

# Peak Pilates® Senior Master Instructor and Mentor, Susan Colijn | Erlangen, Germany



## Why did you start taking Pilates classes?

I was looking for training with more depth than then the usual fitness-disciplines and found an introduction course for mind-body-techniques with Zoey – that hooked me to Pilates.

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

I love to share what I learn and experience

in my own body and my mentors Zoey and Clare believed in my talent and supported me.

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

I love to see the student bodies change with the Pilates Training and it makes me proud to hear when they are able to transform the Pilates concept in their daily life for the first time.

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

I can't tell, because every [apparatus](#) has it's special benefits for the different body conditions.

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

It teaches mind and body all together – centering, concentration, control, breath, precision, flow, strength, stamina, flexibility, coordination – all together in only one workout!! What else would I need?

## **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?**

In every education group there is **the** moment – were the Pilates-Light becomes a life in the students. This is the moment when every effort is forgotten and the energy comes back to the teacher.

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

As soon as you feel the wish in your heart, you should make the first step.

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

["Magic is believing in yourself, if you can do that, you can make anything happen."](#) –[Johann Wolfgang von Goethe](#)

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

There are a lot great leaders in the community. Closest to me is Clare Dunphy. She is my hero for carrying on the Pilates-Light, sharing all her knowledge without any doubts and secrets.

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

Spiraldynamic, Basic-Teacher

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

2003

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

# Education workshops:

Germany