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How to Improve the Mind and Body for People of All Ages with NeuroMovement The Anat Baniel Method NeuroMovement is a cutting-edge, science-based approach that transforms the lives of children and adults, helping them move beyond pain and limitation.

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Anat Baniel Method 4330 Redwood Highway, Suite 350 San Rafael, CA 94903 800-386-1441 or 415-472-6622 415-472-6624 (fax) Email: staff@anatbanielmethod.com Move Into Life: NeuroMovement for Lifelong Vitality: Anat ...

Anat is the author of two highly acclaimed books: Move Into Life: NeuroMovement for Lifelong Vitality, and Kids Beyond Limits: The Anat Baniel Method for Awakening the Brain and Transforming the Life of Your Special Needs Child. Anat teaches workshops and gives presentations worldwide, including France, England, Japan, Sweden, Germany, and Israel. The Anat Baniel Method Center. At the Anat

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Anat Baniel Method NeuroMovement is a holistic approach that uses movement as an approach that helps improve functioning of your brain, which in turn helps you learn and think better, overcome pain and move better, and achieve new levels of performance.

Anat Baniel Method in Kelowna

the feldenkra's method & anat baniel neuromovement method Be the best you can be, move beyond your current pain and limitations. Look for transformation, change the current you to the best you possible!

**Move into Life: The Nine Essentials for Lifelong
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Anat Baniel's work is transformational: using the brain's power to create powerful changes in the body and mind. The Nine Essentials are like a guide to better living, reducing pain and being more potent in every way. The world of neuromovement is only just awakening - and Anat is at the cutting edge of it.