

SAMEDI 01.09

Accueil & welcome pack **7h45**
Lunch 12h-14h
Réservez votre formule repas !

STUDIO PILATES

P 1 - MAT PILATES CENTERING
MATINAL
Ann McMillan

FITNESS STUDIO

P 2 - F.RE.E FASCIAL REAL EMO-
TION
Ester Albini

CONFÉRENCE 1

P 3 - MAT PILATES
FOAMROLLER
Alan Herdman

CONFÉRENCE 2

P 4 - MIND BODY WARM UP AND
TRAINING WITH BARS
Eric Franklin

STUDIO PILATES

P 5 - PILATES & SPORTS DE
ROTATION
Ann McMillan

FITNESS STUDIO

P 6 - F.RE.E FASCIAL REAL
EMOTION
Ester Albini

CONFÉRENCE 1

P 7 - POWER HOUSE REVISITED
Alan Herdman

CONFÉRENCE 2

P 8 - GARUDA
Eric Franklin

STUDIO PILATES

P 9 - PILATES MEETS YOGA
Ana Luis Martins

FITNESS STUDIO

P 10 - PILATES MAT
Ann McMillan

CONFÉRENCE 1

P 11 - MINDFULNESS WITHIN
PILATES CLASS
Sonia Abrantes

STUDIO PILATES

P 12 - INSTABILITY SPORTS/ATHLETES
ENHANCE YOUR EQUIPMENT REPERTOIRE
Ana Luis Martins

FITNESS STUDIO

P 13 - RHYTHM AND MOVEMENT
Sonia Abrantes

FITNESS STUDIO

P 14 - GARUDA RESPIRATION
James D'Silva

STUDIO PILATES

P 15 - PILATES COLONNE FRAGILE
Ann McMillan

FITNESS STUDIO

P 16 - FASCIAL REAL EMO-
TION
Eric Franklin

CONFÉRENCE 1

P 17 - GARUDA STANDING
James D'silva

CONFÉRENCE 2

P 18 - A FUSION OF CLASSICAL AND
CONTEMPORARY PILATES
EXERCISES
Alan Herdman



DIMANCHE 02.09

Accueil **7h45**
Lunch **12h-14h**

› **WORKOUT 12 | 08:00-08:45**
STUDIO PILATES

WO 12 - GARUDA BARRE
James D'silva



› **WORKOUT 13 | 08:00-08:45**
FITNESS STUDIO

**WO 13 - LET'S HAVE FUN WITH THE 34
CLASSIC MAT EXERCISES**
Alan Herdman



› **WORKOUT 14 | 08:00-08:45**
CONFÉRENCE 1

WO 14 - PILATES FREE FASCIAS
Ester Albini



› **WORKOUT 15 | 08:00-08:45**
CONFÉRENCE 2

**WO 15 - MIND BODY WARM UP AND
TRAINING WITH BANDS**
Eric Franklin



› **WORKSHOP 8 | 09:00-12:00**
STUDIO PILATES

WS 9 - GARUDA BARRE
James D'silva



› **WORKSHOP 9 | 09:00-12:00**
FITNESS STUDIO

WS 9 - HIP REPLACEMENT EXERCICES
Alan Herdman

› **WORKSHOP 10 | 09:00-12:00**
CONFÉRENCE 1

WS 10 - F.RE.E FASCIAL REAL EMOTION
Ester Albini

› **WORKSHOP 11 | 09:00 -12:00**
CONFÉRENCE 2

**WS 11 - PELVIC FLOOR FOR CORE
INTEGRATION**
Eric Franklin

› **WORKOUT 16 | 12:15-13:00**
STUDIO PILATES

WO 16 - CIRCUIT PILATES
Ann McMillan

› **WORKOUT 17 | 12:15-13:00**
FITNESS STUDIO

WO 17 - FLOW
Ana Luis Martins

› **WORKSHOP 12 | 13:30-16:30**
STUDIO PILATES

WS 12 - PILATES PROBLEM SOLVING
Ann McMillan

› **WORKSHOP 13 | 13:30-16:30**
FITNESS STUDIO

WS 13 - ROTATE YOUR DISC FLOW
Ana Luis Martins

› **WORKSHOP 14 | 13:30-16:30**
CONFÉRENCE 1

**WS 14 - PILATES & THE BRAIN NEURO-
FASCIAS**
Ester Albini

› **WORKSHOP 15 | 13:30-16:30**
CONFÉRENCE 2

**WS 15 - EMBODYING AND TRAINING
YOUR FASCIA(S)**
Eric Franklin

CONVENTION INHALEXALE +41 22 779 10 62

FITS PRO


PILATES INSTITUTE

