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routine, you can
easily and

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to this program
if you are

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matwork. This

book is easy to
follow, well

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Team — Ellie

Herman Pilates

Based in the Bay

Area for more

than twenty

years, Ellie

founded Ellie

Herman Studios

in San Francisco

(1992), Oakland

(2000) and then

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relocated to New York, and opened her third studio in Brooklyn

(2005). While overseeing these three studios, Ellie trained hundreds of Pilates

Instructors, many of whom have gone on to open their own

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learning.

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Ellie Herman has
written several
books on Pilates
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a gem! The

Cadillac Book is

excellent for

the material it

covers. The one

drawback is she

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for the Roll

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She does have a

minimal amount

of standing leg

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exercises, but
no where near
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repertoire.

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methods to
workouts with
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props including

a pinkie ball,

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exercise band,

Ze
and a foam

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OVER 50 PILATES-
BASED MOVEMENTS
PERFORMED ON THE
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clients, the
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of Pilates with

the low-impact,

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workout of the

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fun, variety and

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the ball

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of professional

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athletes, and

movie stars,

Pilates is

sweeping the

country with a

vengeance. And

if even half of

what its many

fans claim is

true, then it's

easy to see why.

Combining

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elements of
yoga, dance,
gymnastics, and
boxing, along
with many
original
movements,
Pilates
exercises build
muscle tone,
improve
flexibility and
balance,
lengthen the

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spine, increase

body awareness,

and repair past

injuries. Most

people who've

done it, even

for a short

time, say they

feel stronger

and more

energized,

centered and

physically

confident than

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ever before.

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stress and
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basic philosophy
of the Pilates
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program for the

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(Neuromuscular

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