



PILATES AT THE PILLOW™ | April 29-May 1, 2022

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

Presented by Rhinebeck Pilates and Richtone Design Group®

## Tentative Schedule\*

### Friday, April 29, 2022

12:00-4:00 pm	Private viewing of Jacob's Pillow's & Sean Gallagher's Pilates Archives on loan to Jacob's Pillow depicting Joe's time at Jacob's Pillow
3:00-4:00 pm	<b>Check-in at Jacob's Pillow: 358 Jacob's Ladder Rd, Becket MA 01223</b>
4:00-4:40 pm	<b>Pilates 34 in 34™ Joe's Return to Life Mat Class</b> — <i>Sean Gallagher</i>
5:00-6:15 pm	<b>Visit Joe's Studio and Property: A Guided Tour</b>
6:00-7:30 pm	Mingling with Light Dinner/Drinks; Silent Auction; Retail Shop Open
7:30-8:30 pm	<b>The Pilatus Game of Stimulation™</b>

### Saturday, April 30, 2022

7:30-8:10 am	<b>Pilates 34 in 34™ Joe's Return to Life Mat Class</b> — <i>Elaine Ewing</i>
8:10-9:00 am	Breakfast
9:00 am -12:00 pm	<b>The Lost Art of The Spine Corrector</b> — <i>Elaine Ewing and Sean Gallagher</i>
12:10-1:30 pm	Lunch
1:30-4:30 pm	<b>The Lost Art of the Standing Mat: Part 2</b> — <i>Sean Gallagher</i>
5:00-6:30 pm	Dinner; Archival Apparatus photo ops and play; Retail Shop Open
6:30-7:30 pm	<b>Interview and Q&amp;A with Sean Gallagher: The History of The Pilates Studio Business</b>
7:30-8:30 pm	<b>Historical Lecture: The History of The Apparatus</b> — <i>Sean Gallagher and Elaine Ewing</i>



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## Sunday, May 1, 2022

8:00-8:40 am	<b>Pilates 34 in 34™ Joe's Return to Life Mat Class</b> — <i>Sean Gallagher</i>
8:40-9:15 am	Breakfast
9:15-9:30 am	Group picture
9:30-11:30 am	<b>The Science Behind The Relationship of the Two Powerhouses</b> — <i>Sean Gallagher</i>
11:30 am-12:15 pm	Lunch
12:15 -3:15 pm	<b>Four Rooms in a 20-Room House</b> — <i>Sean Gallagher and Elaine Ewing</i>
3:30-4:00 pm	Closing Ceremony
4:00 pm	Check out

*\*Weather may require changes to the schedule!*

## Monday, May 2, 2022 (Optional)

Pilates 34 in 34™ Certification

(Additional \$350 at Rhinebeck Pilates at 6400 Montgomery St, Rhinebeck NY 21572)

10:30 am-5:30 pm	<b>Pilates 34 in 34™ Certification</b> — <i>Sean P. Gallagher and Elaine Ewing</i> One hour for lunch break- meals not included.
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