

# Peak Pilates® Master Instructor, Sara Talbert | Colorado, USA



## Why did you start taking Pilates classes?

I had read about Pilates and was fascinated by what I saw.

## What inspired you to become a Certified Peak Pilates® Instructor and then a Peak Pilates Master Instructor?

My daughters were both taking ballet about 20 hours a week. I knew Pilates would help them in their dance, and protect them from injury, but I did not want to drive them to

one more thing. I decided to get certified and teach at their studio. That was supposed to be the beginning and end of it. But I loved teaching and it immediately became first a second career, and then my primary career. I became a Peak MI when Melody at The Good Space encouraged and supported this next step.

## **What do you love about teaching Pilates classes?**

I love seeing the way it changes not only people's bodies but their lives!

## **What is your favorite apparatus?**

The [barrels](#). So much you can do, both therapeutic and for challenge.

## **What makes Pilates such a great workout?**

Pilates meets people wherever they are at: deconditioned, recovering from an injury, a high level athlete. It finds the places that need correction, alignment and strengthening in each body. It amazes me how individualized a workout is for each person, each day, while following the classical exercises and order.

**Share a memory from your experience as a teacher/coach/presenter that embodies the value of being a Certified Peak Pilates Instructor or Peak Pilates Master**

## **Instructor?**

I was going through my teacher training the same time as I was going through my divorce. The Pilates Principals were becoming a part of me at a time I needed them the most: concentration, centering, control, flow, breath and precision were all things that helped me not only to hold it together, but to be strong and be there for my kids, family and clients. They are one of my favorite things to teach in the Peak program, because they not only work in a Pilates workout, but in real life.

## **What advice would you give to someone who is thinking about becoming a Certified Peak Pilates Instructor?**

This program is the best out there: not only will you learn to teach Pilates, you will learn how strong you really are, on every level from physical to mental and beyond.

## **What's one of your favorite motivational quotes?**

"It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change." - Charles Darwin

## **Do you have a hero in the Pilates community, someone who deserves recognition for their leadership?**

Nancy Hurd. She has mentored me and so many others. She is supportive, positive, and holds a high standard of excellence. She continues to provide continuing education and challenge for all of us who have learned from her.

## **General Biographical information:**

Sara Talbert, Director of Pilates at Greenwood Athletic and Tennis Club, was introduced to Pilates in 1997 and began teaching in 1998. She has trained under several Master teachers and is a teacher trainer for Peak Pilates, following a classical approach to Pilates instruction. She enjoys teaching the concepts and principles of Pilates to those looking to improve their own personal health. Sara is the mother of three children, her husband is a personal trainer, and she enjoys running, skiing and road cycling. Sara has been certified as a NSCA Certified Strength & Conditioning Specialist and believes that persistent effort equals success. "Life isn't a spurt, but a long, steady climb." Sara's favorite Pilates exercise is the Tendon Stretch.

## **List relevant professional certifications in health and fitness (define acronyms):**

PMA certified teacher

## **What year did you join the Peak Pilates Master Instructor Team?**

2008

## **Where do you teach Pilates classes and/or Pilates Certifications/ Continuing Education workshops:**

I am the director of Pilates at River Oaks Country Club. I teach Peak and CE courses at The Good Space in Houston TX, Austin Pilates Barn in Austin TX, and wherever else I can!

Learn more about our Peak Pilates Master Instructor team and [subscribe](#) to our newsletter today!