

# Peak Pilates® Senior Master Instructor, Mentor and Leadership Team Member, Kayoko Takada | Tokyo, Japan



## Why did you start taking Pilates classes?

I started to take Pilates classes hoping to acquire the special approach to enhance my over 15 years of teaching fitness.

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

I thought it was the best way to make the Pilates method known to the Japanese through

the established teaching methodology of Peak Pilates®.

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

I love integrating movement science into artistic quality of dancing/ballet.

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

My favorite equipment's are [Cadillac](#) and [Chair](#). They offer exercises in accordance with an individual's progression.

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

The Pilates method can approach not only body but mind and emotion, which is great.

## **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?**

Peak Pilates Global Network means a lot to me because it shows new values to me. It's my joy and purpose in my life to be able to work with a Master trainer at the international conference where we can share common values with my Asian peers.

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

## **Peak Pilates Instructor?**

I can assure you that learning the Peak Pilates philosophy through your commitment to the established approach is very beneficial.

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

Zoey Trap is a hero to the Japanese MIs. She's been helping us from the start to spread the Pilates method in Japan through Peak Pilates.

## **Is there anything about you that would surprise people?**

I'm a PhD. student in business. I've been studying economic results that come with exercise adherence by emotional approach.

## **General Biographical information:**

I hold master's degree in movement science, MBA. I'm also a pharmacist.

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

I provide and teach exercises in safe and appropriate way for people in fitness gyms, hospitals, adult day-care center under license by Ministry of Health, Labour and Welfare.

## **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:**

Pilates Alliance Organization