

the PILATES center

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Boulder, CO 80301

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Upcoming Workshop:

THE FIVE LINEAGES

February 1–5, 2012

30 CECs • PMA-Approved

Full Workshop: \$1,350 • Single Day: \$285 • Per Hour: \$47.50

Take an in-depth look at
our five presenters below!

DEBORA KOLWEY

will present on

EVE GENTRY

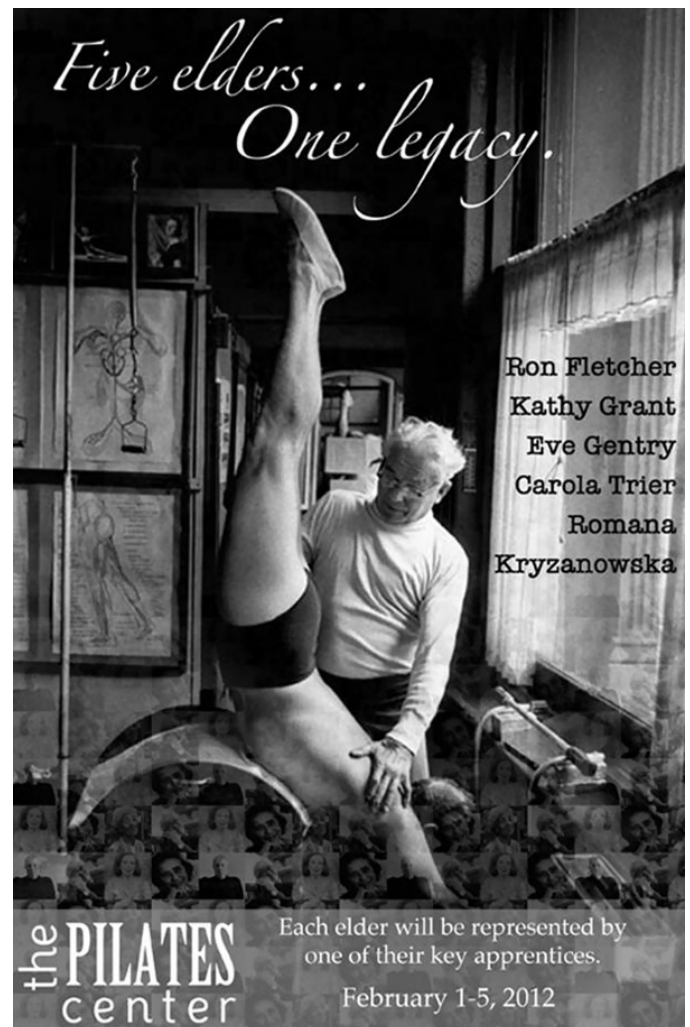
February 1, 2012 ♦ 1:00–8:00 P.M.

Debora Robinson Kolwey began her movement studies in high school, with yoga, ballet, modern dance and theatre arts. She received her BFA in dance from New York University's Tisch School of the Arts and upon graduation pursued a career in modern dance, in NYC.

In 1982 Debora moved to Boulder, Colorado, to dance with The Nancy Spanier Dance Company. While teaching fitness at a local gym, she apprenticed with Stephan Frease to become trained in Pilates, and in 1985 opened a small studio in her home. She spent the next few years teaching privately and traveling to study with first-generation teachers. Pivotal to her development was an apprenticeship with Eve Gentry. After Eve's death, Michele Larsson and Debora created the first Core Dynamics workshops to carry on Eve's legacy.

In 1991 Debora joined the teaching staff at The Pilates Center in Boulder, and in 1999 became a Teacher Trainer for The Pilates center Teacher Training Program. She is certified by Eve Gentry, the original Pilates Institute, The Pilates Center, and The PMA; and most recently completed Eric Franklin's Level I Educator training.

Debora is devoted to teaching. She is inspired by this opportunity to explore, with all types of people, that which supports us in becoming more fully human and finding deeper satisfaction in this life. She is influenced from many sources, including a wide variety of movement and alternative healing systems,



*Five elders...
One legacy.*

Ron Fletcher
Kathy Grant
Eve Gentry
Carola Trier
Romana
Kryzanowska

Each elder will be represented by
one of their key apprentices.
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spiritual philosophies, and her long-time practice of contemplative meditation.

JONATHAN OLDHAM

will present on

RON FLETCHER

February 2, 2012 ♦ 1:00–8:00 P.M.

Jonathan Oldham earned his certification to teach the Pilates method from the Pilates Center of Boulder in 1992. Before entering the world of Pilates, he was a professional figure skater, and skated for four years with the Ice Capades. He has a B.A. in French literature and graduated with his M.S. in physical therapy in 1999. He has also studied extensively with master teacher Ron Fletcher, and has completed the Ron Fletcher Program of Study.

Currently, Jonathan practices physical therapy at Alta Physical Therapy in Boulder, and teaches Pilates at Pura Vida Fitness and Spa in Denver, Colorado. Jonathan approaches his work with gratitude for the ability to move, and is thankful to have the opportunity to share his joy of movement with others.

CARA REESER
will present on
KATHY GRANT

February 3, 2012 ♦ 1:00–8:00 P.M.

Cara Reeser, the owner of Pilates Aligned Inc., has a B.A. from Sarah Lawrence College and an M.F.A. in dance, from New York University Tisch School of the Arts. As a student at Tisch, Cara began her initial studies in the Pilates Method with first-generation Master Teacher Kathleen Stanford Grant.

In 1993, Cara moved to Boulder, Colorado, where she continued her Pilates training at The Pilates Center. After completing the teacher training program in 1994, Cara stayed on to teach at the Pilates Center from 1994 to 2000. Cara opened the first Pilates Aligned studio in Denver in 2000; and then in 2009 opened a second location, where she teaches, mentors, and hosts a variety of continuing education workshops.

In addition to her teaching and touring schedule, Cara has been on the faculty at Naropa University since 1997, where she teaches courses in dance and movement studies. She continued to mentor under Ms. Grant until her death in 2010.

As a second-generation Pilates instructor and lineage carrier of the Kathy Grant work, Cara is well respected in the industry. She is an advanced teacher of the work, presenting continuing education and teacher mentoring group workshops at her studios in Denver, throughout the U.S., and abroad.

JILLIAN HESSEL
will present on
CAROLA TRIER

February 4, 2012 ♦ 12:00–7:00 P.M.

Jillian Hessel is an internationally renowned Master Pilates teacher based in Los Angeles, California, and a second-generation Pilates teacher in direct succession from Joseph Pilates. A former professional ballet dancer, Jillian first discovered the benefits of Pilates when her dancing career was temporarily sidelined by a back injury in 1981. She studied with both Kathy Grant and Carola Trier, former students of Joseph Pilates, and began to teach Pilates herself even as her dancing career resumed. She also has studied Iyengar Yoga, and is a strong devotee of the practice.

Jillian moved to Los Angeles in 1986, where she studied Pilates at the Ron Fletcher Studio, and taught at the California Institute of the Arts (CalArts) in the Dance Department for 13 years. She founded her own Pilates studio, The Well-Tempered Workout, in 1988. For over 20 years, she has won acclaim for her unique approach to fitness, helping countless students—including athletes, dancers and celebrities—get into the best shape of their lives. She is known for a commonsense teaching style approach to fitness that is non-intimidating and easy to understand, using layman's terms and imagery to instruct her students to work "from the inside out."

She is certified as a Health/Fitness Instructor through the American College of Sports Medicine (A.C.S.M.), as a Personal Trainer through American Council on Exercise (A.C.E.), is Gold-Certified through The Pilates Method Alliance (P.M.A.), and also holds a Certificate as a Fitness Instructor through U.C.L.A. Extension. In conjunction with her affiliation with the Pilates Method Alliance, Jillian provides guidance for training Pilates teachers that will help ensure safety, competence, ethics, respect, and professionalism within the industry.

THE TAYLOR SISTERS
will present on
ROMANA KRYZANOWSKA

February 5, 2012 ♦ 9:00–4:00 P.M.

Sisters Rachel and Amy Taylor received their Pilates training in New York City at the original Pilates Studio and were certified as teachers by Romana Kryzanowska, heir to the classical tradition of Joseph Pilates. Today, Rachel and Amy are master Pilates teachers and teacher trainers, published authors of *The Everything Pilates Book*, and most recently have partnered with Balanced Body to design CenterLine, the classically inspired Pilates equipment.

Rachel and Amy grew up in Youngstown, Ohio, where they began studying ballet at a very young age. Eventually both Rachel and Amy's passion and commitment helped them reach impressive milestones in their ballet careers.

Rachel danced professionally with the David Taylor Dance Theatre and with Brent Mason and Company. She was the Director of Dance at the Arvada Center for the Performing Arts and taught ballet in New York City at The Alvin Ailey School. In addition to her dance credentials, Rachel received a B.F.A. from the University of Colorado and a B.A. in Dance from Loretto Heights College in Denver.

Amy attended The Julliard School for Dance and later performed with The Garden State Ballet in New Jersey. She received a B.A. in Dance and an M.F.A. in Dance History from New York University. Amy also taught ballet at various dance schools in New York City for ten years.

Like many New York City dancers in the mid 1980s, both Amy and Rachel found themselves at the Pilates Studio, where Romana Kryzanowska was carrying on the work of Joseph Pilates. Little did they realize then that in the following years they would witness the near extinction of Pilates and then play a significant role in the rebirth of the industry, as well as becoming an integral part of Pilates history.

In 1990, Rachel and Amy opened The Pilates Center in Boulder, Colorado; and in 1991 a Teacher Training Program was developed at TPC with the assistance of Romana Kryzanowska. The Program was labeled "The Harvard of Pilates Teacher Training Programs" in *Pilates Style Magazine* and is known for graduating comprehensively trained teachers who can teach and perform through the most advanced Pilates movements.