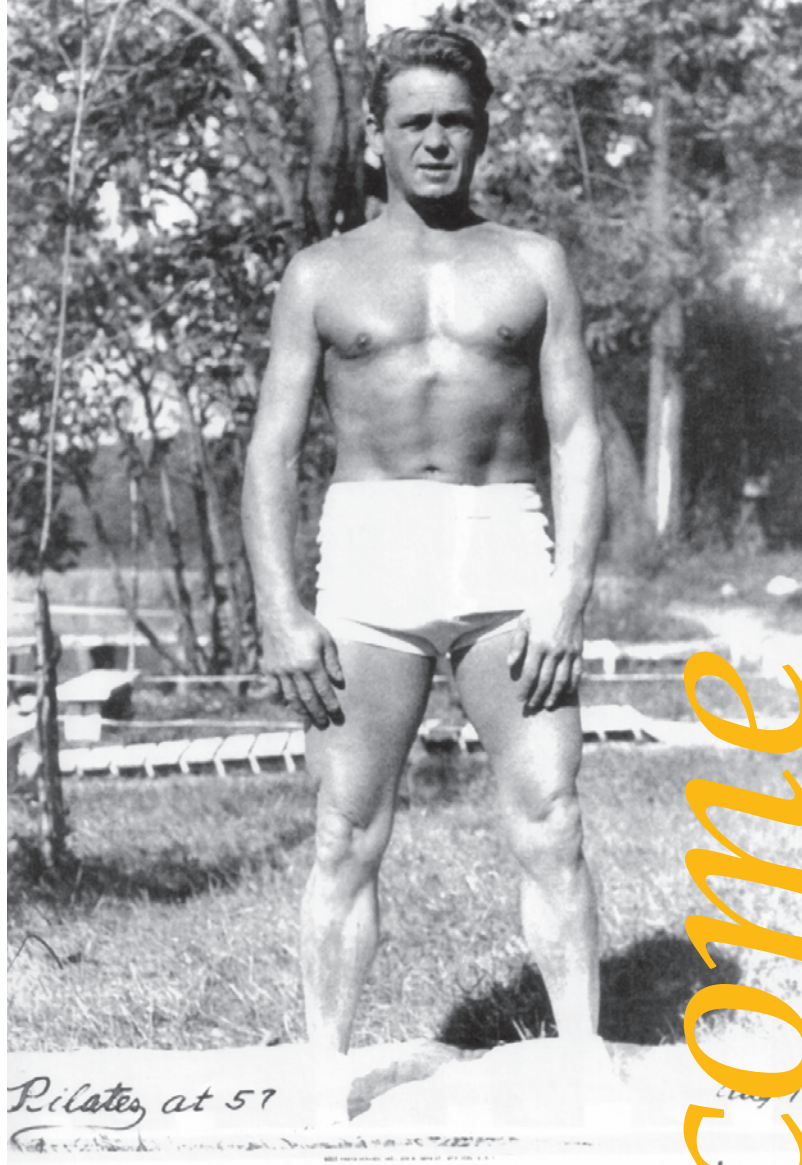




5th International Conference

Pilates is coming home

May 02 – 04, 2008
Mediapark Cologne
Germany



© Photos: Courtesy of Balanced Body Inc

Join the 5th Polestar Pilates International Conference at an unforgettable, unique location: Joseph Pilates homeland, Germany! See his hometown and visit his place of birth. Be inspired by both the roots and the scientifically based work of Polestar International! Upgrade your career with International Presenters and Specialists. Be part of the legacy, 80 years after Joseph Pilates left his homeland!

welcome

Hosts and Featured Classes



Alexander Bohlander, certified PT, Homeopath and Osteopath, started his Pilates career with Brent Anderson and Elizabeth Larkam

in 1994. After opening his first business, a PT Health and Pilates center in Dormagen in 1997, he opened the largest state of the art Complementary Health Center in Germany, SPRINGS Cologne in 2002.

Alexander started teaching Pilates in Europe as licensee of Polestar International in 1999. His approach of bringing together state of the art Pilates training with complementary medicine has had a tremendous impact on the development of Pilates in Europe. Today he not only owns and inspires his businesses but also teaches specialized back care classes and is ambitious to bring more men in contact with Pilates.



Pilates Friedrich, o. G., Dahlenerstr. 79.
„ Heinrich Friedrich, Schlossergeselle,
Gasthausstr. 32.
„ Peter, Anstreichermeister, Witusstr. 1.

Pilates home and address, 1883



Brent D. Anderson, PhD, PT, OCS

President and CEO Polestar Pilates Education

A licensed Physical Therapist and Orthopedic Certified Specialist for more than 13 years, Brent Anderson is a leading authority in performing arts medicine and Pilates-evolved techniques for rehabilitation. He lectures widely at national and international symposia and consults with professional dance companies, schools, and conservatories throughout the world. Brent is currently adjunct faculty at the University of Miami, Division of Physical Therapy. His doctoral thesis explored the impact of Pilates rehabilitation on chronic low back pain using psycho-emotional wellness and quality of life measures. He received his degree in physical therapy at University of California, San Francisco in 1989. He is a 15-year member of the American Physical Therapy Association for which he formerly served as president of its Performing Arts Special Interest Group. Brent is also a longtime member of the International Association of Dance Medicine and Science. Brent lives in Miami, Florida with his wife and three children.

Movement classes

Pilates for the Back

- ▶ Brent D. Anderson, PhD, PT, OCS, President Polestar International

Real Men do Pilates

- ▶ Alexander Bohlander, PT, Homeopath, Osteopath, Polestar Germany

Yogilates

- ▶ Verena Geweniger, Teacher for Ph. Education, President of German Pilates Association

GYROKINESIS®

- ▶ Laura Virgilito, GYROTONIC® certified teacher

Pilates on the Green for Golf

- ▶ Michaela Bimbi-Dresp, STOTT PILATES®, Author, Munich

Teaching skills

- ▶ Arlette Herzig, Yoga and Polestar Pilates Educator, Spirit Studio Basel, Switzerland

Magic Circle Madness Reformer on the Mat

- ▶ Juliane Afram, Power Pilates Educator, Hamburg

Creative Matwork

- ▶ Serafino Ambrosio, Polestar Italy licensee and educator

Pilates for Climbers/ Golfers/Runners

- ▶ Nicholas Allan, PT Polestar Educator, Australia

Mat Advanced

- ▶ Miriam Friedrich, BASI Educator, Studio Freiburg

Alexander Technique

- ▶ Frances Carthy-Melis, Dancer, Alexander Teacher, Polestar Educator

Experience Breath

- ▶ Adalbert Halt, Teacher for Breath Bodywork

Miami Mat

- ▶ Shelly Power, Polestar Director of Education, Miami

Studio Advanced

- ▶ Alice Becker, Polestar Brazil licensee and educator

Holiday Body Workout + The Core and a lot More

- ▶ Samantha Robinson, Polestar Educator, Asia

The Essence of Pilates

- ▶ Ingrid Lootvoet, Belgium

Pilates and Bioenergy

- ▶ Clare Rooney, Ireland, BA Phsy Ed, CFT, CSCS, Polestar Pilates Trainer

Kids Class – Pilates for children

- ▶ Kimberly Garlick, Polestar Australia Educator

Pelvic Power

- ▶ Eric Franklin, Franklin Institute, Switzerland

for an integrated core

Pilates is coming home

Join us on a Tour to Joseph's Home on Thursday 1st or Sunday 4th.

Bus Trip to his family's home. The original building still exists and will be visited.

willkommen

Key Workshop Presenters



Marie José Blom has been combining Pilates technique and dance medicine for well over twenty years. Alan Herdman, a leading Pilates master in London,

England, mainly influenced her teaching methodology and style. Marie-José's mission statement is "the implementation of movement sciences elevating Pilates into the twenty-first century". Marie-José pioneered and founded her comprehensive Teacher Training courses as a master teacher in 1991 at Long Beach Dance Conditioning. These courses have enjoyed national and international acclaim for their content and presentation. She remains committed to research and continuing education in her specialty subjects of pelvic and lumbar stability and movement techniques. This cutting edge information is always updated and integrated into her Advances in Pilates Certification course.



Bob Liekens, originally from Belgium, traveled to New York City in 1983 to further explore his dance career. That same year he started his Pilates training at The Pilates Studio.

Being fascinated with the Graham technique, he initially pursued studies at the Graham Center for Contemporary Dance. In 1991, he became one of the first certified teachers in the technique. Subsequently, he taught for two years at the school. In 1986, Romana Kryzanowska invited him to teach the Pilates Method, and he has been teaching under her inspiration since. In September 2000 he became a Senior Director at Power Pilates. He is now an integral part of the Power Pilates Teacher Training Certification Program overseeing apprentice programs, teacher of teacher training programs and affiliate workshops. For several years now Bob travels both nationally and internationally to conduct teacher training seminars, workshops, and continuing education programs.



Deborah Lessen is an acknowledged leader in the Pilates field. A former professional dancer and teacher, she was trained to teach the Pilates method by Joseph Pilates' first protégé, Carola Trier. Ms. Lessen

founded the Greene Street Studio in 1983, which nurtures a broad base of clients in the Pilates method for general conditioning, performance specific training, injury prevention and post-rehabilitation. She has offered on-site comprehensive teacher training since 1994 and conducts a roster of workshops for teachers. Ms. Lessen is a founding member and President of the Pilates Method Alliance (PMA). She has served on the Board of Directors since its inception and has been instrumental in overseeing the creation and execution of the PMA Pilates Certification Exam.



Rael Isacowitz, founder of Body Arts & Science International (TM) (BASI), is well-known as a teacher of teachers. He is recognized internationally as a leading expert in the Pilates method having lectured and taught in universities, colleges, clinics and studios worldwide. He received his teaching credentials and Bachelor of Education degree in Israel at the prestigious Wingate Institute of Physical Education, where he was later invited to join the teaching faculty. Rael completed his Master of Arts degree in Dance at the University of Surrey, England. Rael has published articles and authored a long-awaited book on Pilates. He has designed the concept

for a new line of Pilates apparatus and has been featured in numerous publications. Rael has served on the Board of the Pilates Method Alliance®, and has been a driving force in several initiatives advocating educational standards in the Pilates community.



PJ O'Clair is the owner of Northeast Pilates, New England's largest STOTT PILATES® Licensed Training Center with locations throughout Massachusetts, Rhode Island and

New Hampshire. In addition to being featured and assisting in the development of eight STOTT PILATES® videos, PJ is a certified fitness professional (ACSM and ACE) and continuing education provider with 20 years of experience. A sought-after instructor and presenter, PJ offers workshops and training in STOTT PILATES® method, applied anatomy, stability ball, and yoga – nationwide.

Familien und selbstständige Haushaltungen						
Beste Wohnort:		Staatangehörigkeit: a) <i>Preussen</i>				
Registriert durch: <i>A. G.</i>		b) <i>20.5.1911</i>				
Zu- und Vornamen (bei Frauen auch Geburtsname)	Stand oder Gewerbe	Geburts- Zugl. Jahr	Geburts- Ort	Con- fession	Defen- sion un- ter- stützt	Bemerkungen <small>(Volger Aufsicht, Verlust des bürgerlichen Stimmrechtes, Prohibitur, ob betrachtet, ev. wo die Familie sich befindet u. l. m.)</small>
<i>Pilates Anton Friedrich</i>	<i>Wirt</i>	<i>27.4.59</i>	<i>4. Gladbach bei Mülheim</i>	<i>Kath.</i>	<i>ja</i>	<i>geb. 18.11.1881 H. 1. 3. 1911 frad.</i>
<i>Kahn Anton</i>	<i>Wirt</i>	<i>21.5.61</i>	<i>4. Gladbach</i>	<i>Kath.</i>	<i>ja</i>	<i>geb. 16. 5. 1907 Gremmer 50</i>
<i>Pilates Anton Anton geborene</i>	<i>Wirt</i>	<i>2.3.82</i>	<i>4. Gladbach</i>	<i>Kath.</i>	<i>ja</i>	<i>geb. 12. 3. 1911 auf dem Hof</i>
<i>Kahn Anton</i>	<i>Wirt</i>	<i>9.12.83</i>	<i>4. Gladbach</i>	<i>Kath.</i>	<i>ja</i>	<i>geb. 12. 3. 1911 auf dem Hof</i>
<i>Kahn Anton</i>	<i>Wirt</i>	<i>16.3.86</i>	<i>4. Gladbach</i>	<i>Kath.</i>	<i>ja</i>	<i>geb. 16. 3. 1911 auf dem Hof</i>

Certificate of birth

Joseph Hubertus Pilates

- Born Dec. 9th 1883 Mönchengladbach/Germany, Gasthausstr. 32
 - Worked as an assistant worker in the local brewery Mönchengladbach-Neuwerk
 - Moved Nov. 22nd 1900 to Heinsberg-Dremmen
 - Mother and Father Roman Catholic, raised 9 children
- Source: Stadtarchiv Mönchengladbach

Conference Schedule

Monday, 28.04. – Thursday, 01.05.

Pre-Conference**

A. Advanced Assessment Skills:

Critical Reasoning for the Movement Teacher
With Dav Cohen, Polestar
Director of Curriculum, Denver
(Part I 3 days)

B. Update for Studio and Rehabilitation Graduates

With Nicholas Allan,
Polestar Australia
(4 days)

C. Breathing is More than Exchanging Air

With Adalbert Halt, Teacher for
Breath Bodywork, Berlin
(2 days)

D. Universal Reformer

With Deborah Lessen, New York
(1 day)

Special Offer:

Tour to Joseph's Home**

Thursday 1st (03:00 – 06:00 pm)

Sunday 4th (06:00 – 09:00 pm)

Friday, 02.05.

am



07:00 – 08:30 Registration

08:30 – 10:30 Welcome and opening ceremonies

10:30 – 11:00 Break

11:00 – 01:30 Workshop

pm



01:30 – 03:00 Lunch Break /
Round Tables**
Panel Discussion**

03:00 – 04:00 Exhibition

04:00 – 05:30 Movement class*

05:30 – 06:00 Break

06:00 – 07:30 Movement class*

08:30 – 11:00 Choreography night

Enjoy a fun-filled evening of activities, including a choreographed, live Pilates performance from each of our international licensee regions.

Saturday, 03.05.

am



07:00 – 08:30 Movement class*

08:30 – 09:00 Break

09:00 – 11:30 Workshop

11:30 – 12:00 Break

pm



12:00 – 01:30 Movement class*

01:30 – 03:00 Lunch Break /
Round Tables**

03:00 – 05:30 Workshop

08:00 – Party!
Celebrate Joe!
Live band



ni hao

benvenuto

Sunday, 04.05.

am ↓
08:00 – 09:30 Movement class*
09:30 – 10:00 Break
10:00 – 12:30 Workshop
pm ↓
12:30 – 01:30 Exhibition
01:30 – 03:00 Lunch Break / Panel Discussion**
03:00 – 04:00 Research Forum
04:00 – 05:00 Closing Ceremony



Monday, 05.05. – Thursday, 08.05.

Post-Conference**
A. Advanced Assessment Skills: Critical Reasoning for the Movement Teacher With Dav Cohen, Polestar Director of Curriculum, Denver (Part II 3 days)
B. Update for Studio and Rehabilitation Graduates With Nicholas Allan, Polestar Australia (4 days)
C. Breathing is More than Exchanging Air With Adalbert Halt, Teacher for Breath Bodywork, Berlin (2 days)

Pre- and Post-Conference Course Descriptions:

A. The Advanced Assessment Skills

series helps movement teachers learn and apply necessary intake, assessment and reasoning skills to maximize outcome and increase professionalism in practice.

Part I (3 days)

- + Intake & Interviewing skills
- + Advanced Assessment of the Head, Neck, Spine and Pelvis

Part II (3 days)

- + Advanced Assessment of the Lower and Upper Extremities
- + Qualitative Movement Analysis

B. Update

This course is designed to add to your knowledge from S1, S2, S3 or R1, R2, R3. New exercises, lectures and mini-labs will be presented. You will learn series of traditional and evolved exercises on all pieces of equipment and mat. This course is excellent for Pilates instructors preparing to sit for the PMA Certification exam or those wishing to expand their repertoire and knowledge. In four days you will cover the new material of the recently expanded Polestar Studio and Rehabilitation Series.

Only for students who completed Polestar Pilates Studio or Pilates for Rehabilitation series prior to 2006 (4 course modules) not for graduates of the 7 module series.

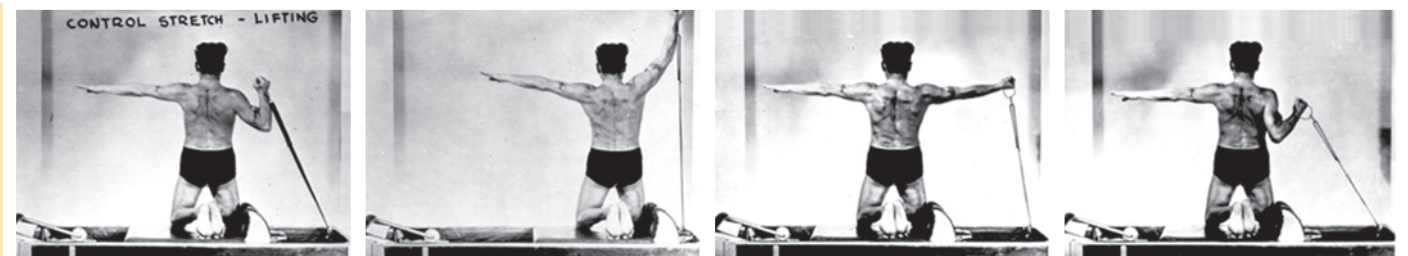
C. Adalbert Halt, experienced Teacher for Breathing Techniques and Body Work I., takes you on a fascinating journey to explore the deeper layers of breathing. You will be able to implement his ideas in your Pilates teaching and furthermore discover your own body in an unusual way.

* Each participant will select a total of 5 movement classes. Class choices will be listed in on-line registration form.

** Optional packages, indicates additional fees

Further information and description available in on-line registration form.

© Photos: Courtesy of Balanced Body Inc



Round Tables

Friday, 02 May + Saturday, 03 May, 01:30 pm to 03:00 pm, 50 € includes served lunch. Rub shoulders with the experts in a relaxing, intimate environment. Seating limited to 10 guests per table. Choose one of the following:

Why not have more men in your studio?

Alexander Bohlander gives interesting and personal insight, both as a Pilates specialist and as a men in the Pilates field. Men's approach to Pilates follows different rules. Learn about the easy way to get them on board!

German Pilates Association (DPV) and strategies to impact the Pilates scene!

Verena Geweniger, President of the DPV and icon in the German Pilates market shares her knowledge about organisational support for you and your colleagues in Germany.

Cross over: GYROTONIC® and Pilates

Meet Dawnna Wayburne and share her experiences about the borderlines, overlaps and interactions of two great methods!

PMA now and beyond! Deborah Lessen, President of the PMA will give you insight in the development of the worlds largest and only independent certifying body.

Shelly Power – Director of Education at Polestar Miami, has had an outstanding exposure to many years of Pilates work, teaching and development all over the world. Want to know how the Polestar Centers in Miami and Denver are doing? Would like to hear about the present and the future of Polestar International?

Dav Cohen – Director of Curriculum at Polestar International has created the most complete and exciting manuals and educational products for Polestar International. Ask the final questions about the smallest detail in our manuals or just hear about the life of a world traveler in Pilates.

Round Table topics not available at time of printing for the following presenters:

Bob Liekens

PJ O'Clair

Rael Isacowitz

Marie Jose Blom

Panel Discussion

Friday, 02 May + Sunday, 04 May, 01:30 pm to 03:00 pm, 35 € includes box lunch. Enjoy a lunch time discussion with a panel of experts. Limited seating available.

Classic vs Evolved

Gain insight from classic trained and evolved trained experts about origins and developments.

Moderated by Brent D. Anderson

Integration

Integration of a large variety of skill sets in the Pilates Training such as: Dance, Alexander Technique, Feldenkrais, Meditation and many others can be a blast of success and fun.

Moderated by Alexander Bohlander



Pilates and his wife Clara

© Photo: Courtesy of Balanced Body Inc

Research Presentations

Polestar Pilates Education feels that ongoing research is an integral part of the evolution and practice of the Pilates techniques. Sound research and evidence-based practice is necessary to ensure our approach is effective, efficient and safe. Justification of our techniques is not only important to us, as practitioners, but also to our clients and patients and to all other professionals participating in health and wellness.

Carefully selected from a large number of submissions by a highly regarded panel of experts, these presentations give researchers in the field the opportunity to share their knowledge and experiences with you.

If you are interested in making a submission, visit the Events page at www.polestarpilates.com.

Please contact us at conference@polestarpilates.com

bienvenidos

Register Today to reserve your space

**Fees are listed below. All registrations must be completed on-line: www.regonline.com/PolestarConference2008
You may pay only by credit card.**

Cancellation Policy

All cancellations must be submitted in writing to: conference@polestarpilates.com. Cancellations will not be accepted by telephone. If you cancel before March 1st 2008, you will receive a registration refund minus 50 € administrative fee.

There will be no refund after March 1st 2008.

Conference Fees (Euro/€)

Early Registration
(Until Dec 31st 2007): 495 €

Regular Registration
(After Dec 31st 2007): 595 €

Conference fee includes:

- + All general sessions
- + 4 workshops
- + 5 movement classes
- + Celebrate Joseph Pilates Party (Dinner + Live Band)
- + Access to Exhibit Area

Language

Translation will not be available. You will receive the presentations of the Key Note Speakers translated in 3 Languages: English, Spanish, German. Movement Class language will vary with different Presenters nationality but will be based on English as standard language. The registration form will indicate which movement classes are taught in a language other than English.

Optional Packages

+ Tour to Joseph's Home:

35 €

Join us on a 45 minute Bus Trip to the family home of Joseph Pilates. The original building still exists and will be visited. Included: Bus Ride Return Trip, Local Guide

+ Round Tables:

50 €, incl. served lunch

+ Panel Discussion:

35 €, incl. box lunch

+ Pre- and Post-Conference:

A: Advanced Assessment Skills:

1250 €

B: Update for Studio and Rehabilitation Graduates:

950 €

C: Breathing is More than Exchanging Air:

300 €

D: Universal Reformer:

200 €

Location



The Conference Location Cologne – Germany

- Cologne is the fourth largest City in Germany after Berlin, Hamburg and Munich
- Cologne's population is around 1 Million (07/2006).
- It is the centre of a metropolitan area of around 2 Million inhabitants
- Each year over 1000 congresses and conventions are staged in Cologne
- 40 national and international trade fairs
- Excellent traffic connections and infrastructure
- 10 main axes of the European motorway network converge on Cologne's orbital motorway circling the city
- One of the key rail junctions in Europe
- The region's two major airports Cologne/Bonn and Duesseldorf set course to over 200 destinations worldwide
- Cologne/Bonn Airport is the largest low-cost hub in Continental Europe

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Accommodation

Jolly Hotel Media Park

217 Bedrooms, 2 conference rooms, Restaurant, Bar, Underground Parking

The Media Park Cologne is one of the city's most famous locations with its music TV stations, radio stations and an entire building dedicated to the music industry with labels like EMI or Sony Music. Various stylish bars and restaurants are also located in the MediaPark. SPRINGS, the largest Polestar Pilates Studio in Germany, is located within walking distance to the Media Park.

Make your room reservations directly with the hotel:

Jolly Hotel Media Park
Im Media Park 8b
50670 Köln
Germany



or contact:

Central Reservation Office für Jolly in NRW

Tel.: + 49 211/7811-810

Fax: + 49 211/7811-888

eMail: reservation.cgn@jollyhotels.de

To receive conference special room rate indicate "Pilates Konferenz" or reservation number: 52052542.



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