

The 9 Essentials of Anat Baniel Method® NeuroMovement®

Keys to Waking Up the Brain and Accessing Your Potential

1 – Movement with Attention

Move often and bring attention to what you *feel* as you move. Your brain will start building billions of connections, creating new possibilities and transformation.

2 – Slow

Slow way down to learn new skills and overcome limitations. Fast you can only do what you already know. Slow stimulates the formation of rich new neural patterns.

3 – Variation

Introduce variation (call it play, mistakes, exploration) **into everything you do.** Your brain will create new possibilities in your movements, feelings, thoughts, and action.

4 – Subtlety

Reduce the force with which you move, think, and act. Develop greater sensitivity that will enhance your brain's ability to perceive the finest of differences, and therefore learn.

5 – Enthusiasm

Practice enthusiasm in your daily life. Enthusiasm is a skill you can develop. It amplifies what is important to you and grooves in new learning in your brain.

6 – Flexible Goals

If you knew how to reach your goal, you'd already be there. **Embrace unexpected steps and mistakes along the way.** With this rich information, discover the path to achieving your goal.

7 – The Learning Switch

The brain is either in a learning mode—or not. **Expect that you will do, think, or learn something NEW in each situation,** even familiar ones, to turn your learning switch ON.

8 – Imagination & Dreams

Imagine and dream! With imagination, you can create what has never been there before. Dreams call you and guide you from your future. Both will elevate you to new heights, transcending your limitations.

9 – Awareness

Become aware of what you are doing, sensing, thinking, and experiencing at any moment. Awareness is an action. When you are aware, you are fully alive and present.