

2015 Pilates Empowerment Summit (PES)

The third annual [Pilates Empowerment Summit \(PES\)](#) was held in beautiful Miami, Florida at the Marriott – Biscayne Bay in May 2015. Hosted by Peak Pilates®, participants enjoyed more than 50 sessions at the most engaging Pilates conference of the year, including workshops with Lolita San Miguel, Michael Fritzke & Ton Voogt, Peak Pilates Master Instructors Zoey Trap and Kathryn Coyle, and many more. Here are some of our favorite highlights from the two-day event.