

2016 Pilates Empowerment Summit Recap

Take a look at this year's Pilates Empowerment Summit (PES) in Miami, Florida.

This year, the Pilates Empowerment Summit (PES) in Miami was our biggest conference ever! We discovered new talent, received valuable knowledge from presenters, and extended our stay in Miami with hot pre- and post-conference sessions. With new sessions, world-class Master Instructors, and lots of fun, the summit was truly inspirational.

We were honored to have Pilates Elder Mary Bowen speak to a room-full of Pilates enthusiasts. Mary shared wonderful stories about her work with Joseph and Clara Pilates and other key Pilates influencers. If one to three hour sessions from the conference weren't enough, this year, we offered pre- and post- conference sessions including "Super Advanced Reformer" and "Cadillac: Beyond The Tower" with Michael Fritzke & Ton Voogt.

At PES you will access knowledge and insight from top Pilates professionals including our team of Peak Pilates® Master Instructors to heighten your Pilates practice and amplify your expertise. This conference allows you to expand your Pilates understanding by choosing from a number of sessions designed to inspire your passion for Pilates. The great thing about PES is that you can earn, learn (and burn!) a lot by taking sessions and earning CECs. You can earn 7 CECs in just one day, or earn all 14 in one weekend.



Join us next year for new workshops, sessions and presenters! Stay tuned for the latest on everything PES 2017 by clicking [here](#). To learn more about all Peak Pilates news and events, sign up for our [newsletter](#).