



I AM PMA - Membership Mini-Newsletter

August 2010



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Dear Kathryn,

Welcome to the August edition of I AM PMA! Summer is almost over and as we move toward a new academic year you will start noticing some changes at the PMA. Our new website is coming soon! Our members will be able to log-in and have access to their member profile, search and network with other Pilates professionals who are members, and automatically renew their membership. All this will be accessible on our new website, so keep an eye out for the changes. We hope you'll approve.

Are you coming to the PMA conference in Long Beach this November? After a year off in 2009, our reunion will be extra special - we haven't seen each other since Phoenix in 2008! Please join us to celebrate our 10 years of industry development, and have a beautiful time on the California coast all at one time.

Please see our feature on PMA member Kathryn Herring. She's been with the PMA since 2002 we appreciate her long and loyal support.

We'd love to have your feedback about our membership services. Your ideas and suggestions are valued and appreciated. After all, this *your* Alliance.
info@pilatesmethodalliance.org

Sincerely,

Pilates Method Alliance
 Membership Services

Featured PMA Member - Kathryn Herring

PMA Member Since 2002



Name of Studio: [Be Pilates](#)

Location: Miami, Florida

How long have you been practicing Pilates and how did you become involved with Pilates?

I have been practicing



Pilates since the 1980's, so at least 25 years. I became involved in Pilates through a man named Arthur Curtis who was probably the first person to bring the Pilates Method to Miami, FL. I was taking dance classes with a small dance company in Coconut Grove called Dance Miami. Arthur Curtis and his partner Thomas Bain required their company dancers to do Pilates. Through dancing ballet with this company I learned to love the Pilates method and eventually become a teacher.

What is your formal Pilates training?

I have a certificate from Core Dynamics, founded by Michele Larsson in Santa Fe, NM. I obtained a second certificate in Pilates Leadership Concepts from Long Beach Dance Conditioning in Long Beach, CA, founded by Marie-José Blom.

What is your style of Pilates teaching (who are your main influences)?

My style of teaching is a very gentle and innovative. I focus on postural alignment and correct use of the body, which results in a strong body that moves effortlessly and efficiently without injury. I love to work one-on-one with a client and design specific programs. I specialize in foot work, gait correction, scoliosis, back injury and postural alignment issues. I was originally very influenced by the work of Eve Gentry, which I learned through Michele Larsson and Kevin Bowen. I always felt the need to know more about Pilates and the anatomy of movement. This led me to study kinesthetic anatomy and biomechanics of motion with Irene Dowd in NYC. While in NYC I also studied with Deborah Lessen who was a main influence on my Pilates studies at that time. Through various workshops and conferences I've studied with many Pilates experts including Marie-José Blom, Jillian Hessel, Mary Bowen, Ron Fletcher, Kathy Grant, and Julian Littleford. To increase my knowledge of postural and biomechanical imagery I was drawn to study and certify with Eric Franklin. I am now a Level 2 Franklin Method Educator and in 2011 I will study for my third year and become a Level 3 Educator. After meeting Marie-José Blom I was drawn to her in-depth knowledge of Pilates as well as the anatomy of movement and imagery. I traveled to California to study with Marie-José and received a certificate from her. She continues to be a major influence in my Pilates work. I will continue to study with her and others in my search to learn more.

Do you teach any other modalities?

Franklin Method

Are you coming to the conference in Long Beach this November?

Summer rate expires August 31!

Help us celebrate a **decade of work** by the Pilates community to establish the practice of teaching Pilates as a **profession**. Standing on our shared accomplishments from the last 10 years, we move into our second decade with a **New Vision** that will give Pilates teachers more ways to be actively involved.

We're developing a new focus, and new programs like **PMA Chapters** and the **Registry of Schools**. Come to our first ever **Town Hall Meeting**, which will provide a forum for questions and answers specifically about last year's extraordinary **Teacher Training Summit**. We'll have 29 workshop teachers, and 21 mat teachers from around the world, providing first class continuing education for you. And finally, we will host a heartfelt tribute and memorial for First Generation Teacher **Kathleen**

Stanford Grant - a woman whose contribution to the Pilates field and the PMA cannot be underestimated.

The PMA conference is where the Pilates profession meets. Don't miss this extraordinary event.

[Click here](#) for our 2010 Online Conference Brochure!

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