

## Stephanie Herman: Movement Guru and Exercise Scientist

Former prima ballerina, Stephanie Herman has spent her post-stage career taking physical therapy to a whole new level through a series of innovative and highly effective fitness programs that include: Pilates Body & Rhythm™, Muscle Ballet®, and Muscle Ballet Weight Training®. Her 30-year career, which commenced as a prodigy under legendary choreographer George Balanchine, and continued through extensive training in Pilates, Gyrotonics, yoga, physical therapy, and Feldenkrais, has ideally prepared Stephanie to become a leading movement guru and exercise scientist. Collectively known as the Stephanie Herman Style, her techniques of conscious movement—which she has shared with the public in nine exercise videos—are proven to be effective for a variety of health concerns, ranging from chronic pain and limited motion to overall physical fitness and internal well-being.



Unlike many physical therapists and exercise scientists, Stephanie has developed an uncommon ability to not only see her clients as whole, integrated bodies, but to truly empathize with their condition through her own recovery experience. At the very tail end of an illustrious ballet career, which saw her performing around the world with such luminaries as Rudolf Nureyev and Mikhail Baryshnikov, Stephanie suffered a catastrophic injury in her final performance. Her journey of healing led her to the Pilates studio of Carola Trier, a direct disciple of Joseph Pilates, and the study of Gyrotonics with its creator, Julio Horvath, as well as physical therapy and kinesiology at East Side Physical Therapy in New York City. Finding physical therapy exercises boring, Stephanie fused them with Pilates and Gyrotonics and choreographed them to rhythmic music to create the Stephanie Herman Style.

Her ability to transform any body through her extensive knowledge and intuitive awareness of the body-mind-spirit connection has made Stephanie an in-demand speaker while her programs are spreading like wildfire. Among her many engagements, she has been a keynote speaker and presenter for East Coast Alliance, the American College of Sports Medicine, Stanford University, various international health and sports clubs, and, in November 2007, the Pilates Method Alliance. Stephanie's programs have been offered at the Equinox Fitness Club, the Pacific Athletic Club, the YMCA, Stanford University, Claremont Spa, Hotel Hana-Maui, Reebok Sports Club/LA, and individual studios, including her Menlo Park and Redwood City, California, studios.

To schedule an appointment or to learn how to apply Stephanie's life-changing techniques in your own practice, please contact Stephanie Herman at:

Pilates Body and Rhythm

