



Mission: Mission: to provide online, premium fitness & wellness continuing education on a convenient platform as a convenient stay-cation.

When: All published times are EST/Eastern Standard Time. To be sure, use Google/Siri/Alexa what this means for YOUR time zone. Halloween, October 31, starting at 10AM EST

Where: on a secret group on Facebook LIVE to which you are added a few days before our event begins.

EST

1000-1015	Lawrence	Welcome Prayer	
1015-1100	Luciano Mottola	Dance from Rome	from Italy: Join Luciano for Italian-style bilateral dance. Read his bio to understand why you want to be present for his moves that all come from his background as a certified trained physio in Italy.
11:00-1115		-----	
1115-1200	Lawrence (host)	wow SPEEDstayVention	from around the world: Special Guests from around the world as first-time presents offering 5 minutes of world-class, mind-blowing wisdom to advance your game and leave you wanting more of their five minutes of cutting-edge, thrilling and useful take-aways! See our lineup below.
1200-1215		-----	
1215-1300	Kia Williams	Barretender's Happy Hour	from Texas: Welcome to the format "tasting" for the Barre connoisseur. This movement-based workshop is designed to share unique music selecting ideas to complement intentional coaching and cueing tips for Barre instructors a.k.a. "Barretenders," to apply to their instructor repertoire and "drink" selection. The magic is all in how you serve it. This workout experience is a fusion of ballet barre, Pilates, muscular-endurance training, and cardio intervals set to HOT "barre" music to create fun, fresh, funky new ways to reinvent choreography to transform your traditional barre classes.
1300-1315		-----	
1315-1400	Nathalie Pladmondon-Thomas	Think Yourself Something	from Canada: THINK Yourself® A BUSINESS PRO: Transform social media fans into paying clients A lot of fitness professionals are building their business "on the side" and have to stick with their full-time job to make ends meet. They get lots of followers on Social Media but somehow, it doesn't translate into money in their bank account. They are great at what they do but would rather go without having to "sell" their services. Learn from 8 times No.1 International

			Bestselling Author the key components to a successful business and walk away with a concrete plan and proven strategies.
1400-1415		-----	
1415-1500	Yury Rockit	Yury: secrets to wellness with your own body intelligence	from Earth: Discover practical take-aways to deepen your sense of self including human design, gene keys, secret crystal chi gong, and more.
1500-1515			
1515-1600	Stacy McCarthy	Yoga Adjustments	from California: Join the most widely known name in yoga today amongst all countries and continents, showing the best for how to “touch” physically and metaphorically and emotionally our clients both virtually and in person.

Your FG2000 Faculty

Lawrence Biscontini, MA: has made fitness history as a Mindful Movement Specialist winning awards from ACE, IDEA & Inner IDEA, Can Fit Pro, and ECA. Lawrence is an SCW Faculty Member, and industry Author, Presenter, Keynoter, and Course Development Specialist for various companies, serving on the Advisory Board for the ICAA and Power Music®, and People of iSPA. Lawrence (RYT 500) teaches with multiple certification experience. Find Lawrence at www.findlawrence.com.

Stacy McCarthy B.S., E-RYT500 Creator of the Yoga Body DVD Series and Author of Transformational Teaching Through Yoga Adjustments, teaches personal transformation and yoga worldwide. Her methods address the physical, mental and spiritual aspects of life. She has taught tens of thousands of students and trained several hundred teachers. Her line of organic, vegan, and prepared foods is “Beaming Wellness” and has been a proud supporter of #fitnessworks from the start.

Luciano Mottola from Italy is one of the very best of his profession when you look at international presenters. His unambiguous Italian charisma and his great creativity make him a real exception. As a newcomer in 2006, he won the prestigious Italian prize of the "Saranno Presenter" of the Italian Fitness League (FIF), the guarantor of an international career, and also has been elected “Instructor of the Year” in Italy in 2006 (Rimini Wellness) and “The best International Presenter” in Poland in 2012 (EU4YA). Luciano studied medicine at the Medical Faculty of the University of Naples. Luciano is a Doctor of physiotherapy and teaches in Rome and abroad a wide variety of classes like Aerodance, Step Dance, Step Methodology, Aerobic Choreography, Functional Step, Functional Training, Body Weights, Posture Correction, in over 45 Countries including in 2016 at IDEA World Convention Los Angeles United States, and has been a proud supporter of #fitnessworks from the start.

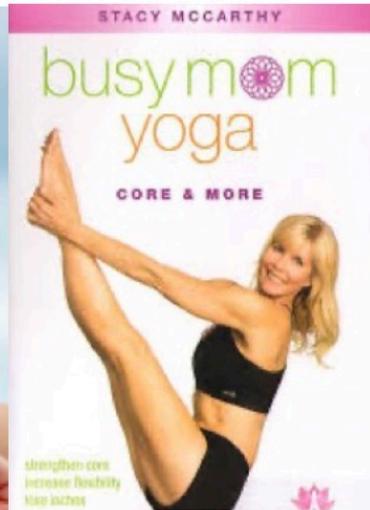
Nathalie Plamondon-Thomas is Lawrence’s fitness and wellness industry discover-of-the-year find! **Nathalie Plamondon-Thomas** Nathalie is the EXPERT with a PROVEN SYSTEM to get you transformational results. She works with entrepreneurs who want to find Confidence & Clarity so they can make money living from their passion. She is international No.1 Bestselling Author of fifteen books on success, communication, wellness and empowerment. She is the Founder and CEO of the THINK Yourself® ACADEMY, offering leading-edge courses, training and events. Along the past 30 years, she has inspired over 100,000 audience members and empowered thousands of clients internationally to get rid of their negative self-talk & implement business practices that generate results. She combines over 10 years of experience in human resources, 25 years of experience in sales and over 30 years in the fitness industry. In 2007, she was "Fitness Instructor of the Year" for Canada.

Yury Rockit: has lived, studied and worked on 3 continents (Europe, Asia and Northern America) in several mindful capacities as studio owner, teacher, trainer, coach, and speaker. It has been an exciting journey — adapting, exploring and learning different cultures and speaking different languages. Uniquely born in a country that soon thereafter ceased to exist (USSR), Yury has observed enormous amount of differences in people around the world. Nevertheless, he's noticed one common thread that unities us all: our ability to move towards our Aliveness despite life's apparent obstacles and lessons. Yury is certified by, and a provider for, ACE, AFAA, SCW, ACSM, and others, and a proud member of FG2000 faculty for over a decade.

Kia Williams: works as an internationally sought-after presenter and speaker. Her affiliations include all of the following: Barre Above Master Trainer, Yoga Alliance 200hr RYT, AFAA Group Exercise, NASM/AFAA Personal Training, Schwinn Indoor Cycling, Pilates, Turbokick, PiYo, Zumba, Cardio, Sculpt, Boot Camp, and Strength Training.



Rockit,



McCarthy,



Mottola,



Plamondon-T,



Williams

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Introducing

WOW! A first-ever speedstayVention featuring Unique Presenters of 5 Minutes Each:

For the first time, #stayVention brings you #SPEEDstayVention, where inside a single session you get over a DOZEN unique take-aways from both new discovery up-and-coming presenters blended with global seasoned presenters. Scheduled to appear include are members of my masterMINDful Hundred Acre Woods group #flHAW and both seasoned and first-timer presenters!



Byrnes Harris Micco McCormick O'Brien Powell Watkins Wells

Power in Your Hands: Unlocking Hand Reflexology (stayVention debut!)

Eileen Byrnes is a yoga instructor, movement coach and certified reflexologist passionate about spreading wellness from the ground up. She cares for her clients from soul to sole.

It's Time for a New Pair of Glasses because #OLM Older Lives Matter! (stayVention debut!)

Heather Harris has spent the past 23 years living a dual life as both a professional singer and as a fitness pro (with certifications ranging from NASM PT to Exercise for the Frail Elderly). She transforms the lives of Active Agers with music; movement, motivation and meraki.

Tips for Pregnancy and Barre

Wendy McCormick will join the quarter century club in 2021 as a professional movement “edutainer” if she outlasts the Covid Retreat. As a Master Trainer for Barre Above(TM) and a YMCA Canada Training Educator she #AspirestoInspire the human race to move with joy and confidence.

Mindful Movement to Decrease Anxiety and Depression (stayVention debut!, seasoned presenter)

Claudia Micco is an experienced international presenter who specializes in Trauma Sensitive Fitness. She possesses ACE certifications and ERYT 500 Yoga Alliance teacher trainer and continuing education provider, licensed massage and hypnotherapist.

The Five Frolicking Animals of Qi-Gong Come to 100 Acre Woods (at 90, a very very seasoned presenter)

Bernadette O’Brien: named "Super Betty" worldwide for her unmatched dynamism with people from bands to BOSU®. Bernadette won the Centrum Vitamin contest for "The Most Energized, Amazing Woman in America," over applicants 50 - 70 old, and, at 90 years of age Bernadette, not only teaches, but inspires the world to rethink what "teaching active agers" really means today.

“Back to Bed-- at OM with Janie” (stayVention debut, finally after years, she agreed!)

Janie Watkins is a 600Hr. Yoga Therapist, Yoga Instructor, and Pilates Instructor who following Back Surgery in 2002 rehabilitated with Pilates and Yoga and designed a “Healthy Spine and Mind” Class which has met on Tuesdays and Thursdays for the past 17 years in Alabama, USA.. Janie sees Private Yoga Therapy Clients, as well as teaches Yoga and Pilates when not, with Garry, her husband of 47 yrs., walking, spending time outdoors and interior design.

Laughing Through the Holidays (stayVention debut!)

Claire Powell has shown many how to seriously, LaughAnyWay. With her mission of “Laughter, Laughter Everywhere” along with promoting fitness and fun, Claire’s vision is to achieve World Peace using Laughter, our universal language.

Naked Foot Function with Karen Wells (stayVention debut!, seasoned presenter)

Karen B Wells has a BS degree from Georgia State University, with a concentration in dance education, athletic training, and exercise science. Karen is a fitness and movement expert focusing on relieving chronic pain by conditioning our whole body, starting with our connective tissue, alignment of our bones, our nervous system, and muscles, creating a holistic approach to health and wellness. She presents sessions to industry professionals on MELT, Yoga and Pilates.

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