

Callanetics: 10 Years Younger in 10 Hours



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CHAPTER ONE
Who Is Callan
Pinckney and Why Is She Writing This
Book?
Callan Pinckney is not a celebrity—model or movie star—nor is she a medical doctor with a string of degrees. She is a teacher—albeit unorthodox—of one of the most innovative exercise programs today. How she became a teacher is not so simple to explain. How she devised the program began somewhere between Savannah, Georgia and Southeast Asia sometime in the 1960s. On paper Callan's life looks like the figment of a fertile imagination—a scenario for a movie script: A ninth-generation American Southern debutante Callan hopped a freighter bound for Germany in 1961 and hitch-hiked around the world for the better part of ten years—completely missing the turbulent sixties in this country. She shoveled snow

in Londonï¼Œ tracked migrating herds in
Central Africaï¼Œ painted the decks of a freighter as a member
of its crewï¼Œ sold peanuts table to table in a fashionable
Tokyo rooftop restaurantï¼Œ and taught British pronunciation to
four hundred Chinese children in Hong Kong. These are but
a few of her survival jobs.
Born with spinal curvatures (scoliosis and swayback)ï¼Œ one
hip higher than the otherï¼Œ and feet turned inward so severely
that she wore leg braces to her waist for seven years of her
childhoodï¼Œ Callan went on to study classical ballet for twelve
years with a protege of the legendary Michel Fokine.
Today she teaches exercise to diplomats and ambas-
i.~piï¼Œ wives.

作者介绍:

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