



September, 2005

Re: The Evolution of The Pilates Method: the Fletcher Work™

To Whom It May Concern,

The Fletcher Work™ is the authentic evolution of the Pilates' method. To be accurate and legitimate, any journalistic inquiry into contemporary Pilates must necessarily include this dynamic contribution. On behalf of The Ron Fletcher Company™, we encourage you to take time to review the enclosed materials.

Pilates is more than a contemporary fitness phenomenon. It is an extraordinarily effective conditioning method — nearly a century in development — whose time has finally come. Joseph Pilates' original principles were absolutely sound, yet his wife, Clara, referred to her husband's original work as "just the tip of the iceberg."

The development and evolution of the Pilates method over the last 35 years has been, in large part, the result of the work and vision of Ron Fletcher, their protégé and student for nearly three decades. Since Joseph Pilates' death in 1968, no other individual has played a more pivotal role in the evolution and popularity of the Pilates method. Now in his eighties, Mr. Fletcher is one of only three such masters still teaching the Work.

Should you have any questions regarding the enclosed information, or should you wish to pursue a related project, please do not hesitate to contact us. In addition to being one of the great luminaries of the Pilates world, Ron Fletcher is also very much alive, well and active... *and he's a great interview.*

Sincerely,

*Kyria*

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