

Pilates Directory

By Alan Herdman

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Britain s Father of Pilates Alan Herdman 512 -

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.

<http://palacegate.com/lifestyle/britains-father-of-pilates-alan-herdman/>

Alan Herdman | Barnes & Noble -

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<http://www.barnesandnoble.com/c/alan-herdman>

Pilates FNB Who is Alan Herdman? -

Alan Herdman Pilates; Who is Alan Herdman? Alan Herdman studied at and he has written several successful books, including The Pilates Directory

<http://pilatesfnb.com/en/trainings/5105-2/who-is-alan-herdman/>

Alan Pilates | ZoomInfo.com -

View Alan Pilates's business profile and see work history, affiliations and more.

<http://www.zoominfo.com/p/Alan-Pilates/1204364715>

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

http://www.goodreads.com/author/show/554498.Alan_Herdman

Pilates On Tour | Education | Balanced Body -

Instructor Directory; Pilates on Tour is a continuing education conference for Pilates and movement View this very special conversation with Alan Herdman,

<https://bbu.pilates.com/gamma/pilates-on-tour/bbu-registration-potSF2012.aspx>

Pilates Anytime | Alan Herdman Pilates Instructor -

Information about Pilates Anytime instructor Alan Herdman and a listing of their latest online classes.

<http://www.pilatesanytime.com/instructor-bio/91/Alan-Herdman-Pilates-Teacher>

Herdman profiles - United Kingdom | LinkedIn -

Herdman in United Kingdom. 22 of 22 profiles View Full Profile; Alan Herdman Pilates Studios Title company owner and director at Alan Herdman Pilates Studios

<http://uk.linkedin.com/pub/dir/Herdman/+>

Pilates Anytime | Alan Herdman Pilates -

Alan Herdman Pilates Instructors. Sort By Name Number of Videos. All

http://www.pilatesanytime.com/instructors.cfm?my_style_id=54

The Pilates Directory | Ivy Press Limited -

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

<http://www.ivypress.co.uk/books/the-pilates-directory/>

Alan Herdman Pilates Studios | LinkedIn -

View Alan Herdman Pilates Studios's professional profile on LinkedIn. LinkedIn is the world's largest business network, helping professionals like Alan Herdman

<https://www.linkedin.com/pub/alan-herdman-pilates-studios/83/33a/ab0>

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<http://www.ebay.com.au/itm/Pilates-Directory-Herdman-Alan-0785817964-/351468947274>

The Pilates directory (Book, 2004) [WorldCat.org] -

Get this from a library! The Pilates directory. [Alan Herdman] -- The Pilates Directory sets the newcomer on the right track by offering an easy-to-follow

<http://www.worldcat.org/title/pilates-directory/oclc/55590411>

Alan Herdman Pilates Classes online -

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

<http://www.pilatesod.com/teachers/alan-herdman>

Curves, Twists And Bends: A Practical Guide To -

Curves, Twists And Bends: A Practical Guide To Pilates For Scoliosis By Alan Herdman Curves, Twists and Bends | De Slegte Curves, Twists and Bends A Practical Guide

<http://confusion116.divorcemediationberkeley.com/curves-twists-and-bends-a-practical-guide-to-pilates-ensuoaa.pdf>

Directory: Pilates: Alan Herdman: 9781840139013: -

Directory: Pilates [Alan Herdman] on Amazon.com. *FREE* shipping on qualifying offers.

<http://www.amazon.com/Directory-Pilates-Alan-Herdman/dp/1840139013>

About Alan : Alan Herdman Pilates -

Alan Herdman Studios. To enquire about Pilates classes, please contact your local studio from the list below: Alan Herdman Pilates in Central London (Marble Arch)

<http://alanherdmanpilates.co.uk/about-alan/>

The Pilates Directory by Alan Herdman | -

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, based

<http://www.barnesandnoble.com/w/pilates-directory-alan-herdman/1102501990?ean=9781435108127>

The Pilates Directory book | 2 available editions -

The Pilates Directory by Alan Herdman starting at \$0.99. The Pilates Directory has 2 available editions to buy at Alibris

<http://www.alibris.com/The-Pilates-Directory-Alan-Herdman/book/8145059>

ALAN HERDMAN -

ALAN HERDMAN WORKSHOP Pilates Bodyworks warmly welcomes Master Teacher Alan Herdman to our Finlayson Green studio for an exclusive workshop on 25, 26 and

http://www.pilates.com.sg/images/event/53_pdf.pdf

Herdman - AbeBooks -

Coffee-Break Pilates: 5-Minute Routines You Can Do Anywhere to Tone Your Body, Relieve Stress, and Boost Your Energy by Alan Herdman and a great selection of similar

<http://www.abebooks.com/book-search/kw/herdman/>

About Alan Herdman - Pilates 4 me -

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

<http://www.pilates4me.co.uk/phdi/pl.nsf/supppages/4840?opendocument&part=7>

Alan Herdman (Open Library) -

Pilates Directory 1 edition - first published in 2004 DAISY;
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https://openlibrary.org/authors/OL1126265A/Alan_Herdman

A Weekend on the Reformer with Alan Herdman -

A Weekend on the Reformer with Alan Herdman including The Pilates Directory (2004), The Gaia Busy Person s Guide to Pilates (2003) and Pilates:

<http://www.pilatesumbrella.co.uk/images/AH%20Workshops%202011.pdf>

PilatesTree Workshops Directory | Facebook -

PilatesTree Workshops Directory. 449 likes 5 talking about this. A weekend spent in study and play with Alan Herdman and James D Silva. PILATES ON TOUR

<https://www.facebook.com/pages/PilatesTree-Workshops-Directory/679953145399173>

Alan Herdman Pilates - IDEA Health & Fitness -

View Alan Herdman Pilates's reviews. Research Alan Herdman Pilates certification options, view upcoming events, ask questions about ! and more.

<http://www.ideafit.com/organization/alan-herdman-pilates>

Books by Alan Herdman (Author of Pilates Directory -

Alan Herdman has 17 books on Goodreads with 53 ratings. Alan Herdman s most popular book is Pilates Directory.

http://www.goodreads.com/author/list/554498.Alan_Herdman

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

<http://pilates-heritage.com/presenter-alan-herdman/>

Pilates Directory: Alan Herdman: 9780785817963: -

Pilates Directory [Alan Herdman] on Amazon.com. *FREE* shipping on qualifying offers. Book by Herdman, Alan

<http://www.amazon.com/Pilates-Directory-Alan-Herdman/dp/0785817964>

Pilates (Book, 2007) [WorldCat.org] -

Pilates. [Alan Herdman] Home. WorldCat Home About WorldCat Help Feedback Pilates directory. Responsibility: Alan Herdman ; [ford totta, R k cza Rich rd].

<http://www.worldcat.org/title/pilates/oclc/228144949>

Garuda Studio - London, United Kingdom - Yoga & -

Juliana Dall'antonia 5 star The Garuda Studio ia A weekend spent in study and play with Alan Herdman and A timetable of workshops using Pilates as

<http://www.facebook.com/pages/Garuda-Studio/153517358001659>

Alan Herdman Studio - Pilates - LondonDance -

Alan Herdman Studio Alan Herdman Pilates If you would like to suggest a listing for the londondance.com dance directory please let us know. Arts Council England;

<http://londondance.com/directory/dance-resources/dancers-health/alan-herdman-studio/>

Pilates Plus: Grown-up Pilates for 50+: -

Buy Pilates Plus: Grown-up Pilates for 50+ by Alan Herdman, Gill Paul (ISBN: 9781856752404) from Amazon's Book Store. Free UK delivery on eligible orders.

<http://www.amazon.co.uk/Pilates-Plus-Grown-up-50/dp/1856752402>

The Pilates Studio | Ashtanga Yoga - Taunton -

The Pilates Studio was opened by Karen Pearce in 2000. After a career as a professional ballet dancer she trained and qualified to teach Pilates with Alan Herdman in

<http://www.akeso.co/directory/pilates-studio/yoga/taunton/somerset>

PRESENTERS | Conscious Movement Conference -

PRESENTERS. ALAN HERDMAN. Alan Herdman studied at the London School of Contemporary Dance and was working as a teacher including The Pilates Directory (2004),

<http://www.consciousmovement.co.za/presenter/>

Alan Herdman | LinkedIn -

View Alan Herdman's professional profile on LinkedIn. LinkedIn is the world's largest business network, helping professionals like Alan Herdman discover inside

<https://www.linkedin.com/pub/alan-herdman/22/235/1bb>

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