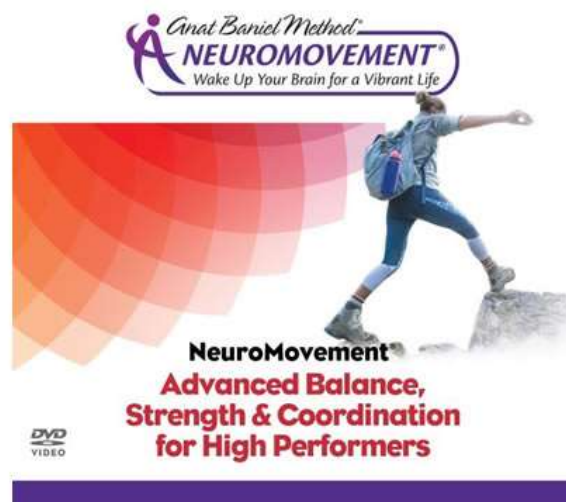




NeuroMovement: Advanced Balance, Strength and Coordination for High Performers.

Advanced Balance, Strength and Coordination for High Performers is an advanced NeuroMovement® program. Even if you are highly trained in other modalities, and/or are an athlete, **please do not undertake this program before completing at least one of the following ABM® NeuroMovement® programs:**

- [NeuroMovement®: Healthy Backs](#)
- [NeuroMovement: Healthy Necks](#)
- [NeuroMovement®: Healthy Backs, Scoliosis and Pain Relief](#) – all three programs individually, or the [Pain Relief Bundle](#) that
- [NeuroMovement® Whole Body Fitness](#)
- [NeuroMovement®: Vitality and Anti-Aging 5-day Workshop](#)



We are asking you to do all these programs before getting the Advanced Balance Program for a couple of very important reasons:

By doing one or more of the basic programs, you will learn how to go about doing the NeuroMovement® lessons, and how to participate in the process in ways that are very different from most exercise and fitness programs. For example, you will learn the power of moving slowly, gently, and doing small movements and how that gets you to move in ways that were out of your reach before while keeping yourself safe.

When you do these lessons, it is very important to do the movements **SLOWLY** and **GENTLY** and only as long as it is comfortable and safe for you to do. If you find any of the lessons too hard for you to perform at any given moment, do less, do the movement in your imagination, skip the lesson, and come back to it later after you do a few of the basic lessons again.

If you have any questions whether you should do the more advanced NeuroMovement® programs, please consult with your medical professional first. Anat Baniel Method® (ABM) makes no warranties or guarantees concerning any particular outcome, result, or improvement from participation in the movement lessons. ABM is not responsible for any direct, indirect, consequential, special, or other damages including but not limited to economic loss, injury or illness that may result from participating in the movement lesson.