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NANCY BESSER WITH BALANCED PLACE INTRODUCES “THE BESSER APPROACH” TO STOP CHRONIC PAIN AND SUFFERING WHILE ADDING MORE BALANCE TO YOUR DAILY ROUTINE

Balanced Place Starts Where Others Put up Their Hands and Stop!

STUDIO CITY, CA – NOVEMBER 23, 2010 – Nancy Besser, Founder of **Balanced Place** believes no person should suffer or be in pain. She opened the doors to this private and peaceful sanctuary in 2008, which specializes in Pilates and other movement modalities and applied biomechanics specifically for continued rehabilitation from physical injuries so clients can experience the one-on-one, personal attention needed to achieve the results they are looking for to improve their daily lives. Located at **11712 Moorpark Street in Studio City, CA**, the studio, which exudes tranquility from the moment you walk through the door, is truly the ultimate mind-body awareness and post-rehabilitation spot for you to achieve what the best mental and physical wellness looks and feels like for you.

Gone are the days of having to worry about being in a jam-packed Pilates class with 20 other people. And, gone are the days of leaving class wondering what kind of improvements your body is actually making. With **Nancy Besser**, your session is all about you! She has spent years developing her own approach she likes to call, “**The Besser Approach**,” a unique path to wellness and healing that she tailors for each client of all ages and fitness levels. Building on her own experiences of practicing Pilates for rehabilitation from physical injuries sustained in a car accident, **Besser** opened **Balanced Place** because she wanted to work with each client individually to bring them even more awareness of the unconscious connection to the mind and body.



“I’m amazed at how many clients I meet who were on a path to living with chronic pain for the rest of their lives until they started working with me and seeing instant results,” says **Nancy Besser**, MA and Founder of **Balanced Place**. “I started **Balanced Place** to create a private, intimate space where I could give each client the tools he or she needs to enjoy what physical, mental and spiritual improvement feels like incorporated into their daily lives.”

As an intuitive mind-body practitioner, Nancy has spent years developing Pilates and movement programs to fit each client’s specific needs with specialties including: working with clients with chronic

pain, joint instability, muscular imbalances, alignment issues, back weakness, sports-specific training and overall wellness and fitness goals.

Balanced Place offers 50-minute private sessions which focus on a complete physical assessment of the body alignment, posture, strength, flexibility, balance (of course), and coordination. In addition to the 'in-studio' private sessions, which run \$80.00, Nancy also offers 'in-home' privates and post-rehabilitation conditioning sessions which start at \$150.00, as well as occupation-specific, topical, intensive workshops.

And, with the holidays and New Year around the corner, there really is no better time than now than to grab a group of friends and enjoy the newly added, "**Duet Pilates Sessions**," which allow two people at once to get personal, private sessions from Nancy at the studio or at home. The "Duets" in-studio are \$55.00/per person, per session and can also be purchased in a package of 5 for \$275.00; 10 for \$500.00 and 20 for \$900.00.

First time clients to **Balanced Place** can enjoy a private-session with Nancy for ONLY \$45.00. Treat yourself to the gift of "The Besser Approach," or share with a loved one who will no doubt jump-start their New Year on the right path away from chronic pain and suffering towards more freedom of movement and balance.



For further information on **Balanced Place** or to book a session with Nancy, please call **(818) 915.0166** or check out the newly launched website at **www.balancedplace.com** .

Meet **Nancy Besser**, tour the **Balanced Place** studio and learn more about her specialty by clicking here: <http://www.youtube.com/watch?v=wXyYulBP1f8>

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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.