



The Professional Pilates Teacher's Handbook: Maintaining your health, sanity and passion.

By Laurette Ryan

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The Professional Pilates Teacher's Handbook is guide to preventing burn-out . Keeping your body and mind on track. Discover the four aspects of self which must be addressed in order for you to feel energetic and passionate about your work. Learn the little things that can grow your reputation and success and lead you on your way to a fulfilled teaching life. Body mechanics, client issues, money issues and tips for a thriving business.

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Editorial Review

About the Author

Laurette Ryan PMA-CPT, original background was in dance. starting at age 2. Pilates was introduced through this avenue in her teen years. Laurette loved to dance, but honestly, “never liked to exercise and Pilates, felt more like moving with intention rather than exercise.” Laurette is a certified Pilates teacher through The Pilates Method Alliance. She is also certified as a Personal Trainer and is a massage therapist. Laurette started teaching dance and fitness classes at age 15, she attended the Boston Conservatory of Dance, in 1980. Laurette has taught movement and exercise classes for over 30 years. In 1993 she developed the “Dancer Workout” a Pilates-based exercise class. Laurette is the Owner of Balancepoint Pilates Teacher Training and Balancepoint Studios with satellite programs in Massachusetts, North Carolina and South Carolina since 1999. Laurette is the author of “Basic Cuing for Pilates Teachers”-a guide for Pilates Teachers and other movement modalities, and “Ready for Pilates for Everybody” - a pre-Pilates book for newcomers to the method. She also enjoys writing articles on Pilates and fitness. She is the author of the very popular Pilates Workout Blog at www.pilatesworkoutblog.com. Laurette is a 50-something mother of four and lives in Halifax Massachusetts.

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