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Published authority on the Pilates Method, Master Teacher

Ellie Herman is an innovator in the field of Contemporary

Pilates and the inventor of the Pilates Springboard. Ellie has

taught Pilates since 1991 and has published ten books,

including professional Pilates training manuals that are used

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## Ellie Herman Pilates

Ellie Herman, author of *Pilates for Dummies*, *Pilates Props Workbook*, and *Pilates Workbook on the Ball*, continually strives to expand her approach to bringing balance back to the body. A former dancer and choreographer, she runs two successful Pilates studios in San Francisco and Oakland, and is a licensed acupuncturist and herbalist.

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already familiar with the original Pilates matwork. This book is easy to follow, well illustrated, and gives ...

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Ellie Herman - YouTube

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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 relocated to New York, and opened



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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 studios.

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The Ellie Herman Pilates Institute is an internationally recognized Pilates certification program offering comprehensive mat and apparatus training through academic coursework and experiential learning.

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Ellie Herman, author of Pilates for Dummies, Pilates Props Workbook, and Pilates Workbook on the Ball, continually strives to expand her approach to bringing balance back to the body. A former dancer and choreographer, she runs two successful Pilates studios in San Francisco and Oakland, and is a licensed acupuncturist and herbalist. Ellie offers Pilates teacher trainings twice a year in San ...

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Ellie Herman's Pilates Reformer: A Manual for Pilates ...  
Ellie Herman has written several books on Pilates and each one is a gem! The Cadillac Book is excellent for the material it covers. The one drawback is she does not include the repertoire for the Roll Down Bar or the leg/arm springs. She does have a minimal amount of standing leg spring exercises, but no where near the entire repertoire.

Pilates Cadillac: Amazon.co.uk: Herman, Ellie, Graham ...  
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Pilates expert Ellie Herman shows how to intensify and enhance your matwork routine:

- The elastic exercise band increases resistance
- The ethafoam roller creates stability challenges
- The Magic Circle gives a great inner thigh workout

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Elie Herman works in a wide range of areas, including contract litigation, construction litigation, fraud litigation, clawback litigation and products liability. Elie has briefed and argued dozens of appeals, in addition to many dispositive and other critical motions.

I. Elie Herman – Attorney – Wilson Elser  
Ellie Herman Studios in San Francisco, Oakland and Brooklyn, are dedicated to Pilates-based fitness, rehabilitation, teacher training, and continuing education. Ellie invented a new piece of Pilates equipment called the Pilates Springboard, an inexpensive and space-saving variation of the Wall Unit/Cadillac which is now being

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