



MOMENTUM FEST

JUNE 24-26
2022

Class Schedule
&
Descriptions



FRIDAY

*All times are mountain time

* Registration will be
open Thursday
evening 6:00pm-
7:00pm

7:00am - Registration Opens

7:00am-9:00am

Expo Open

8:30-9:30

Functional Five Flow - Erika Quest
Move It, Shake It, Lymph It - Jill Hinson
Teacher's Touch - Danica Kalendaroglu

9:45-10:45

The Mighty Thoracic Spine - Jessica Valant
Inclusive Movement - Micki Havard
Meridian Tapping Technique - Kristin DiMiceli

11:00-12:00

African Drumming - Soul Rhythm African Drumming
Slow Pilates Burn - Delia Buckmaster
Breathwork and Collage - Andrea Mitchell
Flex Mvmt (sponsored class)

12:15-1:15

MOTR (sponsored class)

12:00-2:00

Expo Open

Lunch on own

(pre-purchased boxed lunches available)



FRIDAY

**All times are mountain time*

1:30-2:30

Barre and Bands - Lauren George

Move Me - Tasha Edwards

Teaching for Equity and Equality - Jessica Vann

2:45-3:45

The Road to Backbends - Thicha Srivisal

Feet First - Lesley Logan

Elevate Your Breathing - Kaile Ziemba

Hooked on Pilates (sponsored class)

4:00-5:00

Causing a Commotion - Nico Gonzalez

Groov3 - Leslie Conzemius

The Meditation Journey - Jason Williams, Andrea

Mitchell and Lorna Bennett

4:30-7:00 Expo Open

5:00-7:00

Welcome Reception

Cash Bar

Photo Opportunities

Come shop, drink and celebrate with us!

Registration closes at 6:00pm



SATURDAY

* All times are listed in mountain time

7:00am Registration Opens

**7:00-9:00am
Expo Open**

**8:30-9:30am
Baby Got Thass - Lesley Logan
Move Me - Tasha Edwards
Breathwork and Collage - Andrea Mitchell**

**9:45-10:45
CenteRING - Clarissa Shepherd
Causing a Commotion - Nico Gonzalez
Meridian Tapping Technique - Kristin DiMiceli**

**11:00-12:00
Pulse and Flow - Lauren George
Caged Lion - John Howard Steel
Balance Balance - Jill Hinson
FEET-Ness (sponsored class)**

**12:00-2:00
Expo Open
Lunch on own
(pre-purchased boxed lunches available)**



SATURDAY

* All times are listed in mountain time

1:30-2:30

Mobility From Heart to Seoul - Thicha Srivisal

The Mighty Thoracic Spine - Jessica Valant

Don't Skip The Foreplay! - Lorna Bennett

2:45-3:45

Magic Circle PHIT - Micki Havard

Groov3 - Leslie Conzemius

Teacher's Touch - Danica Kalemдарoglu

Naboso (sponsored class)

4:00-5:00

Mindful Muscle Release - Jason Williams

Pilates Slow Burn - Delia Buckmaster

Creating a Safe & Inclusive Space - Roundtable

4:30-6:00 Expo Open

Dinner on own

7:30-10:00 (time may change slightly)

Summer Solstice Celebration!

Come ready to dance and celebrate!

Registration closes at 6:00pm



SUNDAY

* All times are listed in mountain time

7:00am Registration Opens

7:00-9:00am

Expo Open

7:30-8:30am

Pilates Slow Burn - Delia Buckmaster

Handstand Bound - Kristin DiMiceli

Elevate Your Breathing - Kaile Ziemba

8:45-9:45

CenterRING - Clarissa Shepherd

Mobility From Heart to Seoul - Thicha Srivisal

Empower Your Teaching - Roundtable

10:00-11:00

Teacher's Touch - Danica Kalemdaroglu

Pilates Barre Meditation - Jason Williams

Baby Got Thass - Lesley Logan

Oov (sponsored class)

11:00-12:00

Expo Open

Lunch on own

(pre-purchased boxed lunches available)



SUNDAY

* All times are listed in mountain time

12:00-1:00pm

Pulse and Flow - Lauren George

Move It, Shake It, Lymph It - Jill Hinson

Teaching for Equity and Equality - Jessica Vann

1:15-2:15pm

Let's Groove - Nico Gonzalez

Functional Five Flow - Erika Quest

**The Meditation Journey - Jason Williams, Andrea Mitchell,
Lorna Bennett**

2:30-3:30

**Movement Celebration and Closing Ceremony
- Jessica Valant and more**

*Tickets include access to all activities listed here.
Small reformer and chair classes are available for an
additional cost.*

MomentumFest.com

Class Descriptions

Functional Five Flow (Erika Quest)

Find the foundation and power in the FUNCTIONAL FIVE full body moves, (squat, plank, bridge, core, lunge)! Discover and learn form, progressions, and common considerations along with a fusion & flow mini workout highlighting each foundational exercise which can be linked together to join up with the next OR used separately with clients and classes. Get both form and FUN in this dynamic workout!

Move It, Shake It, Lymph It (Jill Hinson)

This new and specially designed class will provide you with a joyful space to explore movement and connect with your lymphatic system! Your body relies on your lymph system to remove waste and every movement in this class will help it to do its job! Let's promote lymph flow and circulation, calm the nervous system, relieve stress, and have fun while working one of the most incredible systems in our body!

Teacher's Touch (Danica Kalemдарoglu)

The power of touch can support and guide a moving body in space. It is also a way for teachers to have insight into the movement patterns of their clients. Where is tension held that should be transferred away? How is weight being supported? Where and how should you position yourself to best help your clients? We'll go through it all in Teacher's Touch.

The Mighty Thoracic Spine (Jessica Valant)

The thoracic spine is the body's secret weapon, yet it is often underutilized or simply ignored. Well not anymore! This class will focus on mobility and strengthening exercises that will address the thoracic spine and the powerful affect it has on the rest of the body. Get ready to look at your mid back in a whole new way!

Class Descriptions

Inclusive Pilates (Micki Havard)

This Pilates based movement class will demonstrate how traditional mat exercises can become accessible to all bodies! It will be based on the variations and modifications Micki provides in her book “Pilates for Everyone” and will give you tools as both a student and a teacher to create a safe space for movement.

Meridian Tapping Technique (Kristin DiMiceli)

Tapping can also be known as EFT (Emotional Freedom Technique) and is based on principles of ancient Chinese acupressure mixed with modern psychology.

Tapping allows you to focus on a negative emotion at hand: a fear, a worry, a bad memory, or any unresolved problem. Then you use your fingertips to tap on 9 specific meridian points of your body in a suggested order. Purposeful tapping on these specific meridian endpoints, while addressing the cause of distress, sends a calming, comforting signal to the brain allowing you to feel relaxed.

Slow Pilates Burn (Delia Buckmaster)

This Pilates class uses your own body weight, slow resistance, control and technique to give a slow burn to your muscles! You will stay present and mindful throughout the workout, ensuring that you get a true mind body connection throughout. You will truly see slow is better!

Breathwork and Collage (Andrea Mitchell)

Our group will begin with a quick 10 minute collage followed by a 10 minute journaling prompt. Collage and journaling are amazing tools to reach the unconscious part of the mind which allows access to Intuition and aids in releasing resistance.

Breathwork is a 3 part transformational breathing technique. As you follow along with the Breathing Meditation your energy will rise, and you will start to vibrate and feel your energy very clearly. This active breathing will happen for 30 minutes. The collage and journaling sets the intention and clears resistance so that the Breathwork can have the most healing benefit. This process is about self-discovery and bringing to surface what most needs to be seen or healed right now.

Class Descriptions

African Drumming (Emmanuel Annang - Soul Rhythm African Drumming)

Join us for a fun, high-energy and uplifting drumming! Anyone can drum! Drumming is fun, therapeutic and a meditative outlet. You can learn to drum, have fun, feel the rhythm, connect with you own energy on a deeper level, feel the freeness and rejuvenation from within.

Balanced Body MOTR Class

The MOTR combines the comfort of an easily portable foam roller apparatus with the challenge of three weight level resistances, resulting in a challenging and diverse workout tool! Movements on the MOTR can work balance, functional activities, agility, strength training and more. Don't miss this opportunity to see what the MOTR can do!

Move Me (Tasha Edwards)

How do you teach an effective class if your students aren't invested beyond just wanting to "feel the burn?" How do you help tap into what's happening internally before they even get to the first exercise and move into a space of "anything is possible?" " This class will move your mind first and then on and off the mat, on and off the rhythm of the music and in connection with self as we move through a fusion of Pilates, yoga, body weight exercises and free flowing movement. Come with curiosity and leave feeling connected.

Barre and Bands (Lauren George)

Resistance bands and barre go together like JLO and booty work! This fun and functional barre workout set to high energy music will utilize various type of resistance bands to challenge your entire body on and off the barre!

Teaching for Equity and Equality (Jessica Vann)

Participants will engage in real conversations about equity and equality in classes and learn techniques to continue to make your class safe and open truly for all. This is an important discussion you won't want to miss.

Class Descriptions

The Road to Backbends (Thicha Srivisal)

The class focuses on opening the upper back and shoulders! Most movers find back bend in pilates classes challenging and tend to avoid doing them. This class will guide you step by step how to approach backbends in a safe and enjoyable way. We will tackle high bridge from the ground up, unlock each component and finally approach the exercises as a whole!

Feet First (Lesley Logan)

What if the secret to connecting in every exercise came from your pinky toe? Ok, maybe not that granular but sometimes our feet are keeping us from connecting to our center. Take the tips in this workout with you into every Pilates workout and feel a stronger connection!

Elevate Your Breathing (Kaile Ziemba)

Mr Pilates designed his specific exercises to help us improve our breathing. Just breathing isn't always enough. Just moving isn't always enough. In this movement class we will explore how paying more attention to how and when we breath mixed with Pilates choreography can promote our health.

Causing a Commotion (Nico Gonzalez)

This is a bodyweight strength training class with a focus on fluidity , strength and core! All you need is a mat, a desire to push yourself and lots of water.

Groov3 (Leslie Conzemius)

Hip hop cardio dance class! Enough said. Bring your energy, attitude and excitement to this fun class that will definitely bring a groove to your body and a smile to your face!

The Meditation Journey (Jason Williams, Andrea Mitchell, Lorna Bennett)

Join Jason, Andrea and Lorna as they take you on a powerful meditation journey. This will include tips for meditation in real life, using mantras in your practice and how to find a daily meditation practice that fits your lifestyle. This session will end with a Q&A session to have all your meditaiton questions answered.

Class Descriptions

Baby Got Thass (Lesley Logan)

Ditch that click and feel the power from your backside! Often times the reason why exercises that we have done over and over escape (ahem Roll Up) is because we are not connected to our backside. Discover what it is, tap into it and see how it come take those exercises you loath into ones you like a little or a lot.

CenterRING (Clarissa Shepherd)

Close your eyes and imagine its 1969 at your at Woodstock. Relax & unwind as I take you through a nice stretchy mat while listening to Stevie Knicks, Jimi Hendrix and other 60s/70s classics with the magic circle.

Pulse and Flow (Lauren George)

Pulse and Flow is a yogi's twist on the traditional barre class! Students begin with muscle-sculpting barre exercises designed to strengthen the lower body and torch mega calories. Next, we hit the mat for a series of yoga flows which target the upper body, core, and glutes. The combination of these mind/body formats creates a fun, exciting new workout, leaving you refreshed, energized, and ready to take on the world!

Caged Lion (John Howard Steel) - non movement

Learn the surprising story of Pilates—the man and the method - from someone who lived it. John Howard Steel practiced law and Pilates for almost sixty years and was a student, friend and confidant of Joseph Pilates. In this live interview you'll hear about his recent book, Caged Lion, and his first hand accounts of knowing Joseph Pilates. This will be an eye opening learning experience you won't want to miss.

Balance Balance (Jill Hinson)

Let's find our center utilizing the principles from Pilates, tai chi and yoga. This class will challenge the control of your body awareness, coordination, joint stability, and reaction time!

Class Descriptions

FEET-NESS (sponsored class)

Come experience a fresh new workout that will leave you feeling strong, centered and balanced from head to toe. In this workout session we'll go from releasing the tension to strengthening certain parts of the feet. Once warmed up we'll also work on fun coordination drills that we'll make our feet smarter and more "dexterous". Rescue LOOP will be used to enhance the work on the foot/ankle complex and the connection with the body above. Experience first-hand how powerful and versatile this little spring is! (Rescue LOOP will be provide for use during the class)

Mobility From Heart to Seoul (Thicha Srivisal)

The hip resiliency class combines mobility exercises inspired by the FRC method with Pilates exercises. We will work towards opening the hips towards middle splits and front splits. You will realize how much further range of motion you can gain by practicing in a safe way!

Don't Skip The Foreplay! (Lorna Bennett)

Sex, like yoga, can be a metaphor for an ecstatic life. Get ready to TURN YOURSELF ON to your boldest life path with an exploration into erotic intelligence. Lorna invites you to bring your curiosity, ignite your desire, fuel your passion, foster your freedom, and FIRE UP as you expand possibilities in the transpersonal realms of relationship, intimacy and love.

Mindful Muscle Release (Jason Williams)

Using meditation and trigger points, this class will help you to release any tension you are holding onto. While weaving in reiki concept, this is the perfect way to shift and open space in your body and mind to invite healing.

Roundtable - Creating a Safe and Inclusive Space

Join a panel of Momentum Fest presenters as they discuss the important topic of inclusivity in the Pilates and fitness worlds. You'll hear perspectives on creating safe spaces for all people no matter race, age, size, ability or gender identification. All people deserve a safe space to move and this discussion will offer tips and stories on helping to make that happen.

Class Descriptions

Handstand Bound (Kristin DiMiceli)

Benefits of inversions are plenty: lymphatic drainage, improved circulation, youthful glow with oxygenated blood flow, core strength, energetic support, building confidence and coordination and more. But handstands can be intimidating. In this class we will break down the fundamentals of a handstand step-by-step using the wall as support and spotting one another. Attendees can take their own personal inversion experience to whatever level they feel comfortable.

Roundtable - Empower Your Teaching

Hear from some of our amazing Momentum Fest presenters as they discuss all things teaching! We will discuss how to program a class, tips on filling your schedule, the importance of working as a team and more. You won't want to miss a chance to ask your questions and find out actionable ways to empower your teaching.

Balanced Body Oov Class (sponsored class)

The Oov is an innovative way to enhance rehabilitation and fitness. The Oov helps to engage and isolate specific muscle groups to more effectively strengthen the body, while at the same time engaging your brain throughout the workout. This one hour full body class will take you through a variety of exercises that can be done with the Oov! It's an amazing opportunity to see what this piece of equipment can do.

Pilates Barre Meditation (Jason Williams)

Pilates Barre Meditation uses the six concepts of Joseph Pilates in concert with barre exercises to give you a fusion workout that feels purposeful, controlled and creative. You'll also be exploring various meditations to help relieve stress and inflammation along the way.

Let's Groove (Nico Gonzalez)

Leave your inhibitions at home and free yourself on the dance floor with me! Nothing stuffy, just fun moves that will bring a smile to your face and make you glisten.

Class Descriptions

Hooked on Pilates (sponsored class)

Experience the newest fitness trend: Hooked on Pilates® (HOP) Stretch - Strengthen - Reset! This energizing circuit class will introduce you to the patented HANDIBANDS and the patented MINIMAX. Two stations will feature the HANDIBANDS, recreating reformer exercises on the mat and the other station flowing exercises where they are attached to foam rollers. The MINIMAX will be used for a barre/Pilates fusion station and the other station will have you experiencing meditative supported yin yoga stretches.

Bulletproof Your Feet by Naboso (sponsored class)

With over 29 muscles in our feet there are important daily steps that can be done to ensure our feet stay strong and healthy. Join Functional Podiatrist and Naboso founder Dr Emily as she explores foot function as it relates to strength, mobility, sensory stimulation and circulation.

Movement Celebration and Closing Ceremony (Jessica Valant)

It's time to release, stretch and acknowledge all that you've experienced this weekend. This class will take your body and mind on a journey that flows one exercise right into another, giving a movement massage and celebration to your muscles and joints. With a relaxing playlist, powerful messages from Momentum Fest participants and a closing message to bring it all together, you will leave this class and weekend renewed and empowered.

** All class times, presenters and descriptions are subject to change.*

