


Pilates Equipments

A collage of Pilates equipment. In the top left, a large blue textured mat is partially unrolled. Next to it is a blue ring. In the bottom left, there are two white foam rollers and a coiled blue resistance band. In the center, a blue cylinder lies horizontally. On the right, a woman in a teal tank top and leggings is performing a Pilates exercise, leaning over the blue cylinder with her hands on a small white disc. A pink circular graphic with orange leaf-like shapes is behind her.

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solo performers sources of income such as voice overs that can develop into lucrative careers and employment at theme parks in museums and on cruise ships These performance fields some of them explored here for the first time in any book are examined in essays originally prepared for the performance arts weekly Back Stage In each essay show biz experts share their knowledge on how to find a break and nurture a career with confidence Their advice is supplemented by resource listings of names addresses and phone numbers of agents managers union offices and producing organizations the people who hire promote and foster the careers of performers There is even advice on how talented people can avoid being taken advantage of in the rough and tumble business side of the performing arts

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