

# 5 Reasons to Attend Pilates Empowerment Summit 2017: CECs Galore

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As global Pilates events go, few can rival the combination of entertainment, education and networking opportunities that Pilates Empowerment Summit (PES) offers. That level of quality in the programming offers came from continually evolving to meet our community's needs, and all instructor eventually run into the need for CECs to stay certified. With 90-percent new educational opportunities this year, we feel your CECs needs will be met at PES 2017 in Miami, Florida.

This year you'll be able to choose from over 50 authentic sessions designed to advance your Pilates career, and, with the ability to earn up to 14 CECs (the full amount required to recertify), PES 2017 is a CEC procrastinator's dream come true!

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The selection to choose from is far from scarce. But, with such a wide-variety of additions we want to make sure you get wind of our favorites first. Here our five favorite additions to the CEC line-up at PES 2017:

# 1. Pilates in Paradise: Lead the Perfect Retreat

**Session Type:** Lecture

**Speaker:** Jaime Isaac

**Date:** Thursday, June 1

**Time:** 9:00 a.m. – 12:15 p.m.

As a Master Instructor (MI) with over 20 years of experience in coaching and teaching human movement and the owner of [Azulfit Pilates](#), a yoga and Pilates businesses that offers a Spanish yoga retreat as part of its programming. – Jaime Issac may not have seen and done it all, but he's getting there. In this presentation, discover how he's taken the trending business model of fitness retreats and optimized the programming to provide a one-of-a-kind experience that yields physical and mental benefits for his clients and monetary results for studio owners.

## 2. The Business of Pilates

**Session Type:** Lecture

**Speaker:** Kathryn Coyle

**Date:** Thursday, June 1st

**Time:** 4:00 p.m. – 5:30 p.m.

Pilates instructors are passionate about working with people to make a difference in their lives. But, before you can help anyone you need to help yourself by building a successful business foundation. Join Life Time Fitness' Kathryn Coyle as she shares the knowledge she's obtained from running a Pilates program for a nationwide gym chain. With just an hour and half of your time you'll collect a plethora of invaluable knowledge to help your business thrive.

### 3. Pilates for Men

**Session Type:** Workshop

**Speaker:** Scott Samford & Mikko Utecht

**Date:** Friday, June 2

**Time:** 4:00 p.m. – 5:30 p.m.

When it comes to Pilates, training and marketing to men often requires a different programming and marketing approach. Come and learn how to utilize your skills with men in a Pilates setting. Let Scott and Mikko guide you through what to take into consideration, how to approach and what to look out for when working with men. From practical applications to marketing, we'll answer your questions about working with men.

### 4. Eve's Approach to Mat

**Session Type:** Workshop

**Speaker:** Michelle Larsson

**Date:** Thursday, June 1

**Time:** 4:00 p.m. – 5:30 p.m.

With a focus on classical programming the PES program always jumps at the opportunity to allow you to pick the brain of those who have worked alongside Pilates Elders. Take a trip back to the roots of classical programming and better understand the teachings of Joseph Pilates on the subject of mat work as Michelle Larsson provides you with an in-depth look at the Mat work from the method taught directly to her by Eve Gentry.

### 5. Flexcushion Foundations

**Session Type:** Workshop

**Speaker:** Zoey Trapp

**Date:** Thursday, June 1

**Time:** 9:00 a.m. – 12:15 p.m.

Come learn everything you need to know about this popular Pilates item that is transforming how quickly and effectively instructors can adapt to the individual needs of students. Regardless of the flexibility, strength or the ability level of your students, the Flexcushion will provide fresh alternatives to assist or challenge the work. Attend this informative workshop to gain a full grasp of the Flexcushion's entire spectrum of use. Whether you instruct injured or elite students, you'll want to learn about this multi-versatile training tool.

We're confident that our program at PES this year should peak your interests, regardless of your specific focus in the industry. Take part in this remarkable educational opportunity, hit the beaches of Miami with us this summer and relax knowing that your CECs needs have been met!

**REGISTER TODAY**

***This article was written by James Gardikas, Digital Content Manager – Mad Dogg Athletics***