

**MEDIA ALERT**

**Media Contact:**

nmpr/nicole@nm-pr.com

p: (310) 502.9921



**GET YOUR “DUET” ON THIS VALENTINE’S DAY WITH NANCY BESSER AND  
BALANCED PLACE**

*Grab a friend or loved one and enjoy a private, one-hour class designed for you two!!!*

**STUDIO CITY, CA – January 17, 2011** – Tired of the same old cards, dinner and flowers for Valentine’s Day? We are too – which is why **Nancy Besser**, Founder of **Balanced Place** in Studio City, CA, is now offering something a bit more unique and different for you to do together this Valentine’s Day: introducing the private “Duet” 2:1 class with **Nancy Besser**.

“The new Duet Class is such a perfect way for two people to jump-start their energy for the day and have some fun,” says Nancy. I developed the class especially for two, which provides a unique experience combo of Pilates arm and leg movements all in one.”



Before you head to dinner, grab a friend, parent or your sweetie and reserve your spot today! As a special for Valentine’s Day, Balanced Place is offering the “Duet Class” only on **Saturday, February 12<sup>th</sup>** and **Saturday, February 19<sup>th</sup>**

on the hour, starting at 8:00am with the last class being offered at 5:00pm on both days. The class is \$45.00/person; \$90.00 for two and includes a (50) minute session for two with Nancy at The Balanced Place studio as well as (2) glasses of champagne and some chocolate treats to enjoy when you’re finished



with class.

For further information on **Balanced Place**, please call **(818) 915.0166** or check out the newly launched website at [www.balancedplace.com](http://www.balancedplace.com).

Check out Nancy's "Duet" Class FOR TWO Video:

<http://www.youtube.com/watch?v=78yIFaO241Q>

### **ABOUT NANCY BESSER:**

Nancy Besser, MA, earned her undergraduate degree from UC Davis and studied dance and movement for ten years. She holds a master's degree in Psychology, has worked as a life coach, and is certified by Golden Gate University in the art of conflict resolution and mediation. She is a graduate and a certified instructor of the prestigious Turning Point Studio's extensive Instructor Training Program, led by Nora St. John. Nancy completed course work in Anatomy, Mat, Reformer, Apparatus, and an intensive series of courses focusing on rehabilitation techniques incorporating the Pilates method entitled 'Movement Medicine.' She is also certified on the pelvic stability tool, 'Elvis/Body Key,' through the Center of Movement and ArtForm, under the Body Code System. When not working with clients or in her studio, Nancy can be found exploring the beautiful hiking trails of Southern California or reading a book at the beach. She currently resides in Studio City, CA, close to her Balanced Place studio.

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