

BIG BEAR PILATES RETREAT

(circle workshop choices)

THURSDAY SEPT 10

11:00	Registration, Pilates Bazaar Opens
12:00-1:00	Standing Mountain Mat (SDG)
1:00-3:00	Outdoor 100 Chair Exercises *(TT)
1:00-3:00	Outdoor Reformer & Cadillac Warmups*(GS)
3:00-4:00	Break. Privates
4:00-6:00	Outdoor Reformer & Cadillac Backwards(SDG)
4:00-6:00	The Fascial Body: Masses and Spaces(MF)
6:00	DINNER at Retreat Center
6:00	"Romana Kryzanowska" New Film Footage*(BL)

FRIDAY SEPT 11

7:00-8:00	Sept 11th: Mindful Memorial Mat(MF)
8:00-9:00	BREAKFAST. Privates
9:00-11:00	Reformer and Cadillac Fascial Applications(MF)
9:00-11:00	The Originalist Studio: The 11 Inventions(GS)
12:00	LUNCH. Privates
1:00-3:00	The Reformer: Old School Romana* (TT*)
1:00-3:00	The Originalist Studio:The 30 min Session(SDG)
3:00-4:00	BREAK. Privates.
4:00-5:00	Sept 11 Kundalini Yoga and SHIFT POETRY*(BL)

SATURDAY SEPT 12

7:00-8:00	Mat Warmups for Dancers or Wannabes*(GS)
8:00-9:00	BREAKFAST
9:00-11:00	Reformer Workout on the Cadillac*(TT)
9:00-11:00	Men on Mat:Seeing, Cueing the Male Body(MF)
12:00	LUNCH. Privates
2:00-4:00	The Originalist Studio: Cuing Advanced* (TT)
2:00-4:00	Barrel Applications(MF)

SUNDAY SEPT 13

8:00-9:00	BREAKFAST
9:00-11:00	The Mat ala Romana*(TT)
9:00-11:00	Tractions,Inversions on Cadillac(SDG)
12:00	LUNCH,Privates
1:00-3:00	Fascia and Pain: It is where it isn't(MF)
1:00-3:00	Scoliosis,pregnancy,and other workouts*(GS)
4:00-5:30	Hike to Pebble Path

MONDAY SEPT 14

8:00-10:00	BREAKFAST. Presenters and Open Mike
Questions	
10:00-12:00	Privates. Bazaar Closes.

*Bilingual. Schedule subject to change 1/11/20

