

# **Ellie Herman's Pilates Wunda Chair By Ellie Herman**

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Alicia received her BFA in Dance in 2000 and then earned her 700 Hour Pilates Certification from Ellie Herman. The Ellie Wunda Chair. Alicia's Pilates Central

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Ellie Herman is an internationally reknown Pilates instructor and author with twenty years of experience. She has authored eight Pilates books including; Pilates for

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