

BODY IN BALANCE – 142 Kupuohi St, Suite F2, Lahaina, HI 96761

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September 17-18th 2022

Presenter: Erika Quest

Total CECs: 7.0 CECs for all sessions

Itinerary: Saturday, September 17th

1:00 – 2:00pm – Erika Quest Masterclass = 1.0 CECs

Creative Pilates-based class on mat and/or equipment to get people moving.

BREAK: 30 minutes for Erika Quest to set-up

2:30 – 4:30pm – Erika Quest Workshop = 2.0 CECs “The Active Aging Toolbox”

Creative content on ways to utilize Active Aging protocol, strategies, and neuroplasticity while teaching classes of all levels and ages using a variety of equipment inside the BIB setting.

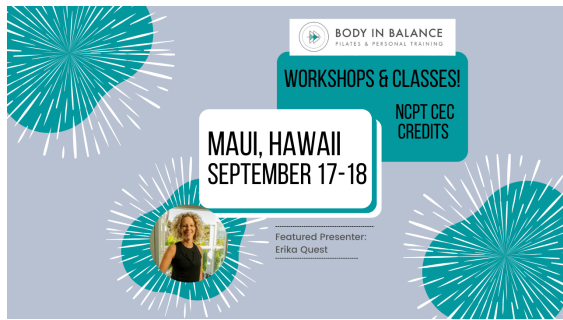
BREAK: 30 minutes for Erika Quest to set-up

5:00 – 6:00pm – Erika Quest Active Aging Masterclass = 1.0 CECs

Pilates-based class using concepts from the above workshop and infusing them into a teachable format to use in BIB appropriate levels and classes.

6:00pm – “Ask Erika Anything!” – COMPLIMENTARY!

Community-based hang-out session/party with a little food and drink for instructors to come in, support each other, network and meet area instructors and ask any questions in a safe and encouraging environment.



Itinerary: Sunday, September 18th

1:00 – 2:00pm – Erika Quest “Change Up Your Chair” Masterclass = 1.0 CECs

Creative and flowing masterclass on fresh chair choreography and various FUNCTIONal ways to incorporate the split pedal EXO chair into classes.

BREAK: 30 minutes for Erika Quest to set-up

2:30 – 4:30pm – Erika Quest Workshop = 2.0 CECs “FUNCTIONal Flow”

Erika Quest teaches 2-hour workshop on ways to add flow(s) using a variety of BIB equipment and props to classes. We will address the balance of strength-based work as well as the use of mobility/tools to create ways to work in a variety of body positions, embody the concept of mobility & stability of the trunk and how it relates to the arms and legs + pull it all together into user-friendly flows for classes.

OPTIONAL:

5:00 – 6:00pm – Erika Quest Masterclass = 1.0 CECs

This masterclass will be added should all others sell out.

PRICING:

Full-Weekend: \$400 – includes 2 workshops, 3 masterclasses & party (only 8 spots available)

Masterclass a la carte: \$45 per person (8 people is capacity in each)

Workshop a la carte: \$150 (16 people is capacity in each)