



@laurieannbulman

Laurie Ann Bulman

PILATES EXPERT
MOVEMENT SPECIALIST
FOUNDER, L.A.B

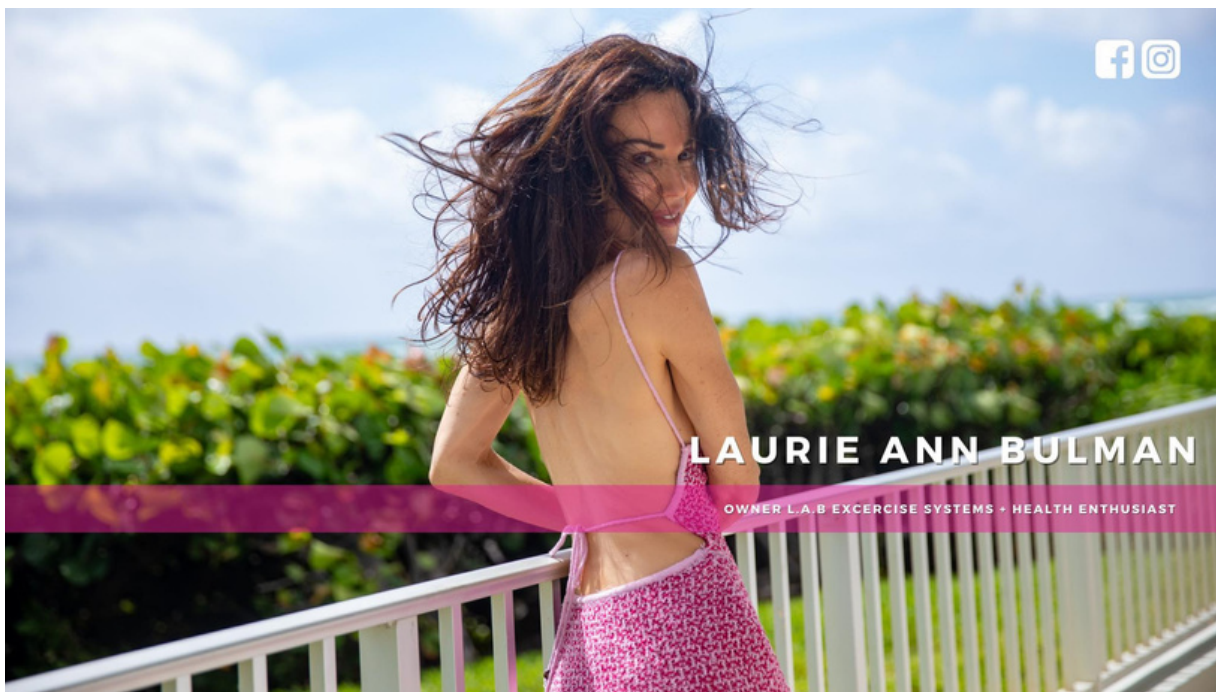
MEDIA KIT

Hi. I'm Laurie!

PILATES EXPERT & MOVEMENT SPECIALIST

With over three decades of movement expertise, Laurie Bulman has transformed countless lives through her precise, form-focused approach to Pilates and wellness. As the founder of L.A.B Exercise Systems (Less is more - Alignment - Breath), she brings a rare combination of professional dance experience and deep anatomical knowledge to her practice.

Laurie's journey began in 1990 in Boulder, Colorado, where she first discovered Pilates while pursuing a professional dance career. After establishing herself in New York City, she taught at prestigious locations including The Parker Meridian Hotel, Sports Club LA, and La Palestra, working with high-profile clients and leading physical therapy studios.



 **++34K**

platform followers

 **500K**

monthly page views

 **3K**

likes per post

 **10-28K**

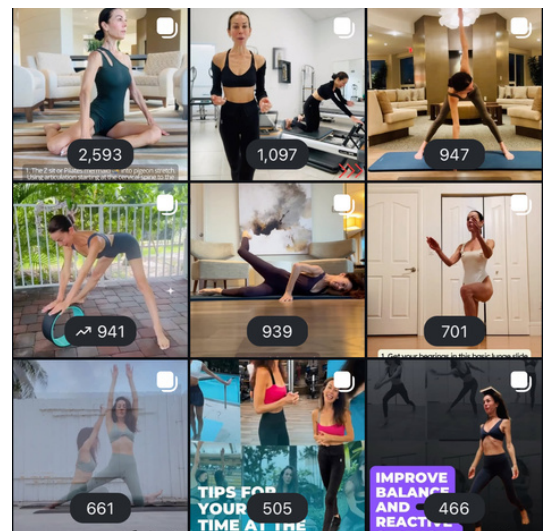
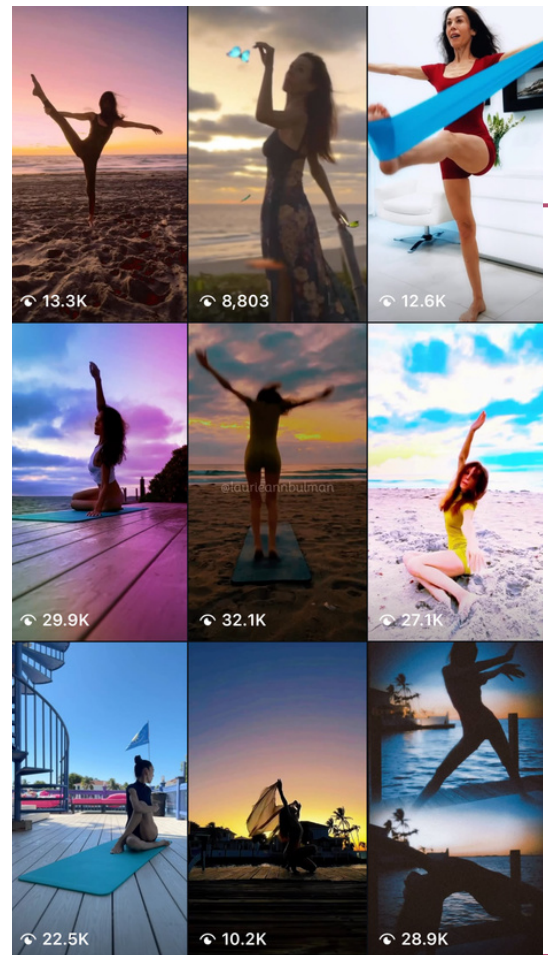
average views per post

The Lab

@LAURIEANNBULMAN

Laurie's journey began in 1990 in Boulder, Colorado, where she first discovered Pilates while pursuing a professional dance career. After establishing herself in New York City, she taught at prestigious locations including The Parker Meridian Hotel, Sports Club LA, and La Palestra, working with high-profile clients and leading physical therapy studios.

Now operating two dedicated Pilates studios in Boca Raton, Florida—one at The Addison Condo and another in East Boca—Laurie has refined her practice to focus on what she does best: transforming bodies through meticulous attention to form and alignment. Her eagle-eyed ability to spot the smallest misalignments has earned her a devoted following, with clients often remarking on her gift for creating challenging yet transformative sessions that prioritize feeling good over just looking good.



MOST VIEWED TOPICS

Pilates Tips, Exercise Tutorials

Self-Care Strategies

Mind Body Connection

Dance Expression

Dance/Movement Therapy

Social Media



@LAURIEANNBULMAN

A trusted voice in the wellness community with over 18,000+ engaged followers averaging 2,000 likes and 10,000 views per post across Instagram and Facebook, Laurie continues to expand her impact through digital platforms.

She offers select collaboration and sponsorship opportunities with brands that align with her core philosophy: that true wellness comes from balanced, mindful movement and proper form.



PROFESSIONAL SERVICES

Brand partnerships and sponsored content

Content Creation

Private and small group Pilates instruction

Personalized movement coaching

Virtual training sessions

Social media wellness education

STATISTICS

500k+

profile visits per
month

45k+

average monthly
interactions

17k+

average monthly
views per post

11.9%

engagement rating

MY AUDIENCE

65%

men

60%

35-64 yrs old

57%

USA

Collabs



WHO I WORK WITH

As a trusted voice in the wellness community, I collaborate with brands that share my commitment to authentic, mindful living. My partnerships typically include:

Wellness & Fitness Brands

- Premium Pilates equipment manufacturers
- Athletic wear and activewear companies
- Fitness accessories and props
- Recovery and wellness tools

Lifestyle & Wellness

- Clean beauty and skincare brands
- Nutrition and supplement companies
- Wellness technology innovators
- Sustainable lifestyle products

Health & Recovery

- Physical therapy and recovery equipment
- Wellness apps and digital platforms
- Health monitoring devices
- Therapeutic tools and accessories

WHAT YOU CAN EXPECT

- Authentic content creation featuring your products
- Engaging video demonstrations and tutorials
- Educational posts highlighting product benefits
- Behind-the-scenes studio integration
- Live workshops and product demonstrations
- Dedicated email promotions to my client base



laurieannbulman@gmail.com
1-917-405-3559

GET IN TOUCH

For partnership inquiries or to learn more about L.A.B Exercise Systems' approach to mindful movement, please contact



Laurie