

III FORUM INTERNACIONAL DE PILATES CIUDAD DE VALENCIA

FRIDAY EVENING

bonPILATES®

ANEP
ASOCIACION NACIONAL DE
ENTRENADORES DE PILATES

EQUIPMENTS HALL 1	EQUIPMENTS HALL 2	MATWORK HALL 1	MATWORK HALL 2	MATWORK HALL 3	CONFERENCES HALL	MASTERCLASS HALL
CIRCULAR MOVEMENT ON REFORMER (16:00 a 18:00) Gideon Avrahami Theoretical -practical	METAMORPHOSIS OF THE COMBO CHAIR (16:00 a 18:00) Elena Bartley Theoretical -practical	ISOTONER RING (16:00 a 18:00) Michael King Theoretical -practical	CLINIC WEYSER MAT (16:00 a 18:00) Beatriz Wyser Theoretical -practical	UNDERSTANDING THE HIPERLORDOSIS (16:00 a 18:00) Emilie Baudoin Theoretical -practical	BIOMECHANICS PHYSIOLOGY IN PILATES (16:00 a 18:00) Andrea Fuentes Theoretical -practical	TRAINING IN THE CHAIR (16:00 a 16:45) Lorena Luz Master Class
						THE FITBALL IN PREGNANCY (17:00 a 17:45) Berta Dabaliña Master Class
REFORMER WITH TOWER "ONE STEP FURTHER" (18:15 a 20:15) Andrea Giacosa y Claudia Giani Theoretical -practical	COMBO CHAIR: AS A BACKACHE SOLUTION (18:15 a 20:15) Gideon Avrahami Theoretical -practical	INTERPRETING CORE STABILIZATION FOR THE BODY (18:15 a 20:15) Herve Baunard Theoretical -practical	YAMUNA BODY ROLLING (18:15 a 20:15) Elsa Rebollo Theoretical -practical	STABILITY CARDIO (18:15 a 20:15) Lorena Luz Theoretical -practical	PILATES FROM CLASSICAL TO CONTEMPORARY (18:15 a 20:15) Isaac Fernández Theoretical	SPIRAL (18:00 a 18:45) Michael King Master Class
						CORE DANCE MOTION (19:00 a 19:45) Beatriz Wyser Master Class

III FORUM INTERNACIONAL DE PILATES CIUDAD DE VALENCIA

SATURDAY MORNING

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EQUIPMENTS HALL 1	EQUIPMENTS HALL 2	MATWORK HALL 1	MATWORK HALL 2	MATWORK HALL 3	CONFERNCES HALL	MASTERCLASS HALL
<p>CHOREOGRAPHY ON THE REFORMER</p> <p>(16:00 a 18:00) Michael King</p> <p>Theoretical -practical</p>	<p>BARREL, CORE CONTROL</p> <p>(16:00 a 18:00) Andrea Giacosa y Claudia Giani</p> <p>Theoretical -practical</p>	<p>PILATES MEETS ROLFING MOVEMENT</p> <p>(16:00 a 18:00) Herve Baunard</p> <p>Theoretical -practical</p>	<p>PILATES AND FIBROMYALGIA</p> <p>(16:00 a 18:00) Isaac Fernández</p> <p>Theoretical -practical</p>	<p>POSTURAL REHABILITATION AND GLOBAL STRECHING</p> <p>(16:00 a 18:00) Loli Saiz</p> <p>Theoretical -practical</p>	<p>PILATES AS BUSINESS UNIT</p> <p>(16:00 a 18:00) Luis Seijo</p> <p>Theoretical</p>	<p>METAMORPHOSIS OF THE MAT</p> <p>(16:00 a 16:45) Elena Bartley</p> <p>Master Class</p>
						<p>PILATES & WALL</p> <p>(17:00 a 17:45) José Tomás Corcoles</p> <p>Master Class</p>
<p>THE SPIRIT OF THE REFORMER</p> <p>(18:15 a 20:15) Herve Baunard</p> <p>Theoretical -practical</p>	<p>SHOULDERGIRDLE AND SPINECORRECTOR</p> <p>(18:15 a 20:15) Elena Bartley</p> <p>Theoretical -practical</p>	<p>PILATES IN THE GOLDEN AGE</p> <p>(18:15 a 20:15) Andrea Giacosa y Claudia Giani</p> <p>Theoretical -practical</p>	<p>THE MAGIC OF THE FOAM</p> <p>(18:00 a 20:15) Beatriz Wyser</p> <p>Theoretical -practical</p>	<p>UNDERSTANDING THE HYPERKYPHOSI</p> <p>(18:00 a 20:15) Emilie Baudoin</p> <p>Theoretical -practical</p>	<p>PILATES FOR THE MIND</p> <p>(18:00 a 20:15) Loli Saiz</p> <p>Theoretical</p>	<p>PILATES MOVEMENT FROM BREATH</p> <p>(18:00 a 20:00) Gideon Avrahami</p> <p>Theoretical -practical</p>

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SATURDAY EVENING



EQUIPMENT HALL 1	EQUIPMENT HALL 1	MATWORK HALL 1	MATWORK HALL 2	MATWORK HALL 3	CONFERENCES HALL	MASTERCLASS HALL
METAMORPHOSIS OF THE REFORMER (10:00 a 12:00) Elena Bartley Theoretical -practical	CLIMBING THE BARREL II (10:00 a 12:00) Gideon Avrahami Theoretical -practical	PRE AND POST NATAL PILATES (10:00 a 12:00) Andrea Glacosa y Claudia Giani Theoretical -practical	PILATES FOR KIDS (10:00 a 12:00) Emilie Baudoin Theoretical -practical	ANATOMY WITHOUT MUSCLES (10:00 a 12:00) Andrea Fuentes Theoretical -practical	OPEN YOUR OWN PILATES CENTER (10:00 a 12:00) Michael King Theoretical	BARRE A TERRE (10:00 a 10:45) Beatriz Wyser Master Class
REFORMER WITH BOSSU II (12:15 a 14:15) Gideon Avrahami Theoretical -practical	STABILITY CHAIR (12:15 a 14:15) Loli Sainz Theoretical -practical	PILATES Y FASCIAS (12:15 a 14:15) Herve Baunard Theoretical -practical	YAMUNA BODY ROLLING (12:15 a 14:15) Elsa Rebollo Theoretical -practical	PILATES AND SHOULDERGIRDLE (12:15 a 14:15) Berta Dabaliña Theoretical -practical	NORDIC WALKING: PILATES IN PROGRESS (12:15 a 15:00) Bernard Goldschmidt Blanca López Jorge Grasa Theoretical -practical	ELASTIC BAND (12:00 A 12:45) Elena Bartley Master Class

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SUNDAY MORNING



EQUIPMENTS HALL 1	EQUIPMENTS HALL 2	MATWORK HALL 1	MATWORK HALL 2	MATWORK HALL 3	CONFERNCES HALL	MASTERCLASS HALL
REFORMER COMBO (10:00 a 11:45) Beatriz Wyser Theoretical -practical	THE VERSATILITY OF THE SPINE CORRECTOR (10:00 a 11:45) Michael King Theoretical -practical	DEVELOPMENT AND INCORPORATION OF THE MOVES (10:00 a 11:45) Herve Bounard Theoretical -practical	PILATES MARATHON (10:00 a 11:45) Gideon Avrahami Theoretical -practical	PILATES AND FIBROMYALGIA (10:00 a 11:45) Isaac Fernández Theoretical -practical	THE BEST TIPS FOR HEALTHY DIET (10:00 a 11:45) Rosario Pascual Theoretical	NO REFORMER, NO PROBLEM (10:00 a 10:45) Elena Bartley Master Class
						DANCE AND PILATES (11:00 a 11:45) Andrea Giacosa y Claudia Giani Master Class

MASTERCLASS HALL

SPECIAL SESSION INSPIRED AND BROUGHT BY ALL THE PRESENTERS

(12:15 a 14:00)

