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formerly dancer and teacher at the london school of contemporary dance, alan herdman is a world-renowned pilates expert. he originally trained in new york with two

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Alan herdman (author of pilates directory) -

Alan Herdman is the author of Pilates Directory Fit for Life by Alan Herdman, Gill Paul Pilates Plus: Grown-Up Pilates for 50+ by Alan Herdman,

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Teacher listing - triyoga

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Class schedule - triyoga

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