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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 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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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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