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Laurette Ryan Titel Balancepoint Pilates Balancepoint Pilates Teacher Laurette is the author of "Ready for Pilates for Everybody", "Basic Cuing for Pilates

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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

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Laurette Ryan PMA-CPT - Executive Laurette is the author of Basic Cuing for Pilates Teachers -a guide to cuing for Pilates Teachers and other movement

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