

## *Publicity on Stephanie Herman's Esprit de Danse*

ABC, AMERICA'S TALKING, EYE WITNESS NEWS, NY TIMES, CHICAGO TRIBUNE, HARPER'S BAZAAR, VOGUE, ELLE, SELF, MIRABELLA, GLAMOUR, REMEDY, LONGEVITY, GENTRY, ALLURE, ENTREPRENEUR, AMERICAN FITNESS, NEWSDAY, TIMES TRIBUNE, CITY SPORTS, CHANNEL 6 CABLE TV, ETC.

### VOGUE

"Ballet doesn't usually provide much exercise for beginners, but the routine in Muscle Ballet - led by Stephanie Herman, a personal trainer and a Balanchine-trained dancer picks up the pace while emphasizing form."

"I can tell what type of exercise a woman does by looking at her body," says NYC fitness expert Stephanie Herman. "The ballet body is long and lean, the aerobic body more compact, and the weight-training body more muscular."

### ELLE MAGAZINE

"Muscle Ballet and Esprit de Danse are dance-derived workouts that incorporate ballet's muscle-elongating principles, Pilates' muscle-isolation elements, and yoga's mental focus."

### GLAMOUR

"To get muscle refinement and definition, you have to isolate the muscle, and that takes concentration and attention to technique," says Stephanie Herman, director of Esprit de Danse in Menlo Park, California.

### FIT MAGAZINE

"By blending dance training with Pilates-inspired techniques, Stephanie Herman has created a fitness program designed to help sculpt your form without adding bulk. It's a gentle, non-impact workout that will make you feel graceful and dramatic. Enjoy the graceful approach to fitness and dance on."

### DANCE MAGAZINE

"Stephanie is a ballet dancer with a broader understanding and appreciation for more diverse dance idioms than the typical tunnel-visioned ballet dancer. Stephanie has studied most modern techniques as well as jazz in which she found new freedom from the rigidity of ballet."

### TIMES TRIBUNE

"Muscle Ballet improves posture, lessens tension and tones muscles quickly."

### CITYSPORTS

"Stephanie Herman would like to see fitness with spirit, fitness with purpose, fitness with joy, -not just sweating to a tune day-in-and-day-out. Herman combines her classical and jazz dance training with a steady cardiovascular workout and a focus on spinal alignment and elongating muscles."

### SAN MATEO COUNTY TIMES

"Herman's technique is based on fluidity and grace rather than the sharp, rapid movements of standard aerobics."

### PALO ALTO WEEKLY

"In dancing, your own body is your instrument. Herman created her own exercise program, drawing upon her experience as a principal ballerina."

### LOS ALTOS TOWN CRIER

"Stephanie Herman...can teach anyone to dance"

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