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ALAN HERDMAN was trained in Pilates in New York and introduced the system to the UK in 1969. He has established studios in several countries, including his own base

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## **Presenter alan herdman | pilates heritage**

Alan Herdman Alan Herdman studied at the London School of Contemporary Dance and was working as a teacher and dancer when, in the late 1960s, he was invited to New

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About Alan Herdman - Studio Pilates from beginner to advanced, for Reading, Henley on Thames, Woodley and surrounding areas. Classes with a teacher specialising in

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## **Alan herdman**

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### **Alan herdman (author of pilates directory) -**

Alan Herdman is the author of Pilates Directory (3.50 avg rating, 6 ratings, 2 reviews, published 2004), The Pilates Directory (3.20 avg rating, 5 rating

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Alan Herdman has been teaching Pilates in the UK for over 30 years. Over this time he has developed a unique approach, which he has been teaching to numerous clients

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PILATES BODYWORKS PRESENTS ALAN HERDMAN Workshop 8th 10th July 2011 Alan Herdman studied at the London School of Contemporary Dance and was working as a

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Alan Herdman is the first person to open a Pilates studio in Britain in 1970. There is one degree of separation between Alan Herdman & Joseph Pilates himself.

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