



# PIA

## ASIA PILATES CONVENTION 2016

ILSAN, KOREA  
October 1-3



# 2016 4<sup>th</sup> PIA Pilates Convention & Festival



hosted by Care Pilates® 

APA Asia Pilates Alliance



**Register  
Now**

## In Ilsan, KOREA

[www.pilates-asia.com/eng](http://www.pilates-asia.com/eng)  
facebook : pilatesinasia



# PIA 2016 PARTICIPATION GUIDE

www.pilates-asia.com

High academic value and Fun & Exiting  
 We invite you to the Largest Asia Pilates Festival.  
 People from all countries around the world can participate.



## Why you should participate in the PIA Convention ?

- It can save costs and time in the near distance.
- Get a discount on fee of lectures so you can save the airfare.
- You can get a Certification after course
- You can learn the know-how of the largest operating center.
- You can experience a variety of big events.
- It may increase the brand competitiveness.
- You can understand the Korea Culture.



## Registration procedures

### Step 1

English homepage [www.pilates-asia.com/eng/main/main.php](http://www.pilates-asia.com/eng/main/main.php)  
 Click in to the "Classes" on the top of screen  
 See the full lecture schedule through [Class Mall](#).



### Step 2

Click "Presenter" and Check the contents of each lecture.  
 Or check by clicking on the lecture topics in the [Class Mall](#).



### Step 3

Put the desired Lectures in "cart"  
 After the final comparison, pay by  
 online credit card payment.



### Saturday 1, October 1st day

		301	302	303	304	305	306	307
am 9:00 ~ 12:00	3hr							
Lunch break pm 12:00 ~ 1:00	1hr	Open class-Price:free / Business Meeting / Exhibition for pilates products / Bazaar						
pm 1:00 ~ 4:00	3hr	<b>ALAN HERDMAN</b> Thinking around the Box-Reformer price \$120	<b>KYRIA SABIN</b> Fletcher Pilates Reformer Variations price \$120	<b>BRENT ANDERSON</b> *Pilates, the Modern Day Pill for Pain* price \$120	<b>BRETT HOWARD</b> Mastering Control on the Mat price \$120	<b>KATHY COREY</b> FOOT/LEG/PELVIS – HOW TO CREATE FUNCTIONAL MOVEMENTS THROUGH ALIGNMENT price \$120	<b>TROY McCARTY</b> WORKING WITH THE NBA price \$120	<b>FUZY GABOR</b> Move more trough your pelvic floor price \$120
pm 4:20 ~ 6:20	2hr	<b>LISA HUBBARD</b> Rhythm Pilates – Beats and Tempo: A Dance on the Mat price \$90	<b>BRENT ANDERSON</b> *Sitting is the New Smoking* price \$90	<b>BRETT HOWARD</b> The Classical Cadillac price \$90	<b>SARA COLQUHOUN</b> Flowing Transitions on the Mat price \$90	<b>JOHN GAREY</b> Pilates Mat with Ball and Circle price \$90	<b>KATHY COREY</b> FOCUS ON BREATH price \$90	

### Sunday 2, October 2nd day

		301	302	303	304	305	306	307
am 8:00 ~ 11:00	3hr	<b>JOHN GAREY</b> Unilateral Reformer Workshop price \$120	<b>FUZY GABOR</b> Knee rehab on the reformer price \$120	<b>SARA COLQUHOUN</b> STRENGTH FOR DANCERS FROM THE INSIDE OUT price \$120	<b>BRETT HOWARD</b> Pilates for the Mature client price \$120	<b>KATHY COREY</b> THE STUDIO CIRCUIT FOR REFORMER, CADILLAC AND WUNDA CHAIR price \$120	<b>BRENT ANDERSON</b> Polestar Pilates Mat Class for Low Back Care price \$120	<b>ALAN HERDMAN</b> Pilates for the Mature client price \$120
Lunch break am 11:00 ~ pm 12:00	1hr	Open class-Price:free / Exhibition for pilates products / Bazaar / Asia food court / Culture experience event / Pilates education Expo						
pm 12:00 ~ 3:00	3hr	<b>ALAN HERDMAN</b> Are we wasting our time with the pilates footwork price \$120	<b>LISA HUBBARD</b> The Pilates Method and Functional Strength Training on Reformer and Tower Apparatus price \$120	<b>TROY McCARTY</b> Cadillac for Seniors price \$120	<b>SARA COLQUHOUN</b> ATHLETIC CONDITIONING FROM THE GROUND UP price \$120	<b>BRENT ANDERSON</b> The Science of Healthy Spine Movement in Pilates price \$120	<b>KYRIA SABIN</b> Ultimate Assessment Tools – The Ped-i-pul and Spine Corrector price \$120	
pm 3:20 ~ 5:20	2hr	<b>KATHY COREY</b> PILATES REFORMER – FLEXIBILITY VS STABILITY price \$90	<b>TROY McCARTY</b> Pilates Logic price \$90	<b>FUZY GABOR</b> Cross inhibitory syndromes price \$90	<b>LISA HUBBARD</b> The Restorative Pilates Approach: Working with Injuries and the Aging Population on Mat and Physio Ball price \$90	<b>KYRIA SABIN</b> The Breath Inspires price \$90	<b>BRETT HOWARD</b> The Classical Spine Corrector price \$90	<b>JOHN GAREY</b> Swiss Ball Pilates and Fitness Workout price \$90
pm 6:00 ~ 10:00		Pilates Friends Party/ Dinner for all participants and Presenters / DJ night dance Party						

### Monday 3, October 3rd day

		301	302	303	304	305	306	307
am 8:00 ~ 11:00	3hr	<b>JOHN GAREY</b> Fitness with the Pilates Chair price \$120	<b>LISA HUBBARD</b> Rhythm Pilates – Harmony: A Dance on the Mat price \$120	<b>ALAN HERDMAN</b> Cadillac for Every body price \$120	<b>KATHY COREY</b> WUNDA CHAIR CORE STRENGTHENING price \$120	<b>SARA COLQUHOUN</b> Exploring the Ladder Barrel price \$120	<b>KYRIA SABIN</b> Pilates Matwork on the Spine Corrector price \$120	<b>BRENT ANDERSON</b> The Polestar Pilates Motto: A Successful Movement Experience without Pain price \$120
Lunch break pm 11:00 ~ 12:00	1hr	Open class-Price:free / Exhibition for pilates products / Bazaar / Culture experience event / Pilates education Expo						
pm 12:00 ~ 3:00	3hr	<b>TROY McCARTY</b> One Single Spring price \$120	<b>FUZY GABOR</b> Reformer work for athletes price \$120	<b>SARA COLQUHOUN</b> WORKING WITH HYPEREXTENSIONS price \$120	<b>BRETT HOWARD</b> Pilates for Teens price \$120	<b>KATHY COREY</b> FINDING YOUR CORE WHIT THE CORE BAND price \$120	<b>KYRIA SABIN</b> The Fletcher Pilates Experience price \$120	<b>LISA HUBBARD</b> Pilates Sculpt: Cardio and Toning on the Reformer, Jump Board and BOSU Ball price \$120
pm 3:20 ~ 5:20	2hr	<b>ALAN HERDMAN</b> Having fun with the 34 classical pilates mat work exercises price \$90	<b>TROY McCARTY</b> Reforming the Spine price \$90	<b>BRENT ANDERSON</b> Myth & Science of Pilates Breathing price \$90	<b>BRETT HOWARD</b> Building a Wundaful Workout price \$90	<b>JOHN GAREY</b> Pilates Equipment Workout for Triathletes price \$90	<b>FUZY GABOR</b> Spine rehab for back pain price \$90	
pm 6:30 ~ 10:00		Fitness Friends Party / Pilates Competition [ Best Posture & Pose Competition] [Best dresser] / Sponsor event / Business meeting						

## CLASS INFO



**KATHY COREY**

### Class Info

- ▶ **FOOT/LEG/PELVIS - HOW TO CREATE FUNCTIONAL MOVEMENTS THROUGH ALIGNMENT**  
1(sat) pm 1:00 - 4:00
- ▶ **FOCUS ON BREATH**  
1(sat) pm 4:20 - 6:20
- ▶ Pilates reformer -flexibility vs stability  
2(sun) pm 3:20 - 5:20
- ▶ The studio circuit for reformer, cadillac and wunda chair  
2(sun) am 8:00 - 11:00
- ▶ Wunda chair core strengthening  
3(mon) am 8:00 - 11:00
- ▶ Finding your core with the core band  
3(mon) pm 12:00 - 3:00



**ALAN HERDMAN**

### Class Info

- ▶ **Thinking around the Box-Reformer**  
1(sat) pm 1:00 - 4:00
- ▶ Pilates for the Mature client  
2(sun) am 8:00 - 11:00
- ▶ Cadillac for Every body by Alan Herdman  
3(mon) am 8:00 - 11:00
- ▶ Are we wasting our time with the pilates footwork  
2(sun) pm 12:00 - 3:00
- ▶ Having fun with the 34 classical pilates Mat work exercise  
3(mon) pm 3:20 - 5:20



**BRENT ANDERSON**

### Class Info

- ▶ "Pilates, the Modern Day Pill for Pain"  
1(sat) pm 1:00 - 4:00
- ▶ Polestar Pilates Mat Class for Low Back Care  
2(sun) am 8:00 - 11:00
- ▶ The Polestar Pilates Motto :A Successful Movement Experience without Pain  
3(mon) am 8:00 - 11:00
- ▶ "Sitting is the New Smoking"  
1(sat) pm 4:20 - 6:20
- ▶ The Science of Healthy Spine Movement in Pilates  
2(sun) pm 12:00 - 3:00
- ▶ Myth & Science of Pilates Breathing  
3(mon) pm 3:20 - 5:20



**LISA HUBBARD**

### Class Info

- ▶ **Rhythm Pilates - Beats and Tempo: A Dance on the Mat**  
1(sat) pm 4:20 - 6:20
- ▶ The Pilates Method and Functional Strength Training on Reformer and Tower Apparatus  
2(sun) pm 3:20 - 5:20
- ▶ Rhythm Pilates - Harmony: A Dance on the Mat  
3(mon) am 8:00 - 11:00
- ▶ The Restorative Pilates Approach: Working with Injuries and the Aging Population on Mat and Physio Ball  
2(sun) pm 3:20 - 5:20
- ▶ Pilates Sculpt: Cardio and Toning on the Reformer Jump Board and BOSU  
3(mon) pm 12:00 - 3:00



**Brett Howard**

### Class Info

- ▶ **Mastering Control on the Mat**  
1 (sat) pm 1:00 - 4:00
- ▶ Pilates for Children  
2 (sun) am 8:00 - 11:00
- ▶ Pilates for Teens  
3 (mon) pm 12:00 - 3:00
- ▶ The Classical Cadillac  
1 (sat) pm 4:20 - 6:20
- ▶ The Classical Spine Corrector  
2 (sun) pm 3:20 - 5:20
- ▶ Building a Wundaful Workout  
3 (mon) pm 3:20 - 5:20



**JOHN GRAEY**

### Class Info

- ▶ **Pilates Mat with Ball and Circle**  
1(sat) pm 4:20 - 6:20
- ▶ Swiss Ball Pilates and Fitness Workout  
1(sat) am 8:00 - 11:00
- ▶ Fitness with the Pilates Chair  
3(mon) am 8:00 - 11:00
- ▶ Unilateral Reformer Workshop  
2(sun) am 8:00 - 11:00
- ▶ Pilates Equipment Workout for Triathletes  
3(mon) pm 3:20 - 5:20



**Kyria Sabin**

### Class Info

- ▶ **Fletcher Pilates Reformer Variations**  
1(sat) pm 1:00 - 4:00
- ▶ Ultimate Assessment Tools - The Ped-i-pul and Spine Corrector  
2(sun) pm 12:00 - 3:00
- ▶ The Breath Inspires  
2(sun) pm 3:20 - 5:20
- ▶ The Fletcher Pilates Experience  
3(mon) pm 12:00 - 3:00
- ▶ The Breath Inspires  
2(sun) pm 3:20 - 5:20
- ▶ Pilates Matwork on the Spine Corrector  
3(mon) am 8:00 - 11:00



**COURTNEY MILLER**

### Class Info

- ▶ **PilatesFit - Athletic Mat**  
9 (fri) pm 1:00 - 4:00
- ▶ Athletic Reformer Series: Full Body Integration  
10 (sat) pm 1:00 - 4:00
- ▶ Cardio Tower Series: Combinations  
11 (sun) pm 12:30 - 3:30
- ▶ Athletic Reformer Series: Advanced Reformer Class with Weights  
10 (sat) pm 4:20 - 6:20
- ▶ Powerful Planks  
11 (sun) pm 3:50 - 5:50



**Troy Mccarty**

### Class Info

- ▶ **Equipment needs for working with the NBA**  
1(sat) pm 1:00 - 4:00
- ▶ Pilates Logic  
2(sun) pm 3:20 - 5:20
- ▶ One Single Spring  
3(mon) pm 12:00 - 3:00
- ▶ Cadillac for Seniors  
3(mon) pm 12:00 - 3:00
- ▶ Reforming the Spine  
3(mon) pm 3:20 - 5:20



**FUZY GABOR**

### Class Info

- ▶ **Move more trough your pelvic floor**  
1(sat) pm 1:00 - 4:00
- ▶ Knee rehab on the reformer  
2(sun) am 8:00 - 11:00
- ▶ Reformer work for athletes  
3(mon) pm 12:00 - 3:00
- ▶ Cross inhibitory syndromes  
2(sun) pm 3:20 - 5:20
- ▶ Spine rehab for back pain  
3(mon) pm 3:20 - 5:20



## 1. Benefit

Discount rate					
Distribution of Registration	Term	2Class	4Class	6Class	8Class
1st Early Register	Before 7/31/2016	5%	10%	15%	20%
Secondary Register	Before 8/31/2016	0%	5%	10%	15%
Regular Register	Before 9/15/2016	0%	3%	5%	10%
On-site registration the day	from 1/10 to 3/10	No discount			

Participants benefit		2Class	4Class	6Class	8Class
 <p><b>Basic Commemorative</b></p> <p>Summer File PIA Logo Pen Promotion Bag PIA Logo T-shirt</p>	None other than basic commemorative		Sports Towel PIA Logo T-shirt	Sports Towel Water bottle PIA Logo T-shirt	Sports Towel Water bottle Pilates Mat PIA Logo T-shirt
	International CEC credit	2,0 credits	4,0 credits	8,0 credits	12,0 credits
	APA	0,2 credits	0,4 credits	0,8 credits	12,0 credits
	PIA credit	0,4 credits	0,8 credits	1,2 credits	1,6 credits

## 2. Accommodation reservation

- Reservations will be confirmed after a final e-mail name, nationality and exact dates of your check-in and included check-out your.

If you want to share a two bed room, the same gender it will be assigned to a room, regardless of nationality.

Booking request mail : [carepilates22@gmail.com](mailto:carepilates22@gmail.com)

### The MVL hotel Kintex



The Mvlhotel with the most modern facilities is located near by Kintex, It allows convenient transport between the hotel and exhibition hall. And all of participants and instructors from all around the world will stay at this hotel. All the facilities are available and a various of events wait for you.



20, Taegeuk-ro, Ilsandong-gu, Goyang-si, Gyeonggi-do, Korea  
TEL : +82-31-927-7700  
Email : [info.goyang@mvlhotel.com](mailto:info.goyang@mvlhotel.com)

## Big chance & Events

The biggest service you could not have from any convention in the world  
Available only in the event "PIA"  
3 days full of variety, passion and best body condition  
Best pilates Festival with not only academic conventions but also parties and events

### One

Benefit of Attendance from Asian countries.  
If you register as a foundation member of Asia Pilates Alliance,  
you will get 50% discount on your lecture fee.

# 50%DC



### Two

Experience Korean traditional culture and pilates  
Visit Korean traditional town  
Group tours



### Three

The know how of operation of Korea best sales pilates center in South Korea. Opportunities of customer management, marketing, training!

### Four

DJ party for PIA member  
All foreign participants can attend



### Five

PIA Friends Party Invitation  
On Monday party featuring the best Pilates stars

### Six

Try traditional cultures and food of 18 Asian countries  
APA forum  
Interview with the famous pilates masters



# REGISTER NOW!

## Regist Contact

Manager : Eunjin Ryu

E-mail : [carepilates22@gmail.com](mailto:carepilates22@gmail.com)

Website : [pilates-asia.com](http://pilates-asia.com)

# Pilates In Asia 2016 APA Asia Pilates Alliance



## Mission

Asia Pilates Alliance "APA" is a networking community for the proper settlement of Pilates and Pilates culture development in the region.  
As a global method beyond the simple fitness method understanding the culture and the exchange of each culture through Pilates so Pilates can be loved by more people widely.

## Activities

- Establish the standard of philosophical beliefs as a Pilates instructor.
- Create business value of pilates practical.
- Work on pilates business by training instructors constantly.
- Share information regarding the Pilates lesson and industry.
- Research and develop pilates teaching methods and disseminate them.
- Set up regulations and standard of the proper pilates organizations.



**APA** announces present condition of pilates in its own countries at PIA convention once a year. APA holds a symposium for business meetings and pilates development at the same time.

**In 2015 APA** foundation conference, we shared information about the Pilates organizations in 18 countries, how pilates took root in 18 Asian countries and the current developmental conditions. In 2016 we are expecting to present specific action plan.

Pilates In Asia 2016

# APA member organizations and companies recruiting

## Mission



# APA Membership Benefits

### APA online webzine

You can see a variety of academic method and Pilates business information from APA web magazine free of charge through the online.

APA official membership certificate will be issued in October 2016.

A member of the APA will have a competitive advantage.

All the Pilates organizations in Asian countries are qualified for membership of APA in 2016.

Download application after filling out send it to us.

If you have any questions, do not hesitate to contact us.

Website : [pilates-asia.com](http://pilates-asia.com)  
Mail : [carepilates22@gmail.com](mailto:carepilates22@gmail.com)  
Tel : 82-2-574-9670  
Manager : Eunjin Ryu

