

A photograph of a Pilates instructor in a yellow shirt assisting a client in a blue leotard on a reformer machine. The instructor is leaning over the client, providing hands-on guidance. The background is a soft-focus studio setting. The image is overlaid with a semi-transparent dark teal rectangle, and the title text is centered within this rectangle in a white, bold, sans-serif font.

The #1 Thing That Sets Great Pilates Teachers Apart

Hi {{ contact.FIRSTNAME | default : "Friend" }},

You know this as well as we do: **The best Pilates instructors aren't just the ones who know the material.**

They're the ones who've had a chance to *teach it*—messy, in real-time, with real bodies in the room.

And yet, too many training programs gloss over one of the most critical steps: **Practice Teaching with Real Clients.**

Why It Matters:

Confidence is built in action:

Your trainees might understand anatomy inside and out, but until they cue a class, adjust for different levels, and manage group energy, it's just theory.

It prepares them for real-world clients.

From the curious first-timer to the client managing an injury, experience with a variety of bodies gives new teachers the adaptability they *actually* need.

It helps them find their voice.

Great instructors don't just recite scripts. They connect. Teaching in real time helps trainees develop presence, empathy, and their own unique style.

At PEI, we believe practice teaching isn't a "bonus"...it's *essential*.

That's why our teacher training platform includes plans for observation *and* hands-on experience with live clients.

If you're building or refining your own program, this is a non-negotiable step.

Remember:

Knowledge matters, but *experience* creates teachers who lead.

Want to chat about how to build this into your training program with ease?

👉 [Book a free info session here](#)

You don't need to figure it out alone...and your future instructors (*and their future clients*) will thank you for it.

On your side,

—The PEI Team



At PEI, our mission is to increase the number of highly-qualified Pilates instructors across the world by empowering you, the Pilates studio owner, to build and implement a Pilates teacher training program. We provide the curriculum and resources, and you train your own instructors - and keep the profits!



Pilates Education Institute

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