

Black Lives Matter

We listened, we learned, we reflected, and we reacted.

Touch Tactics for Troubled Times Seminar

On June 10th, our Leadership Team (Kathryn Coyle, Pamela Garcia, Cherry Herzog, Nancy Hurd, and Zoey Trap) joined forces to collaborate on a seminar to help instructors teach touchless. This seminar was held on a donation basis with proceeds going to Black Live Matter and/or Black Women for Wellness. We reviewed Peak Pilates Touch Technique and how to substitute close hand contact with props, student provided self-adjustments, and different cueing techniques.

If you missed it the seminar visit the Peak Pilates Facebook Page to view the recording. Donations are appreciated.

Peak Pilates Diversity Scholarships

Peak Pilates is proud to announce the creation of four scholarships and new instructors are encouraged to apply! These **PPC-I 2021** scholarships will be awarded for use at the following Education Centers: Kinetic MKE (Milwaukee), The Good Space (Houston), Pilates Connections (Dallas/Ft. Worth), and Pure Pilates (Boston). The scholarship fee will cover registration and materials for all four modules of this foundational course.

“We wanted to take action and not just provide lip service to the issue of a limited number of black instructors in the Pilates community,” states Zoey Trap, Executive Director of Training and Education, “and this seemed like a really great way to do so.”

A committee is being formed to establish scholarship criteria.

Nelson Mandela Day

We are in the process of planning a special class led by Crystal Irvine on July 18th at 10 am EDT. Please watch our Facebook page for more details as they become available.