

Polestar Pilates Asia 2016 Retreat Timetable

Thursday 22nd				
8.30am	Pre-Retreat Registration			
9.30am	Pre-Retreat Course Starts - FUNCTIONAL MOVEMENT OUTCOME MEASURE			
6.30pm	Pre-Retreat Course Ends			
Friday 23rd				
11.00am	Registration open to all participants			
4.30pm	Beach Activities	Beach Activities	Beach Activities	Beach Activities
5.30pm				
6.00pm	Welcome Address			
Saturday 24th				
	GROUP A - Open	GROUP B: Comprehensive/Rehab	GROUP C: Reformer	GROUP D - Open
7.00am				
8.00am	Morning Mat (MT)	Mat with Chi Ball (KG)	Up to Down Matwork (SR)	Tai Chi Pilates (SN)
9.00am	BREAK			
9.15am	Work Smarter, Not Harder (SP)	Fabulous Fascia (AB)	Optimizing Reformer work for thoracic Mobility (BA)	Polestar Running (JN)
11.15am	BREAK			
11.30am	Work Smarter, Not Harder (SP)	Fabulous Fascia (AB)	Polestar Running (JN)	Up to Down Matwork (SR)
1.00pm	LUNCH			
2.15pm	GROUP PHOTO			
2.30pm	Sitting is the New Smoking (BA)	Move on the Oov (KG)	Work Smarter, Not Harder (SP)	Sitting is the New Smoking (BA)
4.30pm	BREAK			
4.45pm	Polestar Running (JN)	Optimizing Reformer work for thoracic Mobility (BA)	Work Smarter, Not Harder (SP)	Move on the Oov (KG)
6.45pm	FINISH			
Sunday 25th				
7.00am	BREAKFAST			
8.00am	Move-a-paloosa (SA and AD)			
9.00am				
9.15am	PROGRAMMING FOR A PREGNANCY MAT CLASS (CG)	The Pelvic floor in our Pilates Training (BA)	Fabulous Fascia (AB)	Work Smarter, Not Harder (SP)
11.15am	BREAK			
11.30am	Up to Down Matwork (SR)	Cueing the Nervous System (BA)	Fabulous Fascia (AB)	Work Smarter, Not Harder (SP)
1.00pm	LUNCH			
2.30pm	Move on the Oov (KG)	Pilates and More for Lumbo-Sacral Instability (AD)	PROGRAMMING FOR A PREGNANCY MAT CLASS(CG)	Neuroscience and Pilates :a different perspective (SA)
4.30pm	BREAK			
4.45pm	Neuroscience and Pilates :a different perspective (SA)	Cueing the Nervous System (BA)	PROGRAMMING FOR A PREGNANCY MAT CLASS(CG)	
6.45pm	FINISH			
7.30pm	Farewell Cocktails/Dinner			
Monday 26th				
8.00am				
9.00am	Mat with Chi Ball (KG)	Tai Chi Pilates (SN)		Mat with Chi Ball (KG)
10am				
	BA - Brent Anderson	JN - Juan Nieto		SR - Samantha Robinson
	SP - Shelly Power	CG - Cat Giannitto		MT - Mirko Turla
	AB - Alexander Bohlander	SA - Serafino Ambrosio		SN - Shinji Nakamura
	AD - Alice Becker Denavaro	KG - Kimberley Garlick		