

Pilates Empowerment Summit: It's Not Just the CECs...

We all need CECs to advance our careers and benefit our students. But while they are many important reasons to maintain our certification at conferences like the Pilates Empowerment Summit, that is not my sole reason for attending PES.

Every year, I have way more CECs than required for my Peak Pilates® and PMA certifications. I always am amazed when instructors are scrambling at the last minute to fulfill their requirements.

I have a passion to learn. While I love teaching, I love learning more. Every conference I attend, I realize how many brilliant teachers there are in our Pilates community. And I can happily say that PES provides the very best.

Albert Einstein once said; "the more I learn, the more I realize how much I don't know." Socrates posited something similar, saying that "I know that I know nothing." The Socrates quote may be a little extreme, but I'm sure you can relate. In every workshop I take, I learn something brand new. The atmosphere at PES is perfectly set up for learning. The sessions are designed to be small and intimate, and there is plenty of equipment for everyone to experience what they are

learning.

In addition to an amazing group of presenters, the comradery is the primary highlight. Meeting other like-minded instructors from all over the world is also part of the experience. I always make a new friend or connect with someone I only knew through social media.

The Pilates community is an intimate group and being with so many passionate and dedicated people that are there to learn and network. The annual trip to Miami is always a highlight of my year!

***Join Carla and other Master Instructors
that this year's [Pilates Empowerment
Summit!](#)***

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This article was contributed by Carla Vercoe. She is a Peak Pilates® Master Instructor, [a breast cancer survivor](#) and the owner of Studio BE in Fairfax, Virginia. She will be attendance at Pilates Empowerment Summit alongside dozens of other Peak Pilates® MIs, and she hopes to connect with other Pilates professionals in Miami as well.