

# PES 2017 Recap: Our Best Year Yet!

The fifth annual Pilates Empowerment Summit (PES) was truly our best year yet! Held once again in vibrant downtown Miami, this year's conference featured a mix of extraordinary programming, classical education and a special event with a panel of Pilates experts. Every year, PES focuses on bringing vitality and renewed inspiration to the Pilates community, and we did that this year with two incredible days of sessions and events.

And don't miss the testimonials highlighted below!

## The Kickoff Class

The kickoff to PES this year gave us a glimpse of the quality of the attendees. Led by Senior Master Instructor team, attendees got a chance to shine with reformer on the mat. Afterwards, there was an informal meet-and-greet so that attendees could connect with another and the more than 19 presenters in attendance!

***"The best Pilates convention in the world!"***

Michele Larson presented for the first time at PES, sharing a perspective of Eve Gentry's mat work in various sessions such as Fundamentals. We look forward to seeing her teach at conferences to come!



There were also dozens of other presenters who have made PES one of the best Pilates conventions on the planet. Kathryn Coyle, who led Athletix chair and Plyometric Power sessions. There was also Michael Fritzke and Ton Voogt, who returned with three sessions including Pilates for Athletes.

We also enjoyed more sponsors this year than any others, including Flexcushion®, Athletix Products and the willPower® Method. We're looking forward to even more next year!

## **Panel Discussions, Parties and More!**

Another highlight this year, as it is every year, was our panel discussion. The six panel guests – Kathy Corey, Colleen Glennhave, Pat Guyton, Michael Fritzke, Ton Voight and Michele Larson – all worked closely with the Elders and shared their personal experiences with them. They also answered questions

ranging from “What does classical mean to you?”; “How has your work changed since you last studied with your mentor?”; and “What is mastery?”

*“Learned so much, loved the long sessions where we could go deep.”*

After the panel was our cocktail social of course! We always want to offer time for the attendees to connect on a personal level, and the social at the end of a great day of sessions and discussions does just that.



## What to Expect Next Year

We have received excellent feedback on the event this year. We are looking forward offering the Peak Pilates® Barre None certification at PES next year. Introduced at the World Spinning and Sports Conditioning (WSSC) conference, this certification was a big hit, and we look forward to offering

it next year!

***“Loved the longer sessions where we could really go deep into the work. Can’t wait until next year.”***

We will also be offering an evening Spinning® and mat class for folks in town for WSSC.

Don’t forget to save the date for PES 2018. The dates are May 31-June 1 for the convention, with pre-con sessions on May 30 and post-con sessions on June 2. You’ll see you next year in Miami!