



PILATES AT THE PILLOW® | September 2023

# 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 29, 2023

11:00 am-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>
4:00-4:20 pm	Welcome and Weekend Logistics
4:20-5:45 pm	Visit Joe's Studio and Property: A Guided Tour
6:00-6:40 pm	Pilates 34 in 34® Joe's Pillow Return to Life Mat Class — <i>Elaine Ewing</i>
6:40-7:40 pm	Mingling with Light Dinner/Drinks; Silent Auction; Retail Shop Open
7:40-8:30 pm	The Pilatus Game of Stimulation™ 3 & 4

### Saturday, September 30, 2023

7:30-8:10 am	Pilates Archival Standing Mat™ Joe's Comprehensive Standing Mat Class — <i>Sean Gallagher</i>
8:10-9:00 am	Breakfast
9:00 am -12:00 pm	The Pilates Archival Bednasium™ Morning Workout Series — <i>Sean Gallagher and Elaine Ewing</i>
12:10-1:30 pm	Lunch with special pilates history guest TBA
1:30-4:30 pm	Foundational Classical Pilates Arm & Leg Springs — <i>Carol Baker and Vandy Lipman</i>
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: What are Sean Gallagher's Pilates Archives®? — <i>Sean Gallagher and Elaine Ewing</i>
7:30-8:30 pm	Historical Slide Show and Lecture about Joe's History at Jacob's Pillow — <i>Norton Owen</i>



PILATES AT THE PILLOW® | September 29 - 31, 2023

# The New Science and the Lost Art of Joe's Contrology®

**Sunday, September 31, 2023**

8:00-8:40 am	<b>Pilates Archival Standing Mat™ Joe's Comprehensive Standing 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>Pilates Body Systems™: The Connective Tissues</b> — <i>Sean Gallagher</i>
11:30 am-12:15 pm	Lunch
12:15 -3:00 pm	<b>Pilates Archival Massage Table™ Part 2</b> — <i>Elaine Ewing and Sean Gallagher</i>
3:15-4:00 pm	<b>Pilates Archival Standing Mat™</b> in the Grass Demonstration in the grass at Jacob's Pillow and Closing Ceremony (if raining in Perles studio)
4:00 pm	Check out

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

## **Optional Workshop - Not Included** **Monday, October 1, 2023**

Rhinebeck Pilates at 6400 Montgomery St, Rhinebeck NY 21572

\$300 per person

10:30 am-4:00 pm	<b>Pilates Archival Junior Reformer™</b> — <i>Sean P. Gallagher and Elaine Ewing</i> One hour for lunch break- meals not included
------------------	--