



PILATES AT THE PILLOW®
September 16-18, 2022
The New Science and the
Lost Art of Joe's Contrology®

Presented by The Pilates Source®, Richtone Design Group and Rhinebeck Pilates
Tentative Schedule*

Friday, September 16, 2022

- 11:00-4:00 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:** Check-in at Jacob's Pillow: 358 George Carter Rd, Becket MA 01223
- 4:00-4:40 pm:** Pilates 34 in 34® Joe's Pillow Return to Life Mat Class — *Sean Gallagher*
- 5:00-6:15 pm:** Visit Joe's Studio and Property: A Guided Tour
- 6:00-7:30 pm:** Mingling with Light Dinner/Drinks; Silent Auction; Retail Shop Open
- 7:30-8:30 pm:** PILATES STICK WORKOUT™

Saturday, September 17, 2022

- 7:30-8:10 am:** Pilates Archival Standing Mat™ Joe's Comprehensive Standing Mat Class — *Elaine Ewing*
- 8:10-9:00 am:** Breakfast
- 9:00 am -12:00pm Pilates Archival Airplane Board™- Sean Gallagher and Elaine Ewing**
- 12:10-1:30pm:** Lunch
- 1:30-4:30 pm: Pilates Archival Mat™ with Archival and Current Variations and Cuing— Sean Gallagher and Elaine Ewing**
- 5:00-6:30 pm** Dinner; Archival Apparatus photo ops and play; Retail Shop Open
- 6:30-7:30 pm** Interview and Q&A with Sean Gallagher: The History of The Pilates Studio Business
- 7:30-8:30 pm** Historical Slide Show, Presentation, and Book Signing- *Cathy Strack*

Sunday, September 18, 2022

- 8-8:40 am** Pilates Archival Standing Mat™ Joe's Comprehensive Standing Mat Class — *Sean Gallagher*
- 8:40-9:15am** Breakfast
- 9:15-9:30am** Group picture
- 9:30-11:30am The Science Behind Joe's Rehabilitative and Cardiovascular Spring Work™- Sean Gallagher**
- 11:30-12:15-** lunch
- 12:15 am -3:00 pm Pilates Archival Massage Table™ Part 1— Elaine Ewing and Sean Gallagher**
- 3:15 - 4:00 pm** Pilates Archival Standing Mat™ in the Grass Demonstration in the grass at Jacob's Pillow and Closing Ceremony (if raining in Perles studio)
- 4:00 pm** Check out

Monday September 19, 2022

Optional Workshop at Rhinebeck Pilates: The Pilates Archival Exercises™ Workshop
(additional \$300, lodging and meals in Rhinebeck not included)

*Weather may require changes to the schedule!