
ABM® NEUROMOVEMENT®
2024 Basic Training Program Catalog





*This catalog describes the Anat Baniel Method® NeuroMovement®, previously known as the Anat Baniel Method® NeuroMovement®, (ABMNM®) Basic Training Program.
As a prospective trainee, you're encouraged to review this catalog prior to signing the Student Enrollment Agreement.**

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“Anat Baniel has developed powerful, practical strategies for improving your abilities and building a better, stronger brain that are supported by the neuroscience of brain plasticity.”

~ Michael Merzenich, PhD, Neuroscientist, American Academy of Sciences

MISSION STATEMENT

Our mission is to train highly effective and successful practitioners who, through the power of positive brain change, transform the lives of adults, the aging, children with special needs, high performers, and those wanting to live fuller, more vital, and satisfying lives.

We are committed to bringing our graduates to the frontier of the neuroplasticity revolution both in theory and in practice.

ABOUT ABM® NEUROMOVEMENT® (ABMNM®)

ABM® NeuroMovement® ABMNM® is a cutting-edge science-based approach that transforms the lives of children and adults, helping them move beyond pain and limitation. By accessing the amazing powers of the brain to change itself, the method helps people discover how to acquire new skills, improve and refine existing skills, and dramatically enhance physical, cognitive, emotional and creative performance. This unique method evolved from Anat Baniel's background as a clinical psychologist, dancer, student, and close collaborator of Dr. Moshé Feldenkrais, in addition to her many years of providing breakthrough outcomes to the thousands of people she has worked with and trained.

Using brain plasticity, **innovative movement lessons**, and the *Nine Essentials*, new neural patterns are created in the brain, which increase strength and flexibility of mind and body, creativity, and vitality. Whether the client is in good health or has a limiting diagnosis, the method provides the tools to turn the seemingly impossible into the possible and to live life more fully, with greater joy and success.

- **Read free chapters** from Anat Baniel's books *Kids Beyond Limits* and *Move Into Life*.
- Listen to the **NeuroMovement Revolution** podcasts.
- Learn about free presentations and workshops at www.anatbanielmethod.com/events.
- Start using NeuroMovement® video programs: <https://myanatbanielmethod.com/store/>
- Find an NeuroMovement® Practitioner and try a private session: <https://myanatbanielmethod.com/find-practitioner/>
- Watch NeuroMovement® videos on YouTube: www.youtube.com/abmethod and on www.youtube.com/NeuroMovement.
- You can also follow us on Facebook at www.facebook.com/anatbanielmethod and Twitter at www.twitter.com/neuromovement to receive ongoing updates and new information.



EVOLUTION OF ABMNM®

“Anat Baniel has evolved to a point few can match, let alone surpass.”

~ Dr. Moshé Feldenkrais

The original and highly effective approach of ABM® NeuroMovement® has evolved from Anat Baniel’s background in clinical psychology, dance, science (statistics), her extensive study and close collaboration with Dr. Moshé Feldenkrais, and over 30 years of professional experience in her own thriving, highly successful practice, teaching workshops worldwide, and training thousands of future practitioners.

Anat Baniel’s studies and work with Dr. Feldenkrais have had a profound impact on her thinking and practice. The Feldenkrais Method is the platform from which ABMNM® has evolved. Early on Anat understood the remarkable potential of the human brain to change, transforming the ability of children and adults to move, think, feel, relate, and overcome challenges and reach new levels of performance often believed to be impossible. Anat observed the remarkable transformations in her clients and trainees daily. She kept challenging herself with the questions:

What is it about what she was doing that generated such miraculous changes in her clients?

What are the conditions that awaken the brain to reach new potentials and levels of performance?



Anat Baniel with Dr. Moshé Feldenkrais

Now hundreds of ABMNM® practitioners use the same knowledge to powerfully transform the lives of their clients. Through her extensive and highly successful, in-the-trenches experiences with tens of thousands of men, women, and children with special needs - from high-performance athletes, business people, world class scientists, and musicians to people with neurological trauma and tiny babies with severe developmental challenges - Anat Baniel has identified fundamental principles of brain function and brain change that she calls the ***Nine Essentials***. These principles are all supported by current neuroscience research.



Dr. Michael Merzenich,

the “father” of neuroplasticity science and author of *Soft-Wired: How the New Science of Brain Plasticity Can Change Your Life* has written about Anat Baniel’s work, method, and theory:

“From several decades of research...we scientists have defined the ‘rules’ governing brain plasticity in neurological terms. We now know how to drive brains to change for the better. It has been a great wonder to me, then, that my friend Anat Baniel, working in parallel along a completely different path, has defined almost exactly the same rules. Moreover, Anat interprets them here in practical and understandable human terms.”

Dr. Norman Doidge,

the author of *The Brain That Changes Itself* and *The Brain’s Way of Healing*, also recommends ABMNM®:

“Following in the footsteps of Moshe Feldenkrais...

Baniel shows why our mainstream approach...is often wrong, and at times damaging.... The approach here [is], far wiser, far more subtle, truly holistic, far more ingenious, far more in accord with how brain development occurs...”

The ABMNM® approach is revolutionary, yet the *Nine Essentials* can be adopted by anyone for daily life, or for professional use. The *Nine Essentials* and *NeuroMovement*® can guide us in creating groundbreaking practices in diverse fields such as rehabilitation, pain relief, children with special needs, child education, health, fitness, and well-being, making the seemingly impossible possible.

More and more leading neuroscientists, medical doctors, educators, therapists, and integrative medicine practitioners are taking interest in ABMNM® as a source for practical methods that match the most advanced knowledge of brain function. This method provides practical, easy-to-use tools catapulting us to the new levels of vitality and intelligence, as we thrive.

These *Nine Essentials*, combined with the rich blend of both experiential and theoretical knowledge, are the basis for the seemingly miraculous outcomes that the practitioners trained in ABMNM® witness on a daily basis. Anat continues to evolve and refine her method; it’s a live and dynamic process. Anat has written two books: the bestselling *Move Into Life: Lifelong Vitality* with *NeuroMovement*® and the highly acclaimed *Kids Beyond Limits*, which continue to reach people worldwide.

IS THE ABMNM® TRAINING FOR YOU?

"My daughter could not walk; now she's running, jumping, and talking.
I'm going to change rehab in Canada!"

~ Lorrie J., Graphic Designer & Mother of child with cerebral palsy

The ABMNM® Basic Training Program Is for You if:

- You are looking for a career change and profound life-changing opportunity.
- You are a parent, caregiver, teacher or therapist to a child or children with unique challenges who would like to gain highly effective tools to help them transcend their challenges, and help other children and adults if you so wish.
- You would like to be at the forefront of the brain plasticity revolution and learn transformative, innovative practical applications of the remarkable capacities of the brain to change for the better—applications you will not find anywhere else.
- You are a PT, OT, ST, or MT and believe that you can do even more for your clients and desire to be at the forefront of your profession and the neuroplasticity revolution, and reach new heights in your business and professional success.
- You are an MD who wants to be on the cutting edge of treatment possibilities and enhance your practice with a comprehensive functional medicine approach that is scientifically based and on the cutting edge of brain research.
- You are a teacher who would like to learn unique and effective ways to elevate the capacity of your students' brains to learn and change, no matter the circumstances.
- You are a Yoga, Pilates, Alexander, somatic educator, or physical fitness trainer and want to gain profound new understanding and powerful tools to advance yourself and help your clients.
- You are looking to go beyond traditional therapy programs and would like to help children and adults overcome physical and mental limitations and reach new levels of performance.
- You want to transform your own pain and limitation and reach exciting new levels of vitality, mental clarity, creativity, physical strength, flexibility, and coordination.
- You want to reach your 80's or 90's vibrant, alive, strong, and smart, with a memory that is working and a life that's fun living.

"By the end of the first day I was convinced I made the right choice to join the training."

~Nadia V., ABMNM® Practitioner Trainee

GAINS FOR THE PROFESSIONAL

Whether you are a physician, an alternative medicine practitioner, or allopathic physician; teach self-improvement courses; practice physical therapy, occupational therapy, speech therapy, or massage therapy; are a teacher, special education teacher, fitness trainer, yoga teacher, body worker, or psychotherapist; ABMNM® and its cutting-edge brain plasticity theory and practice will provide you with innovative and safe tools to powerfully transform your clients' pain and limitation into skills and wellness.

[View videos of our graduates sharing professional gains from the training program.](#)

This method offers hundreds of different techniques, movement lessons, and a profound and rich understanding based in science and rich human experience. This method transforms the outcomes professionals will reach with their clients, from children with challenges to world-class athletes, beyond what is normally known to be possible.

"I have a rod in my spine and, as a result of this training I went hiking in the Alps with my 65-pound son on my back. I can carry him better than my 6'3" husband!"

~ Kara K., diagnosed with scoliosis, Mother of child with special needs





PERSONAL GAINS

When participating in the ABMNM® Basic Training Program, you will immerse yourself in an extensive and comprehensive experiential process. As a result, while you learn how to work with others, you will experience profound changes in yourself on all levels—physical, mental, emotional, and spiritual.

Trainees find this work to bring pain relief, increase their flexibility and strength, sharpen their minds, and enhance their creativity, vitality, and well-being in ways they could not imagine before. As this work helps their brains form new connections and patterns, many feel that this training is the best anti-aging process they could hope for.

It is difficult to imagine the kind of changes and benefits that you and your classmates will experience as a result of participating in this potent learning process. Every one of the graduates from our previous Practitioner Training Programs has a remarkable personal story of transformation to tell.

“Super inspiring! I feel I am on a path towards fulfillment and leaving worries behind. I learned way more than I thought possible and am ‘hungry’ for more.”

~ Robyn R., ABMNM® Practitioner Trainee

The scope of personal benefits from this training program is very wide. Trainees may experience:

- Increased flexibility and strength – physical, emotional, intellectual, and spiritual
- A powerful new relationship with their bodies
- Exciting new movement and mental skills
- Healing from old injuries and traumas
- Relief from back, neck, joint, and other physical pain
- Improve coordination, balance and breathing
- Increased cognitive acuity, clarity and freedom in thinking
- Enhanced creativity
- Improved health and greater vitality and well-being
- Fuller discovery of one’s authentic self and expression
- A full, vibrant, and interesting life

The ABMNM® Basic Training Program provides a unique opportunity for remarkable growth and positive changes on a personal level while potentially acquiring a new and fulfilling profession.



“The Nine Essentials were brilliant.
These can apply to everything in life.
Now I have the tools to support ongoing change forever.”

~ Mary L., ABMNM® Practitioner Trainee



Join the Training Just for You: Improve Your Health, Enhance Vitality & Reverse Aging

- *Are you in your 20's, 30's, or 40's and feeling that there is more to you, that you can move better, be more intelligent and creative, or relate better to others?*
- *Do you suffer from health issues that limit your ability and freedom to act and live fully?*
- *Do you want to reach your 80's or 90's vibrant, alive, strong, and smart, with a memory that is working and a life that's fun living?*

The answer to these desires depends to a great extent on how you will be using your brain in the future. *This work and the intensity and duration of the training could make a meaningful difference.*

The challenge is how to access the brain's ability to eliminate pain, and increase strength and flexibility of body, mind, and spirit.

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Through hundreds of hours of movement lessons, lectures, demonstrations, and hands-on practice, you will find yourself changing, transforming for the better, and learning the same way you did as a child. You will gain the knowledge and tools to continue improving and growing throughout life.

While our Practitioner Training Programs are geared towards people who are committed to learning ABMNM® and becoming practitioners, all our trainees experience profound transformation in themselves in all respects. Many of our graduates say that even though they came to the training to become practitioners, as important--if not more so for them--is who they have become as people.



IN-PERSON AND ONLINE BLENDED BASIC TRAINING PROGRAM

“I was just blown away by how much MORE I learned doing the segment online. I had the freedom to do it when I could and go back over it. It just helped so much....It was wonderful. I’m thrilled that you’re doing this blended Practitioner training. I’m IN!!!”

~ Shannon K., ABMNM® Children with Special Needs Practitioner



The ABMNM® Basic Training Program consists of a unique blend of both in-person and online learning. Additional web resources, regular conference or video calls, and ongoing support in small groups make this ABMNM® training exceptionally powerful both in terms of personal growth and transformation, as well as in forming highly effective practitioners.

Five of the 10 training segments are done in person, three of the segments are done online in between the in-person segments and one segment is done live-online via Zoom. During the online segments, trainees will meet via conference or video calls with their group leader to go over the assigned materials and address questions. The group leaders are available for help and provide support to the participants in their group.

Trainees are encouraged to begin practicing early on and are provided with supporting teaching materials in the form of transcripts and extensive notes after each training segment.

Combining online learning segments with in-person class time allows for completion of the practitioner training program within approximately 15 months. This makes the training more accessible, requires less time away from work and family, and reduces associated travel and lodging costs while providing a highly potent learning process.



ABMNM® BASIC TRAINING PROGRAM DESCRIPTION

"Part of Anat's genius is her ability to teach this extraordinary work to others."

~ Neil Sharp, MD, MA, ABMNM® Practitioner

The Practitioner Training Program consists of 10 training segments, a total of 102 days of training, 53 days In-Person (IP), 36 days Online (OL), and 11 days Live Online (LO) plus conference calls during the OL training times. The total training duration is approximately 16 months.

See highlights of the training program below.

1. Highly skilled and dedicated teaching staff
2. Five *In-Person* (IP) training segments (segments 1, 3, 5, 9 & 10)
3. Four *Online* (OL) training segments (segments 2, 4, 6 & 8)
4. One *Live Online* (LO) training segments (segment 7)
5. *In-Person* (IP) segment 1 is nine days long. All remaining IP segments are 11 days long, which includes 2 days of review of prior material learned in the online segments followed by 9 days of new material.
6. Each *Online* (OL) segment is open for a period of seven to eight weeks for viewing. For each OL segment there will be live OL training classes with trainers. OL live classes will be recorded for later listening/viewing. Trainees must consume the online segment material following a schedule determined by teaching staff.
7. The *Live Online* (LO) segments are 11 days long, which includes 2 days of review of prior material learned in the online segments followed by 9 days of new material.
8. Three practicums under supervision, one for Transformational Movement Lessons (TML) and two for Functional Synthesis (one-on-one lessons)
9. Individual Functional Synthesis lessons for trainees from the training team.
10. Weekly calls with teachers for questions and support during Online segments.
11. Dedicated and exceptional support staff
12. Practice of learned materials between segments

Anat likens her approach to the process of a child learning a new language. The teaching staff help the trainees gain access to this new language—knowledge and practice—in a seemingly effortless and delightful way.

ABMNM® TRAINING PROCESS

“The most exciting and interesting thing I’ve ever experienced! I thought meeting 100 people at once would be overwhelming, but I feel at home, welcome and safe. I don’t want to leave.”

~ Birgit J., ABMNM® Practitioner Trainee & Yoga Instructor



In every training segment, you will participate in an intensive experiential and intellectual process. Each segment focuses on one main functional subject. There are foundational underlying themes that recur and continue evolving in each of the segments. Every segment builds on the previous ones, so the learning grows exponentially and integrates into one field.

The hands-on practice and group movement lessons introduced in each segment relate to the focus of the segment and build, over time, in their complexity and level of physical and cognitive skillfulness and refinement. As trainees move through these segments, they gain knowledge of how the nervous system functions to organize action and how specific core ideas in the method can be applied to a multitude of situations and conditions.

You will experience and learn scores of Transformational Movement LessonsSM (TML- group movement lessons); a rich body of scientifically based, cutting-edge theory; Functional SynthesisSM individual sessions (FS - one-on-one movement lessons); demonstrations, and practice. You will immerse yourself in a process where you’ll repeatedly experience the impossible becoming possible, reaching new levels of freedom and refinement in your own movement, feeling, thinking, and awareness. Your transformation and personal evolution are at the heart of the profound understanding and skills you will acquire to effectively and powerfully utilize when teaching others.



You will be personally supervised while in the process of developing the skills needed to facilitate the same kind of transformational changes in others.



Transformational Movement LessonsSM (TML)

Movement lessons that can be taught in groups or individually. The lessons range from the very basic to the highly complex. The movements and their progression are designed to re-awaken the brain to create new connections and patterns that lead to breakthrough positive changes - physically, cognitively, and emotionally. They are taught in a functional progression so that they are performed with ease and are safe to do. Each movement lesson has a central theme, such as the ability to bend down, balance on one leg, improve dexterity of the hands, etc., while always upgrading the underlying quality of the functioning of the brain itself and its ability to learn. Each lesson consists of a number of variations that provide the brain with new information with which it can readily create new patterns - patterns that lead to reduced injury, aches, and pains and to improved performance. The speed and extent of positive changes are often surprising.

Functional SynthesisSM (FS)

One-on-one movement-based lessons that are taught individually and are customized to the client's particular needs. Gentle and light movements are used by the practitioner to communicate with the client's brain providing it with the information it needs to discover new, easier, and more efficient patterns of movement, feeling, and thought that help eliminate pain, transcend limitations, and reach higher levels of performance. The client learns to distinguish

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between a well-organized movement that is easy and safe to perform, and one that is poorly organized and often is injurious and hard to perform. As a result, trainees learn easy and effective action in all walks of life, understanding how to transcend limitations and prevent future injury. Sessions are conducted with the client fully clothed, sitting, standing, or lying on a specially designed table.

Theory

Lectures relating to the segment topics are taught during each of the segments. Lectures cover topics ranging from current findings in brain plasticity research to basics in Newtonian physics; from basic biology to principles of decision-making under uncertainty conditions. For over 30 years Anat Baniel has been continually challenging herself to find new ways to make the knowledge and the practice of her method readily and easily accessible to future practitioners. She has written two books that define the underlying principles of her method. (Learn more: [Download free chapters from both books.](#))

Anat Baniel is known for her ability to clearly articulate and demystify the theoretical basis of the work, and never compromise on depth, accuracy, richness, or complexity. She has found multiple ways of making the work understandable, fun, intriguing, inspiring, and at times challenging and always transformational.

“Great segment! I enjoyed Anat’s presence, mastery, and her ability to ignite infinite possibilities in others. The assistants were capable and very helpful.”

~ Naomi Z., ABMNM® Practitioner Trainee & Therapist





Group Learning

The training is structured to promote building close relationships between the teaching faculty and participants and also among the participants themselves.

Most of the learning is done in a group context. The variations among the trainees, each with their unique strengths and life experiences, contribute to the richness of the learning experience. Trainees have the opportunity to build strong bonds and gain friendships and collegial relationships that last well past the training.



Trainee Private Sessions

During the Practitioner Training Program, each trainee receives individual Functional Synthesis (FS) lessons from the training staff during the Practitioner Training.

Practicums/Supervision

During the Practitioner Training Program, each trainee teaches a group of movement lessons (TML) to their peers, under supervision. During the program, each trainee also gives a supervised, one-on-one session (FS) to 2 people, at least one of them being a person that is not part of the training program.

Practice Between Training Sessions

Trainees are encouraged to practice both TML and FS in between training segments. Starting at Segment 5 of the Practitioner Training Program, trainees are given practice assignments in the form of minimum number of practice sessions in both TML and FS that they are asked to do in between segments, representing themselves as “students in training.”



Immediate Use and Application

The trainees are encouraged to begin practicing what they have learned early on and are provided with teaching materials after each segment.

Teaching Materials

After each segment, trainees are provided with written transcripts of the Transformational Movement Lessons and written summaries of the Functional Synthesis teaching to support further learning, for continued assimilation of information, and for future use in their practice. In addition, articles, reading suggestions, and other materials are provided to help the learning process continue between sessions. Anat Baniel's two books *Move Into Life: Lifelong Vitality* with NeuroMovement® and *Kids Beyond Limits* are required reading.

Access to the Training Coordinator and Teaching Staff/Office Hours

Trainees have access to the training coordinator and teaching staff during and between training segments for questions and/or concerns regarding personal or professional training matters. During in-person training segments there are no formal office hours; however, trainees can schedule a time to discuss any issues they might have, with an instructor, during breaks, or before or after class hours, depending on teacher's availability.

Additional Guidance/Tutoring

In the event that trainee is deemed by the teaching staff to be behind in some aspect of their learning, coaching session by one or more of the training team will be offered for additional fee.

Additional FS Lessons

Trainees may schedule additional one-on-one FS lessons during in person segments with any of the teaching staff, depending on the availability of the staff.

ABMNM® BASIC TRAINING OBJECTIVES

“This segment was wonderful, intense, and called me deeper to self-awareness. I am able to see and feel more. My gratitude is greater and life is richer.”

~ Ivana G., ABMNM® Practitioner Trainee

- Be at the forefront of the emerging and rapidly growing fields of NeuroMovement®, Integrative Medicine, and practical applications of brain plasticity principles for driving powerful positive changes in people’s lives.
- Provide an alternative, breakthrough learning and positive brain-change-based approach to helping people overcome injury, pain and limitation, and reach new levels of performance physically, emotionally, and cognitively.
- Develop the skill to intentionally and consistently take advantage of the incredible potentials of the human brain to change itself throughout life using a holistic, science-based approach leading to breakthrough outcomes that open up possibilities for improved functioning beyond what is commonly expected or available.
- Acquire the ability to work with a diverse population such as athletes, musicians, and adults looking to overcome pain and limitation and help them increase their physical and cognitive levels of fitness and health, and reverse symptoms of aging.
- Acquire an inspiring and exciting career in the personal growth and integrative health fields that are rapidly growing in demand and make a profound difference in people’s lives.





- Provide professionals, such as physical therapists, massage therapists, speech therapists, medical doctors, alternative and integrative medical professionals, educators, special education teachers, psychotherapists, fitness trainers, Yoga and Pilates teachers, and more, with cutting-edge, science-based theory and practical tools for providing breakthrough outcomes that were not available for them and their clients/patients before.
- Provide professionals with a competitive edge in their ability to improve people's lives.
- Experience profound and long-lasting personal transformation in your own self and life. Trainees repeatedly experience changes such as greater mobility, flexibility, and strength of body and mind; increased vitality and well-being; recovery from old and recent injuries, pain, and limitation; and new levels of performance on the physical, emotional, and cognitive levels.
- Become eligible to participate in the ABMNM® Continuing Education Mastery Workshops to be certified in three areas: Children with Challenges, Vitality and Anti-Aging, and High Performers.

"I'm excited to be here with 120 plus people that are all going to help the health care industry change the way we heal people."

~ Stephanie S., ABMNM® Practitioner Trainee & Emergency Department Nurse



ABMNM® BASIC TRAINING CRITERIA FOR COMPLETION

In the Basic Training Program, the criteria for completion include:

1. Successful completion of the ABMNM® Basic Training Program.
2. Signing a *Trademark and Contents License Agreement* with Anat Baniel Method.
3. Full attendance in all *In-Person* (IP) training segments.
4. Full attendance in all *Live-Online* (LO) training segments.
5. In extenuating circumstances, if the trainee misses one day or more, they are to make it up by watching video recordings of the content they missed and filling out Daily Experience Journals for each day missed.
6. In addition, if the trainee fails to participate in a total of 9 days over the entire training she/he will need to watch a prerecorded segment in a period of 3 weeks, complete Daily Experience Journals for each day which are sent to the Training Organizer and may be required to participate in one-on-one coaching at the trainees expense until they meet the skill standards to graduate.
7. Completion in full of the *Online* (OL) training segments; each of the OL training segments to be completed within the allotted time and prior to the next IP segment.
8. Students are required to attend or watch the recording of at least 80% of the small group calls for the Online Segments and complete Experience Journals.
9. Display of developed awareness skills
10. Display of understanding the theoretical basis of Method
11. Display an understanding of the underlying principles and basic scientific premises in the practice of the Method
12. Demonstrate the ability to teach Transformational Movement LessonsSM effectively
13. Demonstrate the ability to teach Functional SynthesisSM lessons effectively
14. Absence of behavioral or interpersonal issues that may interfere with trainee's ability to practice the Method effectively, safely, and professionally
15. Payment of tuition in full
16. Completion of Feedback Forms after each segment.

Trainees will be given ongoing feedback during class, throughout the training programs, and in person, when deemed necessary.

Successful completion of the program is dependent on positive reviews for each session and the trainee's ability to learn, perform, and teach both group movement lessons (TML) and individual movement lessons (FS) observed throughout the training segments and during the supervised practicum sessions.



When trainees are behind in their ability to perform, a trainer will discuss the situation with them and suggest possible ways for them to remedy the situation. This may include private study with an instructor, which may incur additional cost for the trainee. Trainees will be given a period of time in which they will be expected to remedy the situation in order to continue with the training and be eligible for completion.

TRADEMARK & CONTENTS LICENSING AGREEMENTS

Upon successful completion of the Basic Training, Devinim will issue a Certificate of Completion confirming that the student participated and successfully completed the Training.

To become certified as a practitioner of Anat Baniel Method[®] NeuroMovement[®] after successful completion, the trainee must enter into a *Trademark and Contents **Licensing Agreement*** with Anat Baniel Method.

The Anat Baniel Method[®] NeuroMovement[®] Basic Training, and the subsequent Continuing Education Mastery Workshops, each require a separate *Trademark and Contents License Agreement* with ABM after successful completion, for the right to use the name “Anat Baniel Method[®]” and “NeuroMovement[®]” to represent themselves as an Anat Baniel Method[®] NeuroMovement[®] Practitioner, Anat Baniel Method[®] NeuroMovement[®] Children with Special Needs Practitioner, Anat Baniel Method[®] NeuroMovement[®] Vitality & Anti-Aging Practitioner, and Anat Baniel Method[®] NeuroMovement[®] High Performers Practitioner.*

[See the Trademark Use Guidelines here.](#)

The Agreement provides the graduates with benefits such as being featured on the **ABMNM Practitioner Directory** on the Anat Baniel Method[®] website and having the right to use Anat Baniel Method[®] written materials (with written permission from Anat Baniel Method).

"This method changed my whole idea about the brain. It is the best decision I ever made to take this training, to help children physically, mentally, and emotionally."

~ Aila H., ABMNM[®] Practitioner Trainee, Speech Language Pathologist



2024 ABNM[®] BASIC TRAINING ADMISSIONS REQUIREMENTS

1. All professional backgrounds are eligible to apply.
2. Minimum requirement is graduation from high school or a GED.
3. A minimum age of 16.
4. The capacity to comprehend and utilize the English language in a postsecondary setting; and documentation of having passed a generally recognized English Proficiency Test such as a Test of English as a Foreign Language (TOEFL) exam or a Duolingo English Test (see below*).
- 5. Applicant is required to complete an application form, pay application fee, and email a photo of him/herself to the enrollment manager.**
6. A reliable, high speed internet connection is required to be able to watch the online training segments.
7. Devinim or ABM has not entered into an articulation or transfer agreement with any other college, university, or any other institution, and does not provide for transfer of credits.
8. Devinim or ABM does not award credit for prior experiential learning in other methods or professions.
9. If any additional information is needed, the applicant will provide requested information.
10. Once applicants have been accepted into the training program, they are also required to sign an Enrollment Agreement, a medical information form, and other enrollment documents, and pay the enrollment fee to reserve their space in the training. These will all be due approximately 6 months before the training starts.
11. *English Language Proficiency Requirements: English is the official language of instruction. No instruction occurs in a language other than English. Devinim may require official documented evidence of passing a generally recognized English Language Proficiency Examination, such as a TOEFL (Test of English As a Foreign Language) exam or Duolingo English Test. It should be noted that English language services are not provided by Devinim.
12. Devinim may admit trainees from other countries, but does not provide Visa services. Devinim does not currently vouch for trainee status.

“For the first time doctors are starting to see that what we are doing is different but extremely powerful. The orthopedist can’t believe how well he is doing. We had to take the training.”

—Michael H., ABNM[®] Practitioner Trainee, Father of an 8-year-old with anoxic brain injury



2024 ABMNM® BASIC TRAINING APPLICATION

To apply to the 2024 ABMNM® Basic Training Program:

1. Fill out and submit the online ABMNM Basic Training Program Application.
2. Submit a nonrefundable application fee.*
3. If requested, provide official documented evidence of passing a generally recognized English Language Proficiency Examination, such as a TOEFL (Test of English As a Foreign Language) or Duolingo English Test .
4. Complete a telephone or in-person interview (if requested).
5. Provide other documentation or information as needed. For more details, see *Admissions Requirements and Other Policies*.

Admissions Process:

1. Enrollment is limited and applications will be reviewed in the order received.
2. You will be notified of the status of your application by phone and email within 30 days.
3. If you are accepted into the program, to be registered and to reserve your space in the training program, a refundable enrollment fee** will be due approximately six months before the training starts.
4. Upon acceptance, you will also be required to sign an Enrollment Agreement and fill out a medical information form.

Payment Method

The online payment option for the application fee will be provided on the application form.

**If the training cannot happen due to a Force Majeur, the application fee will be refunded in full. The application fee and the enrollment fee are applied toward the first tuition payment after acceptance to the training.*

***Please refer to Cancellation, Withdrawal, and Refund Policies for more details.*



CANCELLATION, WITHDRAWAL AND REFUND POLICIES

The trainee has the right to cancel enrollment. Any request for a refund or enrollment cancellation is required to be made in writing and sent via email to Devinim at abmmtraining@devinim.ist

For all trainees, without penalty or obligation, Devinim shall refund 100 percent of the amount paid toward the first segment tuition, less the nonrefundable application fee, if notice of cancellation is made prior to the first day of instruction.

In the event a trainee submits a written notice of withdrawal from the course during a segment, Devinim shall refund to such trainee all tuition payments for any paid, full-day training sessions of the program which the trainee has not yet attended less a cancellation fee. The Devinim refund policy for trainees who have completed 60 percent or less of the segment shall be a pro rata refund based on the daily cost of \$333. The trainee will be refunded the prorated amount of days not attended, if under 6 days of the nine or eleven days of that segment, and less a \$250.00 cancellation fee. If a trainee has attended in person or viewed 6 or more days of the online segment, there will be no refund.

Refund Policy Example:

1. Cost of Tuition = \$2997.00
2. Less Daily Cost (based on 9-day segment of \$333) of total days attended (hypothetical 5 days) = \$1665
3. Less Cancellation Fee = \$250.00

Total Refund = \$1415

Payment of refunds is to be made within 30 days of receipt of written notice of a trainee's withdrawal. Notification of withdrawal or cancellation and any request for a refund are required to be made in writing.

Training programs are subject to cancellation due to insufficient enrollment, teacher availability, location availability, or any other reason. Training programs are subject to cancellation at any time. In the event of cancellation, pro-rated refunds for cancelled training sessions not yet delivered by Devinim shall be issued. There will be no refunds for training sessions already delivered.

The Date by Which the Trainee Must Exercise His or Her Right to Cancel or Withdraw:

A trainee may cancel at any time and will be reimbursed according to the refund policy stated above.



PROBATION AND DISMISSAL POLICIES

Evaluation Process During the Trainings

The ABMNM® teaching staff observe and evaluate each trainee's progress on an ongoing basis. During the training, there will be meetings between one of the assistants and the trainees.

Each trainee will teach one Transformational Movement LessonsSM and two Functional SynthesisSM Lessons under supervision before completing the training. In case of any issues or problems, special meeting(s) between the trainee and teaching staff will be held to discuss and try to resolve the issues. If issues are not resolved, the trainee may be terminated from the Anat Baniel Method® NeuroMovement® (ABMNM®) Basic Training Program.

Grounds for Termination from the ABMNM® Training

Devinim reserves the right to terminate any trainee from the program for any of the following reasons:

- a) Failing to fulfill any of trainee's material obligations under this agreement
- b) Conduct that would have a material adverse effect on the effectiveness or educational value of the training for trainee and/or other participants in the training
- c) Conduct that is disruptive to the teaching staff and their ability to perform.
- d) Inability to demonstrate sufficient understanding and/or skill in practicing the Method
- e) Misuse of ABM® trademarks.
- f) Professional misrepresentation to the public.
- g) Prior to termination, trainee will be given notice that grounds for termination exist and if applicable, trainee will be given opportunity to remedy the situation.
- h) In case of termination, trainee will receive notice of termination in writing and if possible, in person and/or by phone. Termination becomes effective immediately.

Such right to terminate will not be exercised except in extreme circumstances, unless and until the trainee has been given reasonable notice that grounds for termination exist and an opportunity to remedy the situation.

In the event the trainee is terminated from the program, Devinim shall refund to such trainee all tuition payments for any tuition paid according to the refund guidelines (page 26).

Leave of Absence Policy

If trainees need to stop their training and want to rejoin the next training program, they will need to restart the training from the beginning. No leave of absence is granted.



Trainees Rights

- Trainees may withdraw from the training at any time for any reason.
- In case of withdrawal or dismissal from the training, trainees will be reimbursed according to the reimbursement policy stated in this catalog.
- Trainees may communicate in writing any concerns, questions, or suggestions they may have regarding any instructional, administrative, or personal issues to the Devinim who will forward them to the appropriate party.
- In the event that trainees need to communicate a personal matter they do not wish the training coordinator to know about, they may communicate in person and/or in writing with one of the trainers. The trainer will then share the communication with the Lead Trainer of the segment who will try and address the issue and help the trainee in the best possible way. Trainees can expect a response within twenty days.
- If any such issues are not yet satisfactorily resolved, trainees may request a meeting in person with the Lead Trainer or the Training Coordinator. This request should be made in writing, and a personal appearance and meeting may be accepted if requested. Trainees can expect a final decision from the Coordinator within twenty days of submitting a written request or a personal appearance or meeting whichever comes later.
- Upon successful completion and after signing the Trademark and Consent Licensing Agreement for each of the training levels, trainees have the right to practice the work under the title Anat Baniel Method® NeuroMovement®, and Anat Baniel Method® NeuroMovement® Children with Special Needs; Anat Baniel Method® NeuroMovement® Vitality and Anti-Aging; Anat Baniel Method® NeuroMovement® High Performers, respectively.



ABMNM® CONTINUING EDUCATION MASTERY WORKSHOPS

The ABMNM® Training begins with the Basic Training Program and then continues with Continuing Education Mastery Workshops in three areas:

- **Working with Children with Special Needs**
- **Vitality and Anti-Aging**
- **Working with High Performers**

After you graduate and are certified as an Anat Baniel Method® NeuroMovement® Practitioner, you will have the exciting opportunity to continue your training and specialize in the following areas: Children with Special Needs, Vitality and Anti-Aging, and High Performers.

Successful completion and completion of the ABMNM® Basic Training is a requirement to be eligible for the Continuing Education Mastery Workshops. Each consecutive Continuing Education Mastery Workshop builds upon the previous level and is a direct continuation of the previous curriculum.

Each of the workshops provides specialized knowledge while creating quantum leaps in the overall understanding and skill level of the practitioner.

**The prerequisites for enrollment in the Continuing Education Mastery Workshops are: (1) successful completion of the Anat Baniel Method® Basic Training Program; and (2) a signed Trademark and Consent Licensing Agreement with Anat Baniel Method®.*

ABMNM® Continuing Education Mastery Workshops:

Working with Children with Special Needs

Vitality and Anti-Aging

Working with High Performers

More information regarding these programs will be made available at a later date.

ABMNM® FACULTY

The ABM® NeuroMovement® Faculty are all highly experienced and successful practitioners of the method and have been a part of the training staff for an extended period of time.

They are all committed to our mission and to providing the best learning environment for all the trainees in the trainings.

“With each segment, Anat, my respect and admiration for you and your work grows.”

~ Barbara H., ABMNM® Practitioner, Vice President of a Consulting Firm



Anat Baniel – Educational Consultant

Anat Baniel is the creator of Anat Baniel Method® NeuroMovement®. She is a world-renowned teacher, trainer, and best-selling author, with a background in clinical psychology, dance, the sciences, and many years of close study and collaboration with Dr. Moshé Feldenkrais.

Through 30 years of breakthrough outcomes with children and adults, Anat developed her method which is at the forefront of the brain plasticity revolution. The method accesses the brain and transforms limitations into possibilities in remarkable ways.

Anat is known for her ability to make her knowledge accessible, repeatedly demonstrating the seemingly miraculous, while never compromising depth, accuracy, richness, and complexity. She has been training practitioners for over 20 years, first as Feldenkrais practitioners, and now as highly effective ABMNM® practitioners. Anat works in close collaboration with a highly skilled team of trainers, and her students are inspired and empowered to become powerful practitioners in their own right.



Marcy Lindheimer – Training Consultant

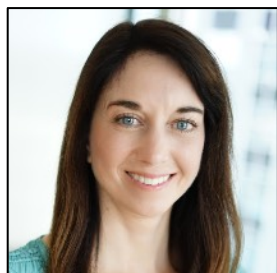
Marcy Lindheimer has been teaching in the Anat Baniel Method® Training Programs since their inception in 2001 and became a trainer in the method in 2005. In her private practice she specializes in working with children. Trained and educated as a musician, Marcy has taught world-famous singers who now sing at the Metropolitan Opera and on Broadway. She brings her knowledge and skill in teaching breathing and voice to the Anat Baniel Method®.



Deb Loest Deppe – Trainer

Deb Loest Deppe was a student in the original Professional Practitioner Training Program, graduating from this program in 2003 and the Mastery Trainings in 2004. She has assisted in the Training Programs since 2004, becoming an Assistant Trainer in 2011 and a Trainer in 2014. She has a passion for supporting students and practitioners in their overall success and learning.

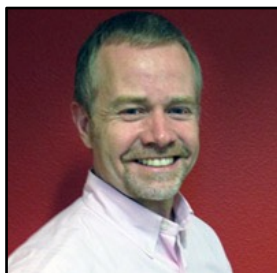
Deb has a full-time private practice in Humboldt County, California, giving ABMNM[®] lessons to clients from around the country. She applies the *Nine Essentials* and principles of NeuroMovement[®] in her work with infants, children, and adults in all areas, including dynamic movement, sports injuries, torticollis, speech, swallowing, latch-suck issues, breathing, and communication. Deb has been a Licensed Speech Language Pathologist since 1987 specializing in feeding, swallowing, speech, breathing, and communication. In addition, she sees patients at the local hospital including working with babies in the OB department and NICU.



Lara Gillease – Trainer

Lara Gillease has been teaching in the Anat Baniel Method[®] NeuroMovement[®] training programs for over 10 years. She decided to become a Trainer to train more ABMNM[®] practitioners who'll make lasting, transformative changes for babies, children and adults like Lara has in her practice for over 20 years.

Lara first came to ABMNM[®] as a ballerina and modern dancer whose career was stopped because of chronic, debilitating back pain. Not only did she overcome constant back pain with ABMNM, she went on to dance in full length ballets and have her own modern dance company. She's also been a Pilates teacher and Pilates studio owner. Her ABMNM[®] practice is based in Asheville, NC but she also travels to Europe, Israel and throughout the US working with babies, children and adults.



Neil Sharp – Trainer

Neil Sharp began studying with Anat Baniel in 2004 and moved to the US in 2007 to work as an ABMNM[®] Practitioner at the Anat Baniel Method[®] Center in San Rafael, California, where he is also the Research Coordinator. Neil is a trainer in the ABMNM[®] training programs and collaborates with Anat Baniel in research projects and new program development.

Neil trained and qualified as an MD at Cambridge University and Edinburgh University Medical School. He worked in the United Kingdom as a doctor before leaving medicine to pursue a career in music as an opera singer, musical director, and violinist. Neil lives in San Francisco, California.



Sharon Tomsky – Trainer

Sharon Tomsky began studying the Anat Baniel Method® in 2000, and graduated as an ABMNM® practitioner in 2003. After completing the Mastery programs in 2004, she was certified as a practitioner of Children with Special Needs, Vitality and Anti-Aging and High Performers. Sharon completed the "From Fixing to Connecting" course when it was first offered during the pandemic, and was one of the teachers in the 2nd round. She is also trained in doing Online Coaching. Additionally Sharon has taught and given lessons in the Parent/Child Workshops.

Sharon began supporting, assisting and teaching in the Practitioner Trainings and Mastery Workshops in 2004. She has been a Trainer since 2014.

Sharon maintains a private practice working with adults and children in Richmond, California (the Bay Area), and has worked as one of the ABMNM® Center practitioners. She regularly teaches TML classes (Transformational Movement Lessons) - currently through ZOOM. Sharon earned her M.A. in Occupational Therapy in 1994 from USC, and worked with diverse populations in hospitals, clinics and rehab settings for over 20 years. She also graduated with an M.A. in Creative Arts-Interdisciplinary Studies from SF State Univ. in 1982, and from UC Berkeley in 1976 with a B.A. in Dance. She has performed and taught dance, creative movement and Contact Improvisation since the 1970s. Sharon is a passionate, dedicated and skillful teacher. She is committed to lifelong learning and optimal vitality for all those she works with.



Sharon Oliensis – Trainer

Sharon Oliensis previously worked professionally as a dancer and for 25 years, as a certified Feldenkrais® Practitioner. After being certified as an ABM NeuroMovement® Practitioner, she joined the teaching staff of ABM® NeuroMovement®.

When not at the trainings, Sharon gives ABMNM® lessons to children at Centers in Denmark and Turkiye. She also maintains a private practice in New York City where she works with both children and adults.



Carole Keefe – Trainer

Carole began as a Podiatrist with the goal of helping children and adults be able to move throughout life without pain or limitation. After searching for enhanced ways to support her patients, she found and began to study with Anat Baniel. Carole completed the Practitioner Training program in 2009 and all the mastery certifications by 2011.

Carole is committed to learning and continued development. She began as support staff to the ABMNM® training programs in 2009, then became part of the teaching staff in 2013.

Carole has a private practice in Austin, Texas working with children and adults. She is also part of the ABMNM® Center team and travels around the world to give lessons.



Gail Rinn – Assistant Trainer

Gail Rinn began her professional career as a physical therapist in 1984 and realized there was much more to learn. She graduated from Anat Baniel’s Feldenkrais Training program in 1994. Gail has continued to follow Anat’s teaching and became an ABMNM® Practitioner in 2003. She completed all Mastery Program certifications: Children with Special Needs, Vitality and Anti-Aging, and High Performers. Gail has assisted in many of the training programs throughout the years.

Gail has a private practice in Santa Cruz, California, and has traveled to Australia, Asia, Europe, and around the US, to give Functional Synthesis (FS) lessons to children and adults. While she loves to work with people of all ages, her passion is working with children. From her early experience in healthcare to her current profession, Gail has found ABMNM® to be her life’s work and knows that we are all designed to continue learning throughout our lifetime.



Michelle Vine – Assistant Trainer

Michelle has enjoyed a love for movement and learning since her youth as an athlete and swim teacher for children and adults. She began studying with Anat just 2 years after earning her BS in Physical Therapy with a psychology minor in 1994. For 20 years she applied Anat Baniel Method® NeuroMovement® in hospital rehabilitation and neuro-chiropractic settings along with leading community classes and workshops to a vast variety of

populations. Michelle has completed every ABMNM® certification course curriculum that Anat has offered starting in 2000. Since 2010 Michelle has been part of Anat's teaching staff, and in 2014 became an Assistant Trainer and Small Group Leader in Anat's Basic & Mastery Training programs.

In 2015 Michelle started working full time giving lessons with Anat and her Center Team of Practitioners and video taping Anat's private lessons

Michelle is committed to empowering children and adults with movement and learning challenges, athletes, artists, and students and graduates of ABM NeuroMovement® Professional Trainings. She enjoys offering "Online At Home Coaching" to parents, caregivers, schoolteachers and anyone interested in experiencing the power of applying the 9 Essentials with their everyday interactions.

Michelle continues working as a Center Team Practitioner in San Rafael, CA with both children and adults. She also does in person coaching and travels to work inclusively to support family systems managing special needs.



Beril Tokcan – Assistant Trainer

Beril studied graphic design in Istituto Europeo di Design in Milan and visual communication at the University of Technology in Sydney.

After giving birth to her twins, and her son receiving the diagnosis of Cerebral Palsy, she changed paths in her life. She completed the ABMNM Professional Training in 2015 and consecutively all the ABMNM Mastery Programs (for Children with Special Needs, for Vitality and Anti-Aging, and for High Performers) and became an ABMNM practitioner.

She works with children and adults at her practice in Istanbul and travels to London and Lisbon with the mission of transforming the impossible into a possibility and making positive changes in people's lives.

She is the author of 'I am Free Now', published in Turkish by Doğan Novus in 2020 and in English by Amazon in 2022.



ABMNM® BASIC TRAINING TESTIMONIALS

Personal and Professional Gains

“I’m experiencing emotional and physical changes big time... feeling like a new world has opened up to me.”

~ Alice L., Pediatric Occupational Therapist

“My life is changing for the better in every aspect.”

~ Ineke N., Physical Therapist

“I’m including what I’m learning in the Anat Baniel Method training with my osteopathy clients and people feel better more quickly.”

~ Juan C., Osteopath

“I feel more empowered and ready to increase my work with kids and definitely will be able to use all that I’m learning in the children’s training in my work with children....”

~ Peggy C., Homeopath

“My work is transforming from ordinary to extraordinary right before my eyes.

~ Judith D., Feldenkrais Practitioner

“Before the training I had chronic shoulder pain, was full of anxiety, and had terrible early morning insomnia. The process of the training truly transformed me from the inside out. I have no pain anymore, I know what deep sleep is for the first time in my life, and my anxiety is gone.”

~ Paige C., Graphic Designer

About the Training Program

“AMAZING!!! This first segment I have learned so much more than I could have anticipated....I already can’t wait for segment two.”

~ Renee G., ABMNM® Practitioner Trainee

“I’m a skeptic by nature, and I can tell you with conviction that ABM works.”

—Jared M., Firefighter Captain & Paramedic



“I keep learning to be more effective, direct, and successful. Each segment is full of experiences, inspirations, and understanding of how to be the best that I can be.”

~ Kay P., Teacher

“This week’s training segment was amazing. The work is truly cutting edge, important, and something that needs to grow.”

~ Scott Y., MD

About the ABM™ Continuing Education Workshops

“Best segment ever. It helped pull all of the learning from the training into an even more coherent, flexible, and useful toolbox.”

~ Hilary M., ABMMN® Practitioner

“This training was just fabulous. Just to watch the practicum and see how Anat connected with the children and moved with them was stunning.”

~ Simone P., ABMNM® Practitioner & Massage Therapist

“Both of the children mastery segments have been a step up from the practitioner training. I also appreciate the standards you hold for us as practitioners.”

~ Dan O., ABMNM® Practitioner & Massage Therapist

“Great! I feel great! I learned a huge amount. It is a privilege to experience such a remarkable learning setup.”

~ Faith E., ABMNM® Practitioner & Teacher

About the ABMNM Faculty and Trainers

“Anat is extraordinary and I am so grateful to learn from a brilliant & loving & true genius. Thank you so much for sharing your life’s work with us & for growing us & nurturing us.”

~ Paige C., ABMNM® Practitioner Trainee

“Anat is a great and engaging speaker. I feel very supported by her –that she wants each one to become a great practitioner.”

~ Robyn R., ABMNM® Practitioner Trainee

*“I feel so blessed to have done this training with **Marcy**!! She’s so passionate about this work...how she transmits her knowledge with deep feeling and attention to details. Love her!”*

~ Silvana K., ABMNM® Practitioner Trainee



“Deb’s fun, joyful and concise teaching is over the top great! She is precise and keeps me completely engaged.”

~ Leanne S., ABMNM® Practitioner Trainee

“Neil is an awesome group leader! Appreciate his insight into this work and his willingness to share his knowledge.”

~ Dana R., ABMNM® Practitioner Trainee

“Sharon T is very loving and her commitment to our success is felt.”

~ Sal B., ABMNM® Practitioner Trainee

“Lara is so gentle when she teaches that it adds a whole extra level to what we’re learning.”

~ Jessica M., ABMNM® Practitioner Trainee

“Amazing!! I love watching Michelle work, like watching a master at her craft. Her teaching is fantastic, clear, and concrete.”

~ Kiera G., ABMNM® Practitioner Trainee

“The FS lesson I received from Sharon O. was nothing short of amazing.”

~ Gulbin K., ABMNM® Practitioner Trainee

“Carole was so connected. After her lesson I spontaneously started pedalling my bike home with my right foot (I realized I only ever start with my left!) it was very intriguing...”

~ Sarah H., ABMNM® Practitioner Trainee

“Gail was great ! I felt refreshed, comfortable and much more energetic.”

~ Halil A., ABMNM® Practitioner Trainee

“Beril’s touch was like a butterfly. And yet once we were done I could move in ways I don’t know if I ever had before. It was like being in heaven.”

~ Kathilyn S., ABMNM® Practitioner Trainee

What Medical Doctors and Scientists Say

“Scientists have defined the ‘rules’ governing brain plasticity. Anat Baniel has defined almost exactly the same rules and interprets them in practical and understandable terms.”

~Michael M. Merzenich, PhD, Winner of 2016 Kavli Prize in Neuroscience, Author of *Soft-Wired*

devinim

“Over five years I followed a dozen of Baniel’s ‘pupils,’ children with special needs, all with serious brain problems, and I witnessed much extraordinary progress.”

~Norman Doidge, MD, Author of *The Brain That Changes Itself* and *The Brain’s Way of Healing*

“Anat applies the exact same principles when helping people overcome limitation that I used to recover my brain and body from stroke. She understands that for any meaningful change to happen in the way we think, move, and use our body, the change has to happen in the brain.”

~Dr. Jill Bolte Taylor, PhD, Neuroanatomist, Bestselling Author of *My Stroke of Insight* and TED Talk

“Anat has a remarkably sophisticated understanding of how the brain changes IN PRACTICE; a total connection with the enormous potential of the brain; a detailed and practical understanding of how to recruit learning capabilities and a framework she has carefully constructed over decades that allows her gift to be TAUGHT to trainees.”

~Martha Herbert, MD, Harvard Medical School, ABMN[®] Practitioner, Author of *The Autism Revolution*

“I have observed Anat’s work with severely challenged individuals over a period of more than two decades, and have witnessed transformations that are simply stunning.”

~Dr. Daniel Graupe, Professor of Bioengineering and Adjunct Professor, Neurology and Rehabilitation Medicine, University of Illinois, Chicago

“Anat’s brilliant and bold Method of teaching...is literally a new paradigm from which to understand human movement, human learning, and ultimately human destiny. The Method is effective where other treatments have not been, and it is at times almost miraculously effective where medical science has either given up, or where, out of desperation, painful and often counterproductive measures have become the standard of care.”

~Christopher Ryan, MD, Board Certified in Physical Medicine, Rehabilitation, and Holistic Medicine

“As a medical doctor, I am trained to observe and make sense out of what I see. What Anat does makes complete sense. How she does it is inspiring and often ingenious. I hope to see her knowledge benefit as many people, children and adults, as possible.”

~Cheryl Cooper, MD, OD, Mother of a child with special needs