

Celebrated Pilates Master Ron Fletcher to Present Tucson Workshop March 21-22 at U of A's Stevie Eller Dance Theater

Tucson, AZ - For Pilates professionals around the world, a workshop or guest appearance by 88-year-old Master Teacher Ron Fletcher is big news. A headline-maker in his world travels to cities like London, Tokyo, Singapore and Madrid (where demand is skyrocketing for his signature Pilates method), it's all the more newsworthy when the fitness legend comes to Tucson, AZ, home of The Ron Fletcher Company and International Headquarters of Fletcher Pilates.

"Ron Fletcher is a true master of movement," says Kyria Sabin, Fletcher Pilates Company head and director of the professional teacher-training curriculum that bears his name. "Our Fletcher Pilates faculty members, facilitators and teachers travel from around the world to learn directly from the source. We're so fortunate that Ron continues to impart his vast experience and knowledge."

Fletcher, a 20-year student and protégé of Joseph and Clara Pilates, first introduced the fitness method outside New York City, where it was initiated in the 1920's. In 1972, he opened his own Ron Fletcher Studio on Rodeo Drive in Beverly Hills. Most experts and historians agree, had he not introduced the method to the west coast where it caught on among major movie stars and prominent Hollywood producers, the Pilates method most likely would have disappeared.

Today, thanks to the integrity and ingenuity of Fletcher's teachings and due to the work of those - like Sabin - whom he's taught and mentored, Fletcher Pilates® is now taught and practiced on 5 continents and in at least 7 languages around the globe.

"This workshop," Sabin added, "represents our chance to reconnect - as a group - with the person who inspired all of our professional choices and who continues to motivate and inspire us with his pure genius. We so look forward to it!"

Fletcher's 2009 March workshop will be held March 21-22 at the University of Arizona's Stevie Eller Dance Theater. Ron Fletcher will be available for interviews and photographs on March 19 & March 22, 2009, from 2 to 5 p.m. To schedule an interview or for additional information, contact Kyria Sabin at Body Works Studio 520.323.7070.

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Links:

<http://www.bodyworksstudio.com/>

<http://www.ronfletcherwork.com/>

<http://www.guardian.co.uk/lifeandstyle/2008/jun/10/healthandwellbeing.dance>