



PILATES AT THE PILLOW® | April 2026

100 Years of Contrology

Presented The Pilates Source®, Richtone Design Group and Rhinebeck Pilates

Tentative Schedule*

Friday, April 17, 2026

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| 12:00-4:00 pm | Private viewing of Jacob's Pillow's & Sean Gallagher's Pilates Archives® (on loan) depicting Joe's time at the dance festival |
| 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 Logistics |
| 4:20-5:45 pm | Visit Joe's Studio and Property: A Guided Tour <i>Bus leaves at 4:20 so please be on time.</i> |
| 6:00-6:40 pm | Pilates 34 in 34® Mat Class — <i>Sean P. Gallagher, PT</i> |
| 6:40-7:40 pm | Mingling with Light Dinner/Drinks; Retail Shop Open |
| 7:40-8:30 pm | The Pilatus Game of Stimulation™ |

Saturday, April 18, 2026

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| 7:30-8:10 am | Archival Pilates Foot Corrector — <i>Sean P. Gallagher, PT and Elaine Ewing</i> |
| 8:10-9:00 am | Breakfast |
| 9:00 am -12:00 pm | Archival Reformer: Medico-Mechanical System The Pilates' Gymnasium 101 Exerciser — <i>Sean P. Gallagher, PT and Elaine Ewing</i> |
| 12:10-1:30 pm | Lunch |
| 1:30-4:30 pm | Archival Pilates Push Through including Head & Chin Pillow — <i>Sean P. Gallagher, PT and Elaine Ewing</i> |
| 5:00-6:30 pm | Dinner; Archival Apparatus photo ops and play; Retail Shop Open |
| 6:30-8:30 pm | 100 Years of Pilates Presentation — <i>Sean P. Gallagher, PT and Elaine Ewing</i> |



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Sunday, April 19, 2026

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| 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 Pilates Body Systems Series: The Connective Tissues (Fascia)- The History, the Anatomy, and the Science — <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 | Comprehensive Archival Arm Springs — <i>Sean P. Gallagher, PT and Elaine Ewing</i> |
| 4:00 pm | Check out |

**This schedule is subject to change and will be updated to reflect that if necessary. Weather may also require changes to the schedule.*

Optional Workshop - Not Included

Monday, April 20, 2026

(The two workshops cannot be taken separately.

These workshops are in-person only. There is no virtual option.)

Rhinebeck Pilates at 6400 Montgomery St, Rhinebeck NY 21572

\$400 per person

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| 10:00 am-12:30 pm | How to Address Individual Needs with Joe's Contrology® — <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 | How to Address Problems When Teaching Certain Exercises — <i>Sean P. Gallagher and Elaine Ewing</i> |