



## Mat Masterclass – Intermediate/Advanced with Alan Herdman

Join us for a masterclass with one of Pilates' foremost pioneers.

### LONDON:

Friday 26 June 2009, 12:30pm – 2:30pm

Cost: £40. Capacity: 20 Participants

Friday 26 June 2009, 3:00pm – 5:00pm

Cost: £40. Capacity: 20 Participants

Venue: The Light Centre, 9 Eccleston Street, Belgravia, London, SW1W 9LX

### LEEDS:

Friday 4 December 2009, 6:00pm – 8:00pm

Cost: £35. Capacity: 40 Participants

Venue: Yorkshire Dance Centre, 3 St Peters Buildings, St Peters Square, Leeds LS9 8AH



Pilates Umbrella is proud to present two masterclasses given by master teacher 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 York to learn about the Joseph Pilates Method. There he worked intensively with Carola Trier and Bob Fitzgerald, two instructors who had been trained by Pilates himself. Although well-regarded amongst New York's dance fraternity, Pilates was unknown in the UK at that time and Alan returned in 1970 to set up Britain's first-ever Pilates studio. Among his first clients were actors, dancers and singers, but word soon spread as doctors and physiotherapists began recommending Pilates to patients struggling with chronic injuries.

Alan now lectures on Pilates around the world, and he has written several successful books, including *The Pilates Directory* (2004), *The Gaia Busy Person's Guide to Pilates* (2003) and *Pilates: Creating the Body You Want* (1999). He runs a training course for Pilates instructors and, as well as running his own studios, he and his assistants teach in dance schools and designated Pilates studios internationally. Pilates teaching staff at both Champneys Health Resorts and Shrubland Hall Health Clinic are personally trained by Alan Herdman.

Alan is also a top presenter at the Pilates Method Alliance conference every year.

To book, go to [www.pilatesumbrella.co.uk](http://www.pilatesumbrella.co.uk) and download a booking form.

*NOTE: Your place is only confirmed when we receive your payment; we cannot hold unpaid places.*