

# 5 Reasons to Attend Pilates Empowerment Summit 2017: Educational Programming

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What's the best part about our Pilates Empowerment Summit (PES)? From classical techniques to learning how to grow your business through exciting new programming, PES 2017 has it all! This two-day event covers anything and everything you need to know about the educational side of Pilates®.

Here are the Top 5 ways you'll be able to advance your studio's Pilates practices with a trip to PES 2017:

## 1. Classical Education, Equipment & Techniques

We'll have classical programming opportunities galore at PES. From *Classical Reformer Rhythms* to our special panel discussion, *Through the Elders' Eyes*, the biggest Peak Pilates event of the year will have plenty classical offerings.

## 2. New Programing & Trending

## Methods

Pilates, like the fitness industry as a whole, always has new trends that pop up annually, and it's important for you to stay up on these recent developments because students are looking for them. From programs that cover *Plyometric Power* to our *Flexcushion Foundations*, PES will touch on all things trendy in the industry.

## 3. Physical Therapy & Injury Prevention

As you well know, Pilates is a valuable resource for injury recovery and prevention professionals – especially those in the Physical therapy industry. Some courses that will be covered at PES 2017 include *Help for Hip Pain*, *The Articulate Spine: Empower Knowledge & Embody Experience* and *Demystifying Foam Roller*, amongst others.

## 4. Business Skills, Best Practices & Secrets to Success

As a dedicated Pilates professional, you know that the business goes beyond what you offer on the mat or reformer. There will be a strong focus on the business of Pilates at PES 2017 to help you move beyond the competition in terms of the best marketing practices, work-life balance and so much more!

## 5. Pilates for Athletes & Special Populations

The functional fitness benefits of Pilates have helped the practice catch fire with athletic trainers looking to enhance their sports performance programs. This year's

program will offer you the following courses: Intro to *Osteo Pilates*, *Pilates for Men*, *Pilates for Extreme Sports & Athletes* and many more athlete-focused program opportunities.

***Want to take advantage of these programming opportunities? Register today to secure your spot!***

**REGISTER TODAY**