

BarreAmped®

#ShakeTogether2020 Conference Schedule

Meraki Studio | 2350 Railroad St. Pittsburgh, PA 15222

Friday, May 15, 2020

3:30PM - Welcome to Meraki Studio

3:45PM - Master Class: format & instructor TBD

5:30PM - Breath Work for Self-Care & Pelvic Health with Becki Meehan, PT

7:00PM - Group Dinner at Kaya Pittsburgh

Saturday, May 16, 2020

7:30AM - Master Class: BarreAmped® Fire with Abbie O'Neal

8:30AM - Pittsburgh City Views Barre Tour

10:30AM - Break

12:00PM - Workshop: Spine Anatomy with Abbie O'Neal & Lori Winter

1:30PM - Workshop: Cube Care™ with Lori Winter

3:00PM - Master Class: BarreAmped® Power Stretch with Lori Winter

4:30PM - Sound Bath & Meditation with Digg Therapy

6:30PM - Explore Pittsburgh, Dinner on your own

Sunday, May 17, 2020

8:00AM - Master Class: BarreAmped® Advanced with Lori Winter

9:00AM - Break

10:30AM - Workshop: Hip Anatomy with Abbie O'Neal & Lori Winter

12:00PM - Special Class: Revival Flow with Laura Escott

1:30PM - Farewell