

Walk this Way

Want to help your clients walk better, feel stronger, and move with ease?

Walk This Way is a focused workshop that blends Pilates-based strength and mobility training to improve gait, posture, and stability.

You'll gain practical strategies to enhance your sessions and support clients in mastering one of the most essential daily movements—walking.

Ideal for Pilates instructors looking to expand their toolkit with functional, impactful techniques that deliver real results.

July 11: 9:00-12:00 EDT with Level 3 MI Zuzana Gemmel

North

America/Asia:
<https://peaku.peakpilates.com/p/walk-this-way?instance=6760abdd614c3788b00781d>

Europe/Middle

East: <https://peaku.peakpilates.eu/p/walk-this-way?instance=678530db6d65fb293f05f726>
