



PILATES AT THE PILLOW® | September 2024

# 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 27, 2024

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 George Carter 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® Mat Class — Elaine Ewing
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™ Part 4

### Saturday, September 28, 2024

7:30-8:10 am	Pilates Archival Standing Mat™ Class — Sean P. Gallagher, PT
8:10-9:00 am	Breakfast
9:00 am -12:00 pm	The Pilates' Gymnasium 101 Exerciser — Sean P. Gallagher, PT and Elaine Ewing
12:10-1:30 pm	Lunch
1:30-4:30 pm	Progressive Resistant Balance for the Whole Body — Sean P. Gallagher, PT and Elaine Ewing
5:00-6:30 pm	Dinner; Archival Apparatus photo ops and play; Retail Shop Open
6:30-7:30 pm	Interview with Sean Gallagher: Pilates and Physical Therapy: What are the Positives within the Negatives? — Sean P. Gallagher, PT and Elaine Ewing
7:30-8:30 pm	Historical Lecture with Cathy Strack: They All Went to Joe — Cathy Strack



PILATES AT THE PILLOW® | September 2024

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

**Sunday, September 29, 2024**

8:00-8:40 am	<b>Pilates Archival Standing Mat™ Class</b> — <i>Sean P. Gallagher, PT</i>
8:40-9:15 am	Breakfast
9:15-9:30 am	Group Picture
9:30-11:30 am	<b>The First Act of Life and The Last: Breathing JoE's Wä™</b> — <i>Sean P. Gallagher, PT</i>
11:30 am-12:15 pm	Lunch
12:15 -1:00 pm	<b>Jacob's Pillow Tea Garden Mat Exercises and Ceremony</b>
1:00-3:30 pm	<b>Corrective Resistant Balance for the Whole Body</b> — <i>Sean P. Gallagher, PT and Elaine Ewing</i>
4:00 pm	Check out

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

**Optional Workshop - Not Included**

**Monday, September 30, 2024**

**(The two workshops cannot be taken separately)**

Rhinebeck Pilates at 6400 Montgomery St, Rhinebeck NY 21572

\$300 per person

10:30 am-12:30 pm	<b>Classical Endings Around the Studio</b> — <i>Sean P. Gallagher and Elaine Ewing</i>
12:30-1:30 pm	One hour for lunch break- meals not included
1:30-4:00 pm	<b>Case Study</b> — <i>Sean P. Gallagher and Elaine Ewing</i>