

# 5 Reasons to Attend PES

Every June when I head back to Miami for the Pilates Empowerment Summit, I am excited to see the growing number of Pilates instructors from all over the globe. Each year, we work with instructors who have such a great experience that they vow to come back the next year—and they do! So we see old friends and make new ones every year. Miami is a great location, and our venue has so much to offer— shopping, restaurants, beautiful views and, of course, sunshine!

Here are five great reasons to attend the PES Conference!

## Our Presenters

Every year, Peak Pilates® brings in the best and most experienced presenters to this event. These individuals have a wealth of experience that they are eager to share. You will meet our most senior Peak Pilates MIs, along with some of the most well-known Pilates presenters. And you have ample opportunity to ask questions, to advance your understanding and knowledge, and to network!

## The Presentations

Do you want to go beyond the basics? To gain a greater understanding of the nuances of the work and to refine your teaching? Do you want to be creatively inspired and take new workout ideas home to your students? PES is the place to learn, grow and take your skills to the next level. We offer an expansive choice of sessions that include topics like working with special populations, reading the body, challenging your students, developing more advanced teaching skills, learning new exercises, improving on technique and building your business.

## **CECs Galore**

Fill your roster with sessions that will not only inspire you, but help you stay current in your certification! This convention offers CECs for Peak Pilates and PMA, as well as other industry organizations.

## **The Reception**

Join the fun as you network and socialize over drinks and hors d'oeuvres. Then settle in for a facilitated panel discussion on the work through the Elder's eyes with students who studied directly under and closely with some of the most well-known Elders.

## **Peak Pilates Star Search**

Want to be a Master Instructor? Don't miss out on Star Search, where we educate potential MIs on the pathway and audition them as Step 1 in their journey.

**Hope to see you in Miami!**

**Zoey Trap, MS**

**Peak Pilates Master Trainer**