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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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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

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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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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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