



Workshop List

2016

- 11/5-6 Cara Reeser & Jeremy Laverdure @ Body Precision- **Separate but Connected: Training Selective Control of the Hip, Pelvis, and Low Back**
- 6/3- Bridge Pilates- Blossom Crawford- **From the Feet**

2015

- 12/6- Cara Reeser @ Body Precision- Refresh and Energize Using the Cadillac and Barrels
- 12/5- Cara Reeser @ Body Precision- **The Kathy Grant Retrospective**
- 3/26-27- **The Kathy Grant Heritage Training- Extensive Study of the work of Kathy Grant- Sixth Street Pilates- Cara Reeser- Session 3- Helper/Wunda Straps**. Attended as a former graduate to help and refresh.

2014

- 12/13-14- Cara Reeser & Jeremy Laverdure @ Body Precision- **Look, Listen, Push, Pull: Training Freedom & Support in the Head, Neck & Shoulders**
- 4/27- Redcord® Education Program- **Redcord® Corrective**
- 3/8-3/9- Redcord® Education Program- **Redcord® Active: Pro Certification- Redcord Active Specialist**

2013

- 9/22- Cara Reeser @ Body Precision- **From Head to Toe- The Full Body Low Chair Workout**
- 9/21- Cara Reeser @ Body Precision- **The Apparatus Playground- The Pole (Tower) System**
- 9/14-15- **The Kathy Grant Heritage Training- Extensive Study of the work of Kathy Grant- Pilates Aligned- Cara Reeser & Laura Kapinski- Session 4- Conclusion and Final Teaching Presentations**
- 6/20-23- **The Kathy Grant Heritage Training- Extensive Study of the work of Kathy Grant- Pilates Aligned- Cara Reeser & Laura Kapinski- Session 3- Helper/Wunda Straps**
- 6/02- Rebecca Leone- Relax, Release & Rejuvenate
- 6/01- Rebecca Leone- Contract/Release Fusion
- 5/31- Rebecca Leone- **Footwork Forensics**
- 5/19- Redcord® Education Program- **Redcord® Active: Advanced 2- Multi-Suspension**
- 4/18-21- **The Kathy Grant Heritage Training- Extensive Study of the work of Kathy Grant-- Pilates Aligned- Cara Reeser & Laura Kapinski- Session 2- Working with Equipment, Resistance & Props**
- 1/17-20- **The Kathy Grant Heritage Training- Extensive Study of the work of Kathy Grant-- Pilates Aligned- Cara Reeser & Laura Kapinski- Session 1- "Before the Hundreds" mat work**

2012

- 12/9- Redcord® Education Program- **Redcord® Active: Advanced 1- Corrective Exercise**
- 11/1- Bridge Pilates- Blossom Crawford- **Wunda Straps 1**
- 10/27- Bridge Pilates- Blossom Crawford- **Reformer**
- 9/30- Bridge Pilates- Blossom Crawford- Round Out Your Practice w/ Barrels Exploration
- 9/23- Pilates Aligned- Laura Kapinski - **Freeing Up your Neck & Shoulder, A Pilates Movement Intensive Part II**



- 5/4-6- Siri Dharma Galliano- **The Pilates System- Weekend Intensive**
- 4/15- The Pilates Center- Amy Taylor Alpers- **Footwork Fortune Teller**
- 4/14- The Pilates Center- Amy Taylor Alpers- **Defy Gravity: The Intension of Suspension**
- 3/31- Bridge Pilates- Blossom Crawford- **Kathy's Cats & Beyond**
- 3/10- Bridge Pilates- Blossom Crawford- **Before the Hundreds**
- 2/11- Bridge Pilates- Blossom Crawford- **Connected Arm, Strong Torso**
- 1/21- Redcord® Education Program- **Active Fundamentals & Flow**
- 1/20- Redcord® Education Program- **Active Intro**

2011

- 9/25- Pilates Aligned- Cara Reeser- **Big & Bold Moves: A Journey into Spinal Extension & Arm Standing**
- 9/24- Pilates Aligned- Cara Reeser- **The Moving Pelvis**
- 5/21- The Pilates Center- Kim Haroche- **The Magic of Springs**

2010

- 9/25- Pilates Aligned- Cara Reeser- **Apparatus Playground- The Reformer**
- 9/24- Pilates Aligned- Cara Reeser- **Apparatus Playground- The Low Chair**

2009

- 9/27- Pilates Aligned- Cara Reeser- Refresh & Energize Using the Cadillac & Barrel
- 9/26- Pilates Aligned- Cara Reeser- Chronic Pain/Complicated Clients & Pilates

2008

- 9/28- Pilates Aligned- Cara Reeser- **The Advanced Workout**
- 9/27- Pilates Aligned- Cara Reeser- Remembering the Changed & Forgotten Repertory of Joseph Pilates
- 6/7-8- The Pilates Center- Amy Taylor Alpers- **Breathing for Full Body Health**
- 6/1- Mary Bowen- Pilates Plus Psyche
- 5/31- Mary Bowen- Lifelong Pilates and the Body
- 5/30- Mary Bowen- An Evening with Mary Bowen & the History of Pilates
- 5/3- East Coast Pilates & Yoga- Carol Meyers- **The Wunda Chair**
- 4/5- East Coast Pilates & Yoga- Carol Meyers- **Cadillac Inversions & Arm Spring Series**
- 3/1- East Coast Pilates & Yoga- Carol Meyers- **The Cadillac/Trapeze Table**

2007

- 10/7- Pilates Aligned- Cara Reeser- Common Spinal Injuries/Disorders + Pilates
- 10/6- Pilates Aligned- Cara Reeser- **The Cervical Spine**
- 6/16- **Walk-ilates-** Ellie Herman
- 6/2-3- The Moving Center- Amy Taylor Alpers- **Timing is Everything**
- 5/12- Dixie Shulman- **Chair Workshop**

2006

- 11/18-19 Pilates Aligned- Cara Reeser- Injuries/Disorders of the Hip & Shoulder Girdle & Spine
- 10/11- Power Pilates- **Reformer on the Mat**
- Franklin Method- Morten Dithmer - **Pelvis and Knee**