



PILATES AT THE PILLOW™ | April 17-19, 2020

# The New Science and the Lost Art of Joe's Corrective Work™

Rhinebeck Pilates and Richtone Design Group® will be presenting "Pilates at the Pillow™" — The New Science and Lost Art of Joe's Corrective Work™.

## Tentative Schedule\*

### Friday, April 17, 2020

3:00-5:00 pm	Check-in at Jacob's Pillow: 358 Jacob's Ladder Rd, Becket MA 01223
5:00-5:40 pm	<b>Pilates 34 in 34™ Joe's Return to Life Mat Class</b> — Sean Gallagher
6:00-7:30 pm	<b>Joseph Pilates History Lecture</b> — Topic and presenter TBA
7:30-9:00 pm	Mingling with Light Dinner/Drinks and Silent Auction

### Saturday, April 18, 2020

7:30-8:10 am	<b>Pilates 34 in 34™ Joe's Return to Life Mat Class</b> — Sean Gallagher
8:10-9:00 am	Breakfast
9:00 am -12:00 pm	<b>The Lost Art of The Spine Corrector</b> — Elaine Ewing
12:30-1:30 pm	Lunch
1:30-4:30 pm	<b>The Lost Art of the Standing Mat: Part 2</b> — Pam Pardi
5:00-6:30 pm	Dinner
7:00-8:00 pm	<b>Interview and Q&amp;A with Sean Gallagher: The History of The Pilates Studio Business</b>
8:00-9:00 pm	<b>The Pilatus Game of Stimulation™</b>

### Sunday, April 19, 2020

7:30-8:10 am	<b>Pilates 34 in 34™ Joe's Return to Life Mat Class</b> — Sean Gallagher
8:10-8:45 am	Breakfast
8:45-10:45 am	<b>The Science Behind The Relationship of the Two Powerhouses</b> — Sean Gallagher
10:45 am -12:45 pm	<b>Four Rooms in a 20 Room House</b> — Sean Gallagher and Elaine Ewing
12:45-1:30 pm	Lunch
1:30-3:30 pm	<b>Visit Joe's Studio and Property: A Guided Tour</b>
3:30-4:00 pm	Closing Ceremony
4:00 pm	Check out

\*Weather may require changes to the schedule!



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**PILATES**

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