



## Mat Masterclass – Intermediate/Advanced with Julian Littleford

Join us for a masterclass with one of the Pilates industry's leading innovators.

### LONDON:

Friday 27 March 2009, 4:30 – 6:30 [ Sold Out ]

Friday 27 March 2009, 2:15 – 4:15

Cost: £40. Capacity: 20 Participants

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

### LEEDS:

Friday 3 April 2009, 4:30 – 6:30pm

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 Julian Littleford. A UK native now based in the US, Julian will be giving masterclasses and workshops in London and Leeds in the spring of 2009. Julian is one of the most popular presenters at the annual educational conference of the Pilates Method Alliance®, so much so that the PMA has had to establish special procedures to prevent delegates from crashing his workshops! Julian is not to be missed!

British born Julian Littleford moved to San Diego in 1990 after spending 8 years in New York City as a principal dancer with the Martha Graham Dance Company where he worked with Mikhail Baryshnikov and the late Rudolf Nureyev. He is featured in "Who's Who in America" and has performed with Martha Clarke's "Garden of Earthly Delights" and the Toronto Dance Theater in Canada. Julian originally studied the Pilates method with Alan Herdman in London, England and was one of Mr. Herdman's original teachers in the late 1970's. In New York City he studied with and worked for Deborah Lessen at Greene Street Studio. He is a founding member of the Physical Mind Institute, a PMA Gold Certified Pilates Teacher™ and a Corporate Sponsor of the Pilates Method Alliance®. He has operated his own studio in California since 1990. He directs

the Pilates teacher training at Pilates de Mexico in Mexico City. He is a regular presenter for Balanced Body's "Pilates on Tour", the Pilates Method Alliance and dance teacher conferences. He was the athletic trainer for Cirque du Soleil's "Dralion" touring production in Southern California, and the director of Pilates for the San Diego "Padres" baseball team. In 2006 he released his first DVD, "Pilates for Dancers" and continues to guest teach and teacher train throughout the US, Mexico, Europe and Australia.



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.*