

PES ASIA 2024

The first PES Asia held in Tokyo was a huge success! Over 200 attendees came in from all over Japan, Korea, Malaysia, Singapore, Taiwan, and Australia for a full docket of sessions to explore new technique and teaching skills and to gain inspiration from presenters from Asia and the USA. The event was also attended virtually by students from Japan, and sessions were available as recordings.

Under the leadership of Kayoko Takada, the Pilates Alliance of Tokyo did a great job organizing and hosting the event. Asked how she felt about the event Kayoko shared, "It can be summed up in one word: wonderful. Being able to come together across various languages with the keyword "Peak" was a time that greatly inspired the spiritual realm within my heart. We are grateful to Zoey for leading us to this point."

It was a wonderful chance to come together as a community to renew bonds and create new friendships. While this was the first PES Asia, we're sure it won't be the last!



