

# An Attitude of Gratitude

***Zoey Trap pens a letter expressing her thankfulness for our community and her vision for the future ahead.***

This is the time of year when our minds turn to Thanksgiving and we have an opportunity to cultivate an attitude of gratitude. At Peak Pilates®, there is so much to be grateful for!

We have come through the first phase of our business restructuring, have a new spine corrector out, a new wunda chair in the works, and other design projects on the horizon. We give thanks for everyone in the MDA offices who works behind the scenes on marketing, administration, design, and communication who makes everything possible. Special thanks go to Greg Mantell, who does all of the copy editing and graphic work on our program and works above and beyond to make things look good and be easy-to-use. We appreciate our factory and warehouse teams for keeping things moving. And every day, I am lucky enough to work with Nikki Boudreaux who keeps the business side smoothly humming.

Without our amazing Master Instructor team, we would have no education. So, a big thank you to these incredible individuals from all over the globe who attended a 2 day update this last year and who give us so much good feedback. We know they give more than 100% at every training they lead.

I am grateful for the upcoming PPC revision, the new fusion program we are launching, and all of the support I have received during the development process. I am deeply

appreciative of my our leaders group – Kathryn Coyle, Cherry Herzog, Pam Garcia and Nancy Hurd – who give so much of their time to share their expertise. At Peak Pilates®, we are grateful for the full docket of conventions we have attended, most recently the PMA, and to each and every attendee we have in our sessions and who stops by our booth.

Most of all, we here at Peak Pilates® are grateful to you, the instructors and Pilates aficionados who are our reason for existing. You grace us with your presence in so many ways—you stay connected by reading our newsletters, sharing on social media, and being advocates of all things Peak. Thank you for giving us constructive feedback, attending convention sessions, workshops, and courses! We look forward to seeing many of you in May 2020 at PES!

In turn, we thank you for sharing that Peak Pilates® love with your student community. When your students come to you and are served through your teaching, Pilates passion becomes visible.

There is so much to be grateful for! We wish you, your Pilates community, and your families a very Happy Thanksgiving.

Sincerely,

Zoey Trap, M.S.

Peak Pilates Executive Director of Education and Training