

Enhancing Mental Health with Pilates

May is mental health awareness month- are you ready to learn more about how Pilates supports mental health and how you can help your clients physically, mentally and spiritually?

Pilates instructors can deepen their impact by understanding the powerful connection between Pilates and mental health. This workshop, which combines my advanced knowledge in counseling and Peak Pilates instruction, teaches how exercise—specifically Pilates— can enhance mental well-being.

Through this workshop, you'll learn how Pilates reduces stress, anxiety, and boosts mood, helping you create a supportive environment for your clients. You'll gain skills to recognize emotional cues and provide compassionate care, all while promoting emotional resilience through movement.

Incorporating these insights will not only improve your ability to serve clients holistically but also differentiate your offerings in a competitive wellness market. Additionally, you'll gain science-backed knowledge about how exercise influences mental health, which will enhance your own well-being and teaching practice.

If you're ready to elevate your teaching and offer clients support for both body and mind, this continuing education course is for you!

About the Presenter: Sammie Sappington is a Peak Pilates Level II instructor who holds a master's degree in counseling from the University of Arkansas. Before pursuing her career in Pilates, she worked at the University of Arkansas promoting sexual assault awareness and rape prevention on campus and

worked with children with behavioral and cognitive issues in a mental health facility.

Register Here:

US & Asia –
<https://peaku.peakpilates.com/p/pilates-for-mental-health?instance=6787ee5bff8c43ba490153e4>

Europe –
<https://peaku.peakpilates.eu/p/enhancing-mental-health-with-pilates-7YoYX?instance=678918910e79db126b0533d8>