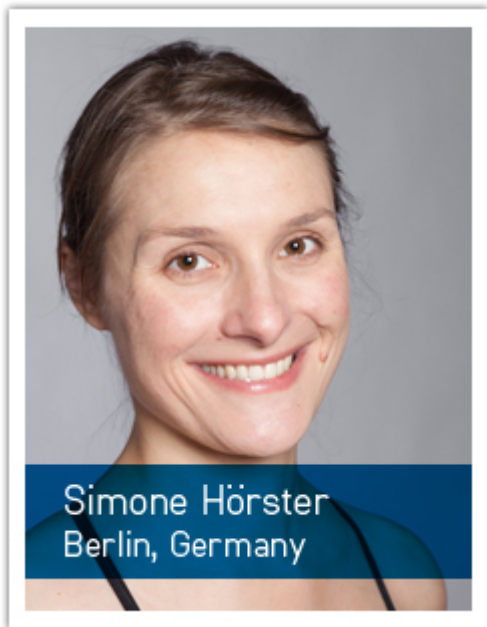


# Peak Pilates® Master Instructor Simone Hörster | Berlin, Germany



## Why did you start taking Pilates classes?

I had contemporary Pilates during my dance education (teacher was Britta Brechtefeld, now owner of [Bodymotion](#)). Later when I moved to Berlin I was asked to teach Pilates classes, but I did not really feel competent so I started taking classes at the [Pilates Zentrum Berlin](#) (Paul & Eduardo). We were three friends that went each week for pilates and ballet classes – that was real fun!

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

I have the unique chance to change peoples training attitude and give a sustainable influence on their lives. I do not feel like a one hour entertainer, I have learned if you are more a teacher than a trainer, the people learn something.

## **What inspired you to become a [Certified Peak Pilates Instructor](#) and then a Peak Pilates Master Instructor?**

As mentioned in #1 I am a certified dance and gymnastics trainer and had many working options but did not feel competent. Actually I also did not like the contemporary Pilates style a lot. So I was more than happy to fall in love with the classical peak Pilates method. I felt it was even more fitting to me than being a dance teacher or fitness instructor. I simply love it! And I guess people can feel that when they meet me. Hopefully that was the reason Paul once asked me to become a teacher trainer. Even if I only understood the meaning of the term 'teacher trainer' later, it was the best "accident" in my life! I do not know if that ever had a meaning for me to become a master instructor, but it I love the community so much as well. Many years ago for instance I met a Pilates teacher (Carry Ekins, I guess Zoe knows her) and had the option to perform during her Pilates presentation.

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

Each apparatus had its time in my personal development! Probably I'm still a little weak at the wunda [chair](#). Latest I got to know the arm chair, but all equipment that Joe

developed is fantastic!

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

The triad of body, mind and spirit. Permanent growth in at least one of those I guess makes the method real attractive once you have experienced this. Do not laugh but I feel if he were in our time we could have been real buddies. I have a portrait of him over our high-chair, when the people are 'going up' I tell them to look at Joe's eyes in order to have a long neck. Always try to bring him into the happening for instance with a short quote ...

## **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?**

STRUCTURE! It is the best methodology I have met on the market. Exercises are not a secret anymore but I have had people from different educations in our program and they loved getting a strategy for teaching. Regarding the exercises I like them being traditionally orientated. Materials are very good!

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

*Just Do It!* For me personally it was one of the best decisions in my life!

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

## quotes?

Actually I hate motivational quotes. I guess this is not really anchored in our (German) culture ...

But this one is fine, because it meets our systematic and structured methods so well: "Say not always what you know, but always know what you say."

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

I like Rocio Carceles a lot.

## General Biographical information:

On 16<sup>th</sup> October 1977 I was born as the only child of my parents. Both bus drivers with their own company. A-levels (1998), [certification for dance & gymnastics teacher](#) (2001), study abroad ([HKA](#), Netherlands) (2002), [sport studies](#) (since 2002)

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

[Active Isolated Stretching](#) (Aaron Mattes, 32 hours, 2010)

[Aqua Fitness Trainer](#) (Andrea Ott, 24 UE, 2006)

[Pre-/Postnatal Pilates Teacher](#) (Carolyn Anthonys, 16 hours, 2005)

[Course instructor progressive muscle relaxation](#) (Birgit Löwenbrück, 18 UE, 2006)

[Aerobic Basic-Diplom-Instructor](#) (Safs & Beta, 2004)

[Step-Diplom](#) (Safs & Beta, 2004)

[Staby Instructor](#) (Thomas Tauber, 2004)

[Spine-Concepts](#) (Stefan Geisler, Safs & Beta, 2005)

[Nordic Walking & Walking Coach](#) (Doc P. Walker-Suarez, NWCA –

nordic walking coach association, 2012)

Several CEC certificates of attendance (just what I have found, there were more conventions):

Classical Pilates Training (Niedra Gabriel, 12 hours, 2011)

Pilates on Tour (Mary Bowen, Lolita San Miguel, Amy Alpers, Madeline Black; 2009)

Classical Pilates System (Eduardo Laranjeira, 2 days, 2004)

Classical Pilates (Peter Fiasca, 7 hours, 2007)

Pilates Workshop with the TRIADBALL (Ton Voogt, Michael Fritzke; 2 day, 2005)

Thai-Do seminar (adh – allgemeiner deutscher hochschulsportverband)

One To One Training Foundation Course (Björn Hofmann, Holmes Place, 2005)

KINESIS Trainer Workshop (Viktoria Schmitt, Technogym Wellness & Biomedical, 2 days, 2006)

Classical Pilates Convention (Jay Grimes, Mejo Wiggin; 2014)

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

2004

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

At this time just at my studio, Core Pilates, but potentially would go anywhere (abandoned in 2015 because of birthgiving)

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