

## Registration form

The Beauty of Motion, a conference for women — March 13-14, 2010.  
 Online registration is available at [www.thebeautyofmotion.com](http://www.thebeautyofmotion.com).  
 Lunch is included with registration.

### Registration

Name: \_\_\_\_\_  
 Company/Team name: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Cell: \_\_\_\_\_  
 Emergency contact name: \_\_\_\_\_  
 Emergency contact phone: \_\_\_\_\_  
 How did you hear about the Beauty of Motion?: \_\_\_\_\_

Please select registration type (lunch is included):

- I will attend both days. \$125 (\$90.00 student rate)
- I will attend only Saturday. \$80 (\$50.00 student rate)
- I will attend only Sunday. \$80 (\$50.00 student rate)
- I will attend the luncheon only (Saturday). \$40
- I will attend the luncheon only (Sunday). \$40
- I am registering as a group of 4 or more. (Discount 10% off each person. All forms must be mailed in one envelope with one payment.)

Select age range (optional):

- 16-21       22-29       30-39       40-49       50+

### Payment

Registration fee: \_\_\_\_\_

TOTAL: \_\_\_\_\_

There is inherent risk of participation in dance and fitness activities. If you are unsure of your physical ability to participate, please consult your physician. The Beauty of Motion organizers and instructors are not responsible for injury related to participation in this conference.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent signature if under 18 years of age

**Mail this form along with a check (made payable to the Beauty of Motion) to:**

The Beauty of Motion  
 4083 Drumcliffe Circle  
 Rosemount, MN 55068

Registration and payment to be received by March 8. After March 8, please register online.

\*Have a question? E-mail [khegarty@lightblast.net](mailto:khegarty@lightblast.net)

## Keynote speaker



### Olympian, Carrie Tollefson

Carrie wasted no time making her mark as a gifted athlete. She won her first Minnesota state cross country high school title as an eighth-grader. She won four more, setting a state record for consecutive wins. By the time she left Dawson, Minn., Carrie had thirteen Minnesota state high school titles in track and cross country to her name.

At Villanova, Carrie continued to excel. She won the 1998 NCAA Cross Country individual title for the Wildcats, before becoming the first woman to win titles at both 3000m and 5000m at the same NCAA Outdoor Championship. Follow-

ing her career at Villanova, Carrie found herself as one of the favorites to make the 2004 US Olympic team in the 5000m. After falling short of qualifying in the 5000m, Carrie bounced back from her disappointment and won the 1500m title, securing her spot at the Athens Olympics, making hers one of the greatest comeback stories of the Trials.

Carrie, a native of Dawson, Minn., (population 1,539) is a celebrity in the Twin Cities metro area and is also in demand around the country as a vibrant and engaging motivational public speaker. Long interested in broadcasting, Carrie has worked as a commentator and play-by-play analyst at elite track meets and road races across the US.



## Lodging information

Room reservations can be made directly with the Sheraton Bloomington by calling (952) 835-7800 or by visiting [www.starwoodhotels.com](http://www.starwoodhotels.com). The hotel's address is 7800 Normandale Boulevard, Bloomington, MN 55439.

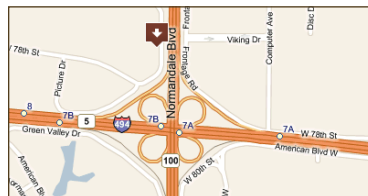


Photo courtesy the Sheraton Hotel, Bloomington

Photos courtesy of Teresa Hermes Photography unless otherwise noted. Headshots, magazine cover submitted. [www.teresahermesphotography.com](http://www.teresahermesphotography.com)

**DW** Derrick Williams Design, print, media, web

© 2010 Derrick Williams Design

Third annual

# The Beauty of Motion

A Conference  
for women

The Sheraton, Bloomington

March 13-14, 2010



Learn. Move. Feel. Dance.

Presented by:

**Advantage Dance**  
Team and personal coaching

Minnesota Association of  
**EDT**  
Dance Teams

The Diamond Within

[www.thebeautyofmotion.com](http://www.thebeautyofmotion.com)

## The Mission:

Connecting active women for a health-centered, inspiring and educational workshop, March 13-14, 2010, at the Sheraton, Bloomington.

## The Vision:

An event that challenges women to fully embrace their love of dance, artistic movement, fitness, beauty and personal growth.

## The Experience:

Escape to the beautiful Sheraton, Bloomington, featuring an accommodating conference center, luxurious guest rooms, full amenities, easy highway access, close proximity to the airport, free shuttle service to the Mall of America and free parking.

Spa and beauty services will be performed on site and the expo will provide a full shopping experience. The retreat-like environment will provide opportunities to reflect, relax, rejuvenate and most importantly, MOVE!

## The Course:

Participants will have their choice of four course offerings per hour. Mix and match your selections between dance, fitness, and lecture style classes.

### Learn

The first room will be entirely lecture-based and will include presenters on topics relevant to active women. Lectures include such topics as fashion and beauty makeovers, how to start a small business, leadership, skin care, nutrition, and motivation for yourself and for your team.

### Feel

The second room will offer a mix of active fitness classes. Get a workout or just observe and take notes! Offerings will include classes such as yoga, pilates, injury prevention, core conditioning, flexibility development and more! We will even be offering continuing education credits through A.C.E. for fitness instructors! Look online for a listing of approved classes.

### Dance

The third room will offer dance instruction, but this room will be geared toward less-than-elite level dancers, former dancers, or those that are a dancer at heart but never had the chance to receive formal training. Still top-notch instructors and choreography, but without the high-level skills!

### Dance

The last room will be high-level dance instruction of various styles to include jazz, modern, tap, lyrical, ballet and more, taught by top-notch choreographers and instructors.

Undoubtedly, there will be something for everyone. Participants can move their body all day or be inspired by lectures. Or combine the two to create an ideal retreat. Participants will be encouraged to take an hour off to indulge in spa services and shop the expo while collecting signatures from all exhibitors to enter a door prize drawing. It will be a weekend to remember!



## Tentative class schedule

Saturday	Learn	Move	Feel	Dance
9-10 a.m.	Registration and expo tables			
10-11 a.m.	Large group jam session with Katie Haggerty			
11:30 a.m.-12:30 p.m.	Accessorizing to update your look for 2010	Beginner ballet	Total body at home fitness plan	Advanced tap
Luncheon	Carrie Tollefson, presenter			
2-3 p.m.	Introduction to the principles of feng shui decorating	Hip-hop for fitness and fun	10 core exercises to avoid, with Meredith Butulis	Advanced ballet
3:30-4:30 p.m.	Beauty makeover panel	All levels lyrical (No experience needed)	Yoga	Advanced contemporary dance
5-6 p.m.	Nutrition	Zumba	Pilates	Advanced lyrical dance

\* Classes, instructors, and times are subject to change.

\*\* See [www.thebeautyofmotion.com](http://www.thebeautyofmotion.com) for detailed schedule and instructor bios.

Sunday	Learn	Move	Feel	Dance
9-10 a.m.	Registration and expo tables			
10-11 a.m.	Large group jam session with Trey Barber			
11:30 a.m.-12:30 p.m.	Bringing out the best in your skin	Kettlebell	Nia	Advanced hip-hop
Luncheon	Keynote presenter			
2-3 p.m.	Effective leadership: inspiring action and commitment in others	Latin ballroom dance (For beginners)	Avoiding, recognizing and treating overuse injuries in women	Advanced jazz
3:30-4:30 p.m.	Beauty makeover panel	All levels jazz (No experience needed)	Yoga	Advanced contemporary dance
5-6 p.m.	Stress management and healthy living for a busy life	Cardio striptease with Katie Haggerty	Strong and sculpted	Advanced modern dance

## What to expect in 2010

- 1) Two keynote luncheon speakers; free luncheon provided both days
- 2) ACE Continuing Education Credits for fitness instructors, including pre-conference classes (see website for details)
- 3) Spa and beauty services performed on site
- 4) Master class opening sessions with featured instructors Trey Barber and Katie Haggerty
- 5) Classes that promote dance, from the Latin beats of Zumba, to beginner ballet, to contemporary dance
- 6) Additional classes offered on Saturday for dance team coaches. See [www.thebeautyofmotion.com](http://www.thebeautyofmotion.com) for course descriptions and details.

## Featured instructors



### Trey Barber

Trey has been teaching and choreographing for the last 12 years across the country. He is originally from Salt Lake City, Utah and he has worked with Radio Disney Artists, LMNT and DreamStreet. He continues to work with pop sensation Jesse McCartney.

Trey's choreography has been featured on HBO Family, ABC's The View, MBC, ESPN, and the Oxygen Network. He has performed and choreographed numerous routines for the NBA, NCAA, fashion shows, professional dance companies, industrials, and various television projects.

Trey's classes offer a challenging, innovative approach to Hip Hop placing the student's needs first. His passion and talent are truly inspiring-making his classes fun and exciting for everyone.

### Katie Haggerty

Katie Haggerty is the Group Fitness Department Head for St. Louis Park and St. Paul Life Time Fitness Clubs. She has been teaching in the industry for over 10 years, and loves teaching various formats from Yoga, Cycle, Strength Training, Step and Dance Fitness.

Katie has a degree in Kinesiology from the University of Minnesota, travels nationwide conducting fitness trainings for National Exercise Trainers Association (NETA), and is one of the Life Time Fitness Master Instructor Team leads for the MN Region. Her passion in life is to inspire people to live healthy while having as much fun as they possibly can!



## About the directors

Event co-directors, Tami Krause and Kelly Hegarty have been active in Minnesota's dance community for 20+ years. Tami is best known as the coach of the Minnesota Vikings Cheerleaders and Minnesota Swarm (NLL) Performance Team. Tami is also the reigning Mrs. Minnesota International and is an active volunteer for the American Heart Association's Go Red Educational Committee. Kelly is the owner of Advantage Dance, LLC, operating camps and workshops for dance teams and dance studios across Minnesota and throughout the Midwest. Tami and Kelly coached high school dance team (in Bloomington, and Burnsville respectively) for years and are inducted members of the Minnesota Association of Dance Team's Coaches Hall of Fame. Both women, each a mother of three, are proponents of women's health and fitness, and maintain connections to the hundreds of women they have coached over the years.



Tami Krause



Kelly Hegarty