

DAY 1 - 5 SEP 2024

TIME	Location - Similian A	TIME	Location - Similian B	TIME	Location - Similian C
7.30-8.00am	REGISTRATION				
8.00- 8.45am	Morning Movement Class (Maddison)	8.00- 8.45am	Join Mat class A/B	8.00- 8.45am	Morning Movement Class (Lynn)
9.00- 11.00am	Mobility Matrix (KG)	9.00- 11.00am	Critical Reasoning	9.00- 11.00am	Another Perspective on Trunk Alignment (Dawнна)
11.00 - 11.15am	BREAK	11.00 - 11.15am	BREAK	11.00 - 11.15am	BREAK
11.15- 1.15pm	Animal Flow (Dan)	11.15- 1.15pm	Critical Reasoning Continued	11.15- 1.15pm	Solutions for Equipoise (KG)
1.15 - 2.15pm	LUNCH	1.15 - 2.15pm	LUNCH	1.15 - 2.15pm	LUNCH
2.15pm- 5.15pm	Pilates Evolution (KG)	2.15pm- 4.15pm	Critical Reasoning Continued	2.15pm- 4.15pm	Unravelling the Thoracic Spine (Dan)
5.15-5.30pm	BREAK	4.15 - 4.30pm	BREAK	4.15 - 4.30pm	BREAK
5.30-6.30pm	FREE TIME/BEACH GAMES	4.30 - 6.00pm	Critical Reasoning Continued	4.30 - 6.30pm	The Power of the Pelvic clock (Dawнна)

DAY 2 - 6 SEP 2024

TIME	Similian A	TIME	Similian B	TIME	Similian C
8.00- 8.45am	Morning Movement Class (Lynn)	8.00- 8.45am	Join Mat class A/B	8.00- 8.45am	Morning Movement Class (Lili)
9.00- 11.00am	Another Perspective on Trunk Alignment (Dawнна)	9.00- 11.00am	Critical Reasoning	9.00- 11.00am	Mobility Matrix (KG)
11.00 - 11.15am	BREAK	11.00 - 11.15am	BREAK	11.00 - 11.15am	BREAK
11.15- 1.15pm	Solutions for Equipoise (KG)	11.15- 1.15pm	Critical Reasoning Continued	11.15- 1.15pm	Animal Flow (Dan)
1.15 - 2.15pm	LUNCH	1.15 - 2.15pm	LUNCH	1.15 - 2.15pm	LUNCH
2.15pm- 4.15pm	Unravelling the Thoracic Spine (Dan)	2.15pm- 4.15pm	Critical Reasoning Continued	2.15pm- 5.15pm	Pilates Evolution (KG)
4.15 - 4.30pm	BREAK	4.15 - 4.30pm	BREAK	5.15-5.30pm	BREAK
4.30 - 6.30pm	The Power of the Pelvic clock (Dawнна)	4.30 - 6.00pm	Critical Reasoning Continued	5.30-6.30pm	FREE TIME/BEACH GAMES
7.00-9.00pm	Networking and fun!				

DAY 3- 7 SEP 2024-FACULTY (MENTOR/EDUCATOR MEETING)	
TIME	Location - Similian B
8.00- 8.45am	REGISTRATION
9.00 - 10.00am	Introducation and focus for the coming year (PAT intro)
10.00 - 11.00am	Polestar Assessment Tool (PAT) Class
11.00 - 11.20am	BREAK
11.20- 1.00pm	Quantatative vs Qualitative expectations/ how are we talking about Priciples and Fitness Screening?
1.00 - 2.15pm	LUNCH
2.15 - 4.00pm	PAT Measures & Case study
4.00 - 4.15pm	BREAK
4.15 - 6.00pm	Study Skills: Observation skills (2 teaching, 2 moving, 2 watching)
DAY 4- 8 SEP 2024-FACULTY (MENTOR/EDUCATOR MEETING)	
9.00 - 10.00am	"Christi" class
10.00 - 11.00am	Group 1: Teach based on topics
11.00 - 11.20am	BREAK
11.20- 1.00pm	Group 2: Teach based on topics
1.00 - 2.15pm	LUNCH
2.15 - 4.00pm	Circuit / Round Robin
4.00 - 4.15pm	BREAK
4.15 - 5.00pm	Faculty Development
5.00 - 6.00pm	Discussion Circle