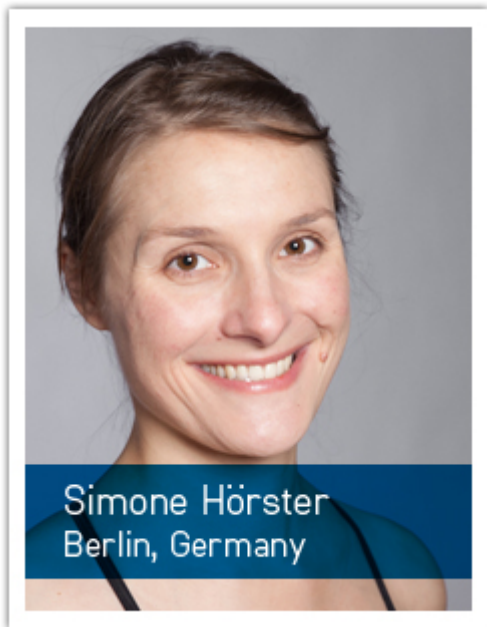


Peak Pilates® Master Instructor Simone Hörster | Berlin, Germany



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 16th 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!