

IQ of Movement Conference 2019

Pacific Northwest Pilates' spring conference 2019—IQ of Movement Conference—brings you premium Pilates and movement education with a training team that is passionate about delivering cutting-edge, credible and evidence-based education the old-fashioned way. At PNWP, we believe up-close, personal, hands-on interaction makes for a long-lasting and satisfying learning experience.

This is a refreshing opportunity to reconnect to an authentic, joyful and compassionate community of movement educators and like-minded people. Stay energized throughout each day with complementary IQ workouts and IQ Q&A breakout sessions. Space is limited. Pre-registration is required to attend all events.

Friday, May 3

9:30am	Registration opens
10:15am-12:15pm	STOTT PILATES® Matwork Interval Training Level 1 .2 CEC \$135
11:30am-12pm	IQ Q&A: Fascial Restrictions Free
12:30-2:30pm	STOTT PILATES® Studio Circuit Training .2 CEC \$135
2:15-2:45pm	IQ Q&A: The Perfect Plie Free
3-6pm	NEW! Level 2 - Therapeutic Pilates: Advanced Postural & Dynamic Movement Assessments CECs TBD \$350
5:30- 7:30pm	Join us for a cocktail at Verde Cocina

Saturday, May 4

11 am	Registration opens
10:15-10:45am	IQ workout: Tower Power Half Hour
11-11:30am	IQ Q&A: Piriformis Syndrome Free
12-2pm	Total Barre™ Modified for Pre & Post Natal .2 CEC \$135
12-2pm	STOTT PILATES® Equipment Programming for Breast Cancer Rehab .2 CEC \$135
1:30-2pm	IQ Q&A: Tips on Hips Free
2:30-4:30pm	ZEN·GA™ Flowing Sequences .2 CEC \$135
2:30-6:30pm	TBD - NEW! STOTT PILATES® Programming for Scoliosis Health .4 CEC \$275

Sunday, May 5

8:15am	Registration opens
8:15-8:45am	IQ workout: Morning Dynamic Stretch Free
9-11am	STOTT PILATES® Jumpboard Interval Training, Level 2 .2 CEC \$135
11:30am-2:30pm	NEW! Level 2 -Therapeutic Pilates: Advanced Postural & Dynamic Movement Assessments CECs TBD \$350



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