

Michael Miller Pilates

Products & Services

Qty	Description	Unit Cost	Total
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Michael Miller Books

	The Elements of Pilates and The Michael Miller View (to order from Amazon click here)	\$19.95	
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Michael Miller Subscriptions

Michael Miller Pilates Continuing Ed on the Web
(to order on the web [click here](#))

Three Months	\$39.95 (\$25 setup + \$5/mo)	\$39.95	
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Six Months	\$49.95 (\$25 setup + \$4/mo)	\$49.95	
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One Year	\$59.95 (\$25 setup + \$3/mo)	\$59.95	
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	Michael Miller T-Shirts (medium or large)	\$19.95	
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Michael Miller Audios

Most recent

	Pilates Small Apparatus Mat Class (October 3, 2002 - - 75 minutes)	\$20	
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	Pilates Small Apparatus Mat Class (September 26, 2002 -- 75 minutes)	\$20	
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	Intermediate Mat (September 25, 2002 -- 60 minutes)	\$20	
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	Full Mat (September 19, 2002 -- 60 minutes)	\$20	
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	Pilates Small Apparatus Mat Class (September 19, 2002 -- 75 minutes)	\$20	
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Michael Miller Pilates Workshops

	Peak Body Sculpting, Niwot, CO on 6-12-2002	\$40	
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	Fort Collins, CO Workshop on 6-9-2002	\$40	
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Autsin Workshop (May 22, 2001)	\$40
London Workshop (February 2, 2001 – 210 minutes)	\$40
Dallas Workshop (May 28, 2000 – 1 20 minutes)	\$40
Michael Miller Pilates Mat Audio Tapes	
6-27-02 Intermediate/Full Mat SBRC	\$20
6-26-02 Beginning Mat SBRC	\$20
6-13-02 Intermediate Mat SBRC	\$20
Beginning	
12-02-01 Sunday Sub for Roxolana at the Iris Center	\$20
Intermediate	
12-05-01 Wednesday Noon South Boulder Recreation Center	\$20
11-28-01 Wednesday Noon South Boulder Recreation Center	\$20
11-21-01 Wednesday Noon South Boulder Recreation Center	\$20
11-16-01 Friday 11:00 AM Sub for Christine at the Iris Center	\$20
11-15-01 Thursday 5:30 PM South Boulder Recreation Center	\$20
11-14-01 Wednesday Noon South Boulder Recreation Center	\$20
Advanced	
12-06-01 Thursday 5:30 PM South Boulder Recreation Center	\$20
12-04-01 Tuesday 5:30 PM Iris Center	\$20
11-20-01 Tuesday 5:30 PM Iris Center	\$20
11-13-01 Tuesday 5:30 PM Iris Center	\$20
11-06-01 Tuesday 5:30 PM Iris Center	\$20
Michael Miller CDs	
Michael Miller Pilates Mat on McGregor	\$85

Michael Miller Posters

	Michael Miller Trademark "Cornu" 12 inches x 48 inches	\$95
	NEW! Michael Miller Pilates Mat Poster (for details click here)	
1	20 inches x 16 inches	\$75
10	20 inches x 16 inches	\$350
1	24 inches x 20 inches	\$97
10	24 inches x 20 inches	\$495
1	30 inches x 20 inches	\$109
10	30 inches x 20 inches	\$595
1	40 inches x 30 inches	\$209
10	40 inches x 30 inches	\$990
1	50 inches x 40 inches	\$295
10	50 inches x 40 inches	\$1495
	"Bulletin One"	
	8 pages written in 1957 when Joe was 77 years old, to promote "a proper Foundation to support and direct the work." The cover of this bulletin is the inspiration for the Michael Miller Pilates Mat Poster.	
		\$9
	Bulletin reprint (no S&H fees)	
	Instructional	TBA

Michael Miller Videos

Michael Miller Stretching Video

Michael Miller Love to Stretch, Partner stretching \$49

Michael Miller Pilates Encyclopedia

Michael Miller Pilates Encyclopedia (complete set) \$199

Michael Miller Pilates Mat & Apparatus (Part 1) \$125

Michael Miller Pilates Reformer & Cadillac (Part 2) \$125

Michael Miller Pilates Teacher Training Video complete set

Volume I Session 1 Orientation & Approach (24 minutes) \$40

Volume I Session 2 Teacher Training (54 minutes) \$40

Volume I Session 3 Fundamentals (1 hour 34 minutes) \$40

minutes)	
Volume I Session 4 Teaching Progressions (32 minutes)	\$40
Volume I Session 5 Assisted Stretches (33 minutes)	\$40
Volume I Session 6 Group Observation (54 minutes)	\$40
Volume I Session 7 Intermediate Reformer (75 minutes)	\$40
Volume I Session 8 The Full Mat (31 minutes)	\$40
Volume I Session 9 Introductory Session (39 minutes)	\$40
Volume I Session 10 Beginning Session (56 minutes)	\$40
Volume I Session 11 Intermediate Session (56 minutes)	\$40
Volume I Session 12 General Reformer (41 minutes)	\$40
Volume I Session 13 Ballet stretches, Sht box Ladr brl (47 minutes)	\$40
Volume I Session 14 The Mat Explained (56 minutes)	\$40
Volume I Session 15 The Caddy Reference (99 minutes)	\$40
Volume I Session 16 Pre-Mat & Basic 10 (33 minutes)	\$40
Volume I Session 17 The Mat is the Method (82 minutes)	\$40
Volume I Session 18 Advanced Reformer (52 minutes)	\$40
Volume I Session 19 Intermediate Mat (27 minutes)	\$40
Volume I Session 20 Outdoor Mat in Boulder, Colorado (29 minutes)	\$40
Volume I Session 21 Silent Mat in Boulder, Colorado (27 minutes)	\$40
Volume I Session 22 The Full Mat (45 minutes)	\$40
10/31/03	
Michael Miller Rose Tour Interviews (for description click here)	\$1200
The City Mat hosted by The Pilates Lounge	\$39.95

(3 episodes on one tape)

Michael Miller In Person current schedule

Michael Miller Mat Classes	\$20
Michael Miller Mat Instructionals	\$50
Michael Miller Private Sessions	\$2/min
Michael Miller Workshops	\$500
Michael Miller Advanced Intensives	\$1,000
Michael Miller Pilates Intensive on Yacht McGregor	\$9,000

Michael Miller Productions

SETUP	\$100
MINI-DV TAPE	
Session Feedback	\$200
Rough cuts	\$400
AVI FILE	\$1/min
AUDIO	.50/min

Please include the correct amount to cover shipping to
your address:

U.S. – 1 item - \$6.95 / add \$1.25 for each additional
item

Canada & Mexico – 1 item – \$13.95 / add \$1.50 for
each additional item

International – 1 item - \$19.95 / add \$1.75s for each
additional item

(Colorado residents add .736)

TOTAL:

Print this out and mail in, DO NOT SEND
ELECTRONICALLY.

Check #_____ enclosed

FAX ORDERS:

303-494-3977

Make all credit card payments via
www.paypal.com to michaelmiller@hermit.com.

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