



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

12:00-4:00 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
4:00-4:20 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 — Sean P. Gallagher, PT
6:40-7:40 pm	Mingling with Light Dinner/Drinks; 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	Archival Reformer: Medico-Mechanical System The Pilates' Gymnasium 101 Exerciser — Sean P. Gallagher, PT and Elaine Ewing
12:10-1:30 pm	Lunch
1:30-4:30 pm	Progressive & Corrective Resistant Balance for the Whole Body- Part 1 — 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



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Sunday, September 29, 2024

8:00-8:40 am	Pilates Exercises: Original 1940's Mat™ Class — <i>Elaine Ewing</i>
8:40-9:15 am	Breakfast
9:15-9:30 am	Group Picture
9:30-11:30 am	The First Act of Life and The Last: Breathing JoE's Wä™ — <i>Sean P. Gallagher, PT</i>
11:30 am-12:15 pm	Lunch
12:15 -1:00 pm	Ceremony and Jacob's Pillow Tea Garden Pilates Archival Standing Mat™ Class — <i>Sean P. Gallagher, PT</i>
1:00-3:30 pm	Progressive & Corrective Resistant Balance for the Whole Body- Part 2 — <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	Classical Endings Around the Studio — <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	Case Study — <i>Sean P. Gallagher and Elaine Ewing</i>