



Pilates CHAIRS Personal Studio Guide

By Melinda Bryan

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Editorial Review

About the Author

Melinda Bryan, Founder and Director of Performing Arts Physical Therapy & The Pilates Studio of Los Angeles, world renowned Physical Therapist, and Principal Pilates Master Teacher Trainer for Over 20 Years. Melinda Bryan, proud wife and mother of three, is sought after as the finest Pilates fitness consultant by Hollywood's most elite celebrities and Los Angeles distinguished physicians. With over 20 years of experience, she is known as the first in Southern California and one of the first in the world to use innovative Pilates techniques to help clients achieve greater strength, flexibility, and endurance through their rehabilitation fitness programs. As owner and director of Performing Arts Physical Therapy and The Pilates Studio of Los Angeles, Melinda Bryan is recognized internationally as one of the first to offer traditional Pilates certification. Author of 11 books and counting including the Official International Pilates Training Manuals, writer, actor/model and presenter of 6 Pilates training DVD's and counting, director of the PilatesCertificationOnline program, and much more! The Pilates Studio of Los Angeles directed by Melinda Bryan, is known as the very first Official Pilates Certification Training Center on the West Coast of the United States, and one of the first of only two licensing centers in the world. Since 1992. Melinda Bryan has hosted and directed the official Pilates Teacher Certification program, created by Romana Kryzanowska and The Pilates Studio, in Los Angeles. Melinda Bryan and The Pilates Studio of Los Angeles has certified many of the best Pilates Instructors practicing all over the world today.

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