

5 Reasons to Attend PES 2017: Experience Miami

Peak Pilates® is proud to host the fifth annual Pilates Empowerment Summit (PES) – a two-day education and networking conference based in one of the most beautiful and vibrant cities on the East Coast: Miami, Florida. The event is filled with world-class presenters, dynamic sessions and engaging activities designed to advance your Pilates knowledge. Of course, you can't forget about the numerous Continuing Education Credits (CECs) you can earn throughout the weekend. As past attendees can attest, you don't want to miss this one-of-a-kind event!

In addition to the incredible opportunities and events offered at PES, there are also many ways you can enjoy your time outside of the conference walls – after all, it is Miami! Whether you're relaxing on white sandy beaches or salsa dancing in South Beach, *The Magic City* is a destination that you're sure to enjoy.

In honor of our *five-year anniversary*, here are *five activities* you'll want to consider adding to your trip's itinerary:

1. Bask in the Sun on Miami's Beautiful Beaches

Top Destination: Nikki Beach

White sandy beaches run for miles across Miami, and there's certainly no shortage of sun! Throw on a swimsuit, slather on that sunscreen, grab a towel and head to the shore. Take the time to soak up some vitamin D or splash around in the warm crystal clear waters. Nikki Beach, a local hot spot, is a great beach with a wide-selection of waterfront

restaurants and shops.

2. Try an Authentic Cuban Sandwich

Top Destination: Doce Provisions

If you enjoy quality cuisine, you're sure to love Miami. With flavors that pack a punch and more spices than you can count, this city is a mecca for adventurous "foodies." After a long day, savor the warm flavors of a Cuban sandwich, a true Miami classic. Doce Provisions is the place to pick one up, according to Yelp (Rated #1 for Cuban sandwich in Miami).

3. Enjoy the City's Cultural Hotspots

Top Destination: Little Havana

If you enjoy authentic cultural destinations, Little Havana is sure to spark your interest. A blast from the past is the best way to describe this culture-filled neighborhood. Filled with fresh fruit markets, live music and street performers, Little Havana is an *experience* as much as it is a *destination*.

4. Salsa Dance the Night Away

Top Destination: South Beach

Spice up your evening and let loose in *The Magic City*. After a day of presentations and networking, get your heart pumping and try out a salsa class. Once that music gets going, you'll have the energy to keep moving! The greater South Beach area is full of salsa dancing restaurants and classes, so you won't have to look far to get your groove on.

5. Discover Art Deco

Top Destination: Pérez Art Museum

The architecture in Miami is like a time machine to the roaring twenties. If you're looking for some history, take a stroll down memory lane with one of the many walking tours. If you want to beat the summer heat, South Florida also boasts many indoor museums where you can learn more about Miami culture! According to Yelp, Perez Art Museum comes in as the top destination amongst local art museums.

PES is much more than just an event – it's an experience. Join us in celebrating our love for Pilates at the fifth annual PES conference in the beautiful city of Miami!

This Article was contributed by Emily Robertson, Peak Pilates Brand Coordinator.