

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