join one of the world's leading mind body specialists for a synergistic blend of Eastern wisdom and modern Western trends. This plenary session blends Tai Chi-Qi Gong, Dance, Yoga, Pilates, Feldenkrais and Meditation and incorporates the ChiBall™. A perfect session of pure bliss to end your day on a high! **P MC**