













## Full Schedule

<p><b>Friday Oct 29</b></p>	<p><b>8a - 9a</b> Bodyweight Barre</p>  <p>Mylene Mackay</p>	<p><b>10a - 11a</b> Why Don't We...?</p>  <p>Abbie O'Neal</p>	<p><b>12p - 1p</b> {Panel Discussion} What Makes a Good Workout (and why it might not be sweat or soreness)</p>	<p><b>2p - 3p</b> Balancing Act: Barre Cardio</p>  <p>Chloe Mizuta</p>	<p><b>4p - 5p</b> She's Got Some Nerve</p>  <p>Deborah Mullner</p>
<p><b>Saturday Oct 30</b></p>	<p><b>8a - 9a</b> Everything AND the Kitchen Sink Barre</p>  <p>Lori Winter</p>	<p><b>10a - 11a</b> Let's Get Physics-al</p>  <p>Deborah Mullner</p>	<p><b>12p - 1p</b> {Panel Discussion} Baby on Board: Safe Strategies for Effective Movement Before and After Birth</p>	<p><b>2p - 3p</b> Bounce It Out</p>  <p>Lori Winter</p>	<p><b>4p - 5p</b> The Circus Show of Breathing</p>  <p>Abbie O'Neal</p>
<p><b>Sunday Oct 31</b></p>	<p><b>8a - 9a</b> 20 Seconds of Barre</p>  <p>Abbie O'Neal</p>	<p><b>10a - 11a</b> Mind, Muscle, Mobilize</p>  <p>Edith Liechty</p>	<p><b>12p - 1p</b> {Panel Discussion} Pre &amp; Post Workout Nutrition for a Healthy Metabolism &amp; Balanced Hormones</p>	<p><b>2p - 3p</b> Fuel Your Movement</p>  <p>Deborah, Amanda, Destiny</p>	<p><b>4p - 5p</b> ALIGN Breath &amp; Body</p>  <p>Lori Winter</p>

## Day 1: Session Descriptions



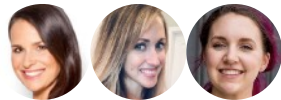
### Bodyweight Barre

No equipment? No problem! Kick off ALIGN with this Bodyweight Barre workout that requires zero props or equipment. Just yourself and a mat! You'll deeply connect mind to body and finish with a juicy relaxing stretch.



### Why Don't We...?

We often get asked, "why don't you do (xyz) in BarreAmped®?" Now you can learn the answers to questions like "why don't you choreograph your classes?" "Why don't we lift the toes of the standing foot off the floor in seat work?" "Why don't we do traditional under barre ab work?" "Why don't we do fire hydrants?" ... and more!



### What Makes a Good Workout (and why it might not be sweat or soreness)



### Balancing Act: Barre Cardio

Work up a sweat with low impact barre cardio and channel your focus and stability with balance challenges. "What we refer to as balance is, ironically, thousands of micro-movements that when combined give the appearance of stillness."



### She's Got Some Nerve

Are you stressed? Well, duh. Did you know exercise is actually a stressor on the body? Are you recovering well? What's the state of your nervous system before, during, and after a workout? Learn practical strategies to balance exercise and recovery and re-train your nervous system response in this workshop.

## Day 2: Session Descriptions



### Everything AND the Kitchen Sink Barre

Experience a studio BarreAmped® class from your own home! You'll use your wall-mounted barre, DorBarre, or your kitchen sink, along with a handful of other fun household props, for a challenging but doable barre practice.



### Let's Get Physics-al

Movement nerds, unite! In this hybrid workout / workshop, you'll calculate the forces behind the movements. This session is designed to keep you shaking and burning while engaging in a little physics! Grab your small ball for this workout and a sturdy support to hold onto for balance.



### Baby on Board: Safe Strategies for Effective Movement Before & After Birth



### Bounce It Out

If you have a rebounder, you know there's nothing better than that bounce break after classic BarreAmped® work. If you don't have a rebounder, you can still join this workout! Options will be provided using a step / elevated surface.



### The Circus Show of Breathing

Often, we've allowed secondary breathing muscles to become the star of the show. Learn strategies for getting the right muscles to show up for the job so they can be the star of the breathing show. We'll use a mat, pillow, yoga block (or something low to the ground to sit on), and something low enough to pull back on when squatting low (like a door frame).

## Day 3: Session Descriptions



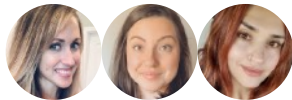
### 20 Seconds of Barre:

You can do anything for 20 seconds! This interval style barre workout plays with range of motion (big movements vs tiny pulses) in 20 second segments. No props needed – just a mat and something to hold onto for balance.



### Mind, Muscle, Mobilize

Learn the difference between mobility and flexibility and why it's important to strengthen your ranges of motion. Then move to the mat for a full body mobility flow in the context of barre fitness. Experience specific mobility for different joints explained in easy to understand terms. Finish feeling mobilized and refreshed!



### Pre & Post Workout Nutrition for a Healthy Metabolism & Balanced Hormones



### Fuel Your Movement

Quick, painless, and nutritious recipes for fueling your movement. Your nutrition panelists each present their favorite recipes to have on hand. Cooking demonstrations included!



### ALIGN Breath & Body

Cap off ALIGN 2021 with a rejuvenating experience combining mobility, breath work, and movement. Immediately put into practice everything you've learned over the weekend and revisit whenever you need a reset.

## Presenters



### **Lori Winter // BarreAmped® Director of Operations + Master Trainer**

Movement is life. It's from this foundation that Lori both teaches and practices — whether in her role as a BarreAmped® Training Director, on her mat as a student, or barefoot in her backyard. Beginning her BarreAmped® journey as a student of Suzanne Bowen's, Lori continued to seek out training in the method. In 2011 she was certified in all levels and added BarreAmped® Teacher Trainer the next year. Having grown up in gymnastics and dance classes, and earning a Bachelor's degree in Communications (Broadcasting & Theatre), teaching this mind-body fitness method was a natural fit. She stepped into the role of Director of Operations in July 2017. Lori is an AFAA Certified Group Fitness Instructor and holds certifications in Cube Care™ and YogaFit®.



### **Abbie O'Neal // BarreAmped® Master Trainer + Partner Studio Owner**

As an athlete growing up with a bodybuilder father, Abbie assumed that her interest in fitness would lead her to become a personal trainer. But, after trying her first BarreAmped® class in 2013, she immediately fell in love with the method. In 2016, she earned her first certification with BarreAmped® and within the next year and half had progressed through the program and became a Teacher Trainer. Abbie values BarreAmped®'s attention to form and alignment. It's what prompted her to pursue further education in prenatal and postnatal care with a focus on pelvic floor health. She is working to bring awareness and hope to women with pelvic floor issues.



### **Mylene Mackay // BarreAmped® Master Trainer + Partner Studio Owner**

Mylene discovered Pilates as a college student in Boston and was introduced to barre at the Lotte Berk Studio while living in London. She describes it as "love at first movement." After many years working internationally in luxury hotels, what was a healthy hobby soon developed into a passion for mind-body wellness and eventually a second career. Mylene is co-owner of Barre 2 Barre with locations in Hong Kong and Singapore, as well as online classes. She's currently based in Amsterdam. Apart from BarreAmped® and Pilates, she is also a student of yoga and kung fu. She's happiest on a sunny beach in the Philippines with family and friends.

## Presenters



### **Edith Liechty // BarreAmped® Partner Instructor, Personal Trainer, + FRC Mobility Specialist**

Edith is a BarreAmped® Partner Instructor and Personal Trainer. She takes a long-term approach with clients to help them live and move better for a lifetime. Along with learning more about the human body every day, mobility and corrective exercise certifications help her achieve that goal. Outside of fitness, she loves cooking, being outside, and playing music.



### **Deborah Mullner // BarreAmped® Partner Instructor + Registered Nurse**

Deborah is a Registered Nurse, new mama, and BarreAmped® Teacher Trainer. She's passionate about learning the how and why behind movement, and stands behind safe, effective, intentional workouts that preserve and strengthen the body without punishment or destruction of the joints!



### **Chloe Mizuta // BarreAmped® Partner Instructor + Mat Pilates Instructor**

Born and raised in France, Chloe moved to the US in 1998. Ten years later, her barre journey began in Chicago and it was love at first shake! She moved to Hong Kong in 2010 where she certified as a BarreAmped® instructor. Training in Polestar mat Pilates followed not long thereafter. Currently, Chloe resides in the suburbs of Boston where she has the pleasure of teaching barre in both French and English at different studio locations, as well as online. She teaches clients locally, but also in Chicago, New York, Switzerland, France, and Cambodia with an age range between 11 and 75 years old! Teaching barre fitness has been an amazing journey that she hopes to keep rolling for a while.

## Presenters



### **Amanda Christian // CHNC & Herbalist**

As a Certified Holistic Nutrition Consultant and Herbalist, Amanda believes that we can use a combination of nutrition and natural herbal remedies to prevent illness and heal from the inside out! She teaches clients to incorporate high quality foods, supplements, and herbal remedies into their daily routines for true metabolic healing and sustainable health.



### **Destiny Marson // FTNP**

Destiny is the owner and founder of Dlux Wellness. She's a holistic health advocate that believes in the healing power of real food and healthy lifestyle changes. Destiny is a gut, mineral, and metabolism nerd! She loves to help women and men kick their IBS and trashed metabolism to the curb. Her work is dedicated to educating people on their physiology, real nutrition, mineral balancing, gut health, and metabolic health. In the past, Destiny suffered from her own health challenges and now helps others with their own health challenges. Her mission in life is to help people ditch the fads, extreme diets, and nutrition myths that are stopping them from thriving! Destiny is from California but now resides in Colorado with her husband, her daughter, and their dog.



### **Brittany Ryan // DPT**

Brittany is a Doctor of Physical Therapy with additional certifications in integrative dry needling and LSVT-BIG program for Parkinson's disease. She has a passion for decreasing pain and eliminating impairments while educating patients on how they can continue to maintain an active lifestyle once they are ready to graduate from physical therapy. She also has a strong understanding that the best way to help with physical impairments requires the patient to take a look at their nutrition and how they are fueling their bodies.



## Suzanne Bowen

Founder & Creator of BarreAmped®

Suzanne Bowen joins us as a special guest panelist for ALIGN 2021. With over 15 years of experience in the fitness & wellness space, Suzanne was a trailblazer for barre fitness intentionally taught from a neutral spine base.

