



Anat Baniel Method®

# Media Kit

*FOCUS: NeuroMovement® for  
Children with Special Needs*



[www.anatbanielmethod.com](http://www.anatbanielmethod.com)

## Anat Baniel Method<sup>®</sup> NeuroMovement<sup>®</sup> for Children

A revolution in the area of brain plasticity is currently taking place, with the discovery of the remarkable capacity of the human brain to change itself for the better. The Anat Baniel Method<sup>®</sup> (ABM) NeuroMovement<sup>®</sup> is at the forefront of this revolution, helping to make the seemingly impossible possible with thousands of children with special needs.

ABM NeuroMovement provides a scientifically based methodology and practical tools for waking up a child's brain, providing it with the information and conditions to thrive and to powerfully transform limitations into often surprising new possibilities. ABM NeuroMovement has helped children on the autism spectrum, children with conditions such as cerebral palsy, ADHD, brain damage, developmental delays, and children with down syndrome and various other genetic conditions to achieve breakthrough results, moving beyond many of their limitations.

Children, from infants to teenagers who have been given limited diagnoses, have used ABM NeuroMovement to tap into the incredible power of their brain to change, becoming brilliant learners, and ultimately transforming their lives in ways not achieved through more traditional therapeutic approaches.

*“Scientists have defined the ‘rules’ governing brain plasticity. Anat Baniel, working in parallel along a completely different path, has defined almost exactly the same rules and interprets them in practical and understandable human terms as the Nine Essentials that should contribute richly to clinical intervention.”* —**Dr. Michael Merzenich, PhD**, “Father” of Brain Plasticity Science & Winner of the 2016 Kavli Prize in Neuroscience

**View the video of Dr. Merzenich discussing Anat Baniel's work and her book *Kids Beyond Limits*:**  
<https://youtu.be/y9csHKFSilk>

**View the video *NeuroMovement<sup>®</sup> and Autism: The Story of Jonathan*:** <https://youtu.be/7-9NrVePsTA>

**View the video *NeuroMovement<sup>®</sup> and Cerebral Palsy: Amy Shares the Story of Cypress*:**  
<https://youtu.be/8-M-FFxhb0Q>

*“The Anat Baniel Method allows my daughter to continuously reach and redefine her potential: physically, cognitively, and emotionally....It is my hope that someday all special needs children and their parents will have access to this work and its benefits. It has not only transformed my daughter, but our entire family.”* —**Michelle, mother of Lillian** (diagnosed with cerebral palsy)



## About Anat Baniel

### Short Bio

Anat Baniel is founder of Anat Baniel Method® NeuroMovement®, a powerful practice that takes advantage of the brain’s ability to change itself to heal body and mind. Anat’s work is at the forefront of the emerging brain plasticity field, helping wake up the brain to its greater potency for learning and change throughout life.

### Long Bio

Anat Baniel is the founder of Anat Baniel Method® NeuroMovement®, a powerful practice that takes advantage of the brain’s remarkable ability to change itself to heal body and mind. She studied clinical psychology and statistics, was trained as a dancer, and was a close professional associate of Dr. Moshe Feldenkrais.

Anat has experienced over 30 years of remarkable outcomes with thousands of children with special needs including those diagnosed with autism spectrum disorder (ASD), cerebral palsy, brain injuries, ADD/ADHD, genetic disorders, birth defects, and other learning, behavioral, and developmental challenges.

Anat’s work is at the forefront of the emerging brain plasticity field, helping wake up the brain to its greater potency for learning and change throughout life. Her innovative, scientifically based approach provides concrete and easy-to-use tools—the *Nine Essentials*—that enable children (and adults) to move beyond their limitations, making the seemingly impossible possible.

Anat is the author of the bestselling book *Move Into Life* and the acclaimed *Kids Beyond Limits*. She has trained hundreds of practitioners in this method. Her teaching is easy to follow, inspiring, and life changing. She and her team work out of the Anat Baniel Method Center in San Rafael, California.



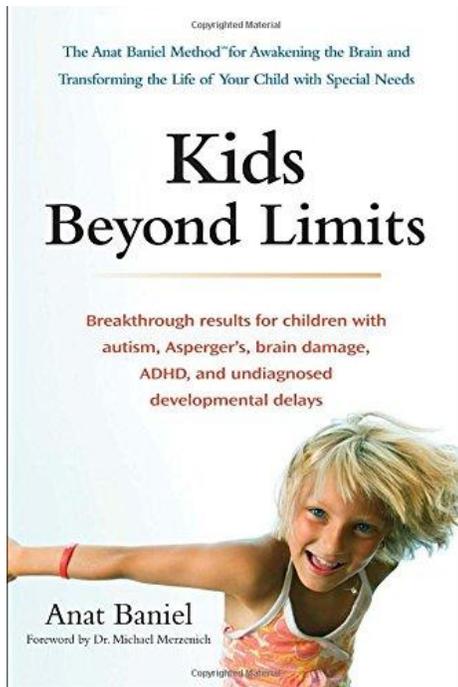
## Photos of Anat Baniel

**Large Portrait for Print** (please download from website):

[www.anatbanielmethod.com/wp-content/uploads/2015/07/Anat-Baniel-promo-photo.jpg](http://www.anatbanielmethod.com/wp-content/uploads/2015/07/Anat-Baniel-promo-photo.jpg)



## Anat Baniel Book Image & Information



### Kids Beyond Limits

**Perigee Books; Original edition (March 27, 2012)**  
**ISBN-10: 0399537368 ISBN-13: 978-0399537363**

*Anat Baniel's scientifically based, cutting-edge work has been transforming the lives of children with special needs for more than 30 years. This practical and informative book describes how to apply her Nine Essentials to deepen your understanding of what your child needs to overcome special challenges and dramatically improve his or her emotional, intellectual, and physical abilities.*

*Anat Baniel's NeuroMovement<sup>®</sup> approach is truly holistic and in accord with how the brain grows. Discover why Anat wins praises of parents, children, and professionals, and how you can apply her approach to help your own child.*

**View the video:** <https://youtu.be/35yb28drE8I>

*“This accessible, insightful, and practical approach for parents of children with special needs (and professionals) will profoundly deepen their ability to help their children improve.”*

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

*“This book is an important manifesto expressing important practical implications of what I have called ‘the brain plasticity revolution....’ I strongly encourage you to take the advice presented in this book seriously so that you have a clearer idea about how you might be able to really help that child that you love.*

—**Dr. Michael Merzenich, PhD**, Neuroscientist, Professor Emeritus UCSF, Winner of the 2016 Kavli Prize in Neuroscience, and Author of *Soft-Wired*

*“I think the Anat Baniel Method and Kids Beyond Limits has a great contribution to make to our collective practical efforts to make the best lives possible for children with autism—and other neurodevelopmental disabilities.”*

—**Dr. Martha Herbert, MD**, Neuro-Pediatrician Mass General, PhD Clinical Psychology, Harvard University, Author of *The Autism Revolution*

## Testimonials from Professionals

*“Baniel shows why our mainstream approach is often wrong and at times damaging. The approach here, far wiser, far more subtle, truly holistic, far more ingenious, far more in accord with how brain development occurs, shows ways to access brain plasticity and yields far greater results.”*

—**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**, Bestselling Author of *My Stroke of Insight* book and TED Talk

*“When I interviewed Anat and later read her book, I was moved and stunned. 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, ABM NeuroMovement Practitioner,  
Author of *The Autism Revolution*

*“The theory underlying Anat’s work is scientifically based, as well as it is a new paradigm. 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**, Chicago, Mother of a child with special needs

*“This training has dramatically expanded my concept of what is humanly possible to achieve. To feel childlike wonder at my own abilities and to watch those moments happen for clients is a joy more wonderful than words can express.”*

—**Elyse L**, Physical Therapist

## Testimonials from Parents

*“After my son's first week of sessions with Anat I knew that it was the way. Teo was paying so much attention for the first time in his life. He began making sounds that I never heard before. At home he became more curious and more aware of his surroundings and was able to figure out how to play with more of his toys. He was exploring the world around him. I fell in love with the method—so gentle, yet so powerful. Through this work I gained amazing tools to work with my son and at the same time rediscover what was very important not only for my son, but for myself and my family.”*

—**Karina**, Teo's Mom

*“My son, Garrett, is 11 years, full of life, and a special needs child with unlimited potential. His 'medical' label is CP. But he doesn't let labels hold him back....What Anat has developed over the years is truly amazing and our work with her and her practitioners has been life changing. It's not every day you meet people that can change a child's life. Anat and her team did. Thank you!” —Rick, Garrett's Dad*

*“At 15 months our son, Jack, was diagnosed with being on the Autism spectrum....After his first few lessons with Anat and Marcy, he hugged me spontaneously for the first time and began seeking contact with others. His movements became much more fluid and he began vocalizing. Now eight months later Jack is talking, engages in play with others and seeks to be the center of attention. His ability to move has improved dramatically and his pediatrician told us that Jack is no longer on the Autism spectrum.”*

—Patty, Jack's Mom

*“I love this method and so does my son! My son, who was in a drowning accident at a very young age, is nonverbal and non-ambulatory. He has CP as a result and this method helps him relax. He is 25 years old and over the years has become less motivated to try moving his body. This method has renewed that desire.”*

—Laura M

*“Traditional therapies are all about limitations. Anat's work is all about possibilities.”*

—Trish Karlinski

**Read More Stories from Parents:** <http://www.anatbanielmethod.com/category/anat-baniel-news/abm-stories-kids>

## **Watch Videos of Children & Their Outcomes with ABM NeuroMovement®**

NeuroMovement® and Brachial Plexus Injury: The Story of Devorah: [https://youtu.be/LPP\\_77rl-Qc](https://youtu.be/LPP_77rl-Qc)

NeuroMovement® and Down Syndrome: The Story of NoraKate: <https://youtu.be/k86Ca-rnrcl>

Anat Baniel Method® and Cerebral Palsy: The Story of Carter: <https://youtu.be/C599TqB0POU>

Anat Baniel Method® and Autism Spectrum Disorders: <https://youtu.be/YmD2aENBaoE>



*Movement is the language of the brain.*

—Anat Baniel

## Interviews with Anat Baniel

Below are links to several interviews with Anat Baniel.

Dave Asprey Interviews Anat Baniel on *Bulletproof® Radio - The Nine Essential Steps for Peak Brain & Body Performance*:

<https://blog.bulletproof.com/nine-essential-steps-peak-brain-body-performance-anat-baniel-394/>

Mike Mutzel Interviews Anat Baniel on *The Autism Intensive*: <https://youtu.be/e3i9f1eaXMQ>

Dr. Robert Melillo Introduces Anat Baniel as a Presenter for the International Association of Functional Neurology and Rehabilitation (IAFNR) Conference 2014: <https://vimeo.com/96858323>

See more interviews with Anat: [www.anatbanielmethod.com/about-abm/anat-baniel-interviews](http://www.anatbanielmethod.com/about-abm/anat-baniel-interviews).

## Speaking Engagements & Presentations

Anat Baniel has spoken and presented at a wide variety of conferences and for professional organizations around the world. View a sampling of these events and the topics:

[www.anatbanielmethod.com/anat-baniel-education-presentations-publications](http://www.anatbanielmethod.com/anat-baniel-education-presentations-publications).

To see the locations for the ABM NeuroMovement workshops that Anat has taught across the US and worldwide, please go to: [www.anatbanielmethod.com/events/list](http://www.anatbanielmethod.com/events/list)



*The greatest potential for transformation is not in trying to make children do what they can't, but in finding ways to help each child's brain differentiate and spontaneously discover how to go beyond his or her limitations.*

—Anat Baniel

## What Is NeuroMovement®?

NeuroMovement® is a holistic approach to human functioning and action, based in the understanding that movement is the language of the brain. Movement provides information the brain needs to grow and organize itself. And, in return, the brain organizes all movement, thought, feelings, and action.

Movement includes not only movement of the body in space—the movement of the skeleton and muscles—but also the movement of thinking, emotion, and feelings. All action involves movement in all aspects of the self.

## NeuroMovement® Takes Advantage of Brain Plasticity

Decades of research done by thousands of neuroscientists has shown that the brain can change itself.

The brains of infants and children are extremely changeable needing to form all the brain patterns associated with voluntary action. Their brains are constantly expanding and mapping new territory.

The science of brain plasticity shows how, under the right conditions, the adult brain can also restructure itself in remarkable ways.

Even the birth of new brain cells can occur in adults, as well as children, something believed impossible not too long ago.

**The human brain is incredibly plastic—it changes itself extremely rapidly through its experiences of movement throughout life.**



## The Nine Essentials of the Anat Baniel Method® (ABM) Transform Your Life through NeuroMovement®

### 1 – Movement with Attention

**Bring attention** to what you *feel* as you **move**. Your brain will immediately start building billions of new neurological connections to help you change, learn, and transform.

### 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 and playfulness** into everything you do. Your brain will get the information it needs to create new possibilities in movements, thoughts, and actions.

### 4 – Subtlety

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

### 5 – Enthusiasm

**Practice enthusiasm** in your daily life. Enthusiasm tells your brain what is important to you, amplifying whatever that is and infusing it with energy to grow more.

### 6 – Flexible Goals

Know your goals and **embrace all the unexpected steps, mis-steps, and re-routes** along the way. These are a rich source of valuable information for your brain.

### 7 – The Learning Switch

For the brain to properly do its job, the learning switch needs to be turned ON. **Expect that you will do, think, or learn something new** in each situation, even familiar ones.

### 8 – Imagination & Dreams

**Imagine how** to carry out your tasks and **dream up** as **many possibilities** as you can. Imagination & dreams guide your brain to continue growing and developing.

### 9 – Awareness

**Become aware** of what you are doing, sensing, thinking, and experiencing **at any given moment**. When you are *awaring*, your brain is working at its highest level.

## The Nine Essentials Are Validated by Neuroscience

The [Nine Essentials](#) are validated by modern science's latest discoveries in the area of [brain plasticity](#)—the brain's ability to change and grow new neurological pathways and connections throughout life. View the [research that supports the NeuroMovement principles of the Nine Essentials](#) of the Anat Baniel Method.

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*With the Essentials, the brain becomes a brilliant problem solver,  
leading to breakthroughs in movement, pain relief, and performance.*

—Anat Baniel

## Other Books by Anat Baniel

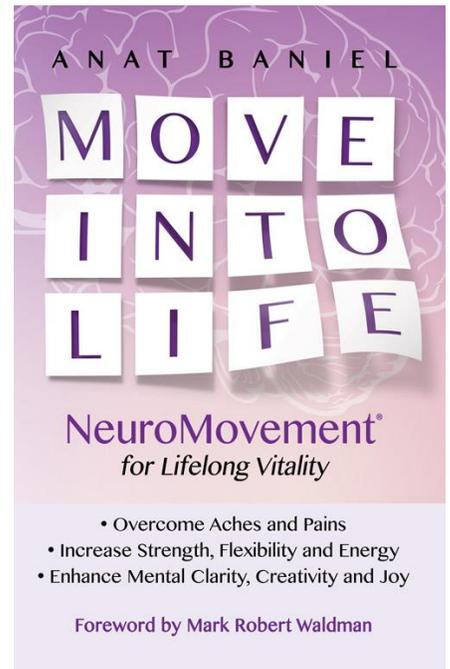
### Move Into Life: NeuroMovement® for Lifelong Vitality

Published by Crowning Beauty  
2nd edition (February 4, 2016)  
ISBN-10: 1519438885  
ISBN-13: 978-1519438881

*Through Anat Baniel's detailed and caring guidance, you'll discover how to achieve vitality and a sense of new aliveness that you may have not experienced since your childhood. Anat reveals not only how to overcome present aches, pains, and limitations but how to attain greater flexibility, energy, strength, mental clarity, and creativity—no matter what your age or present physical condition!*

*In the words of bestselling author Larry Dossey, M.D., “This book puts living back into life. It is the distilled wisdom of a great guide.”*

View the original author video: [https://youtu.be/OkBCtaZiS\\_8](https://youtu.be/OkBCtaZiS_8)



## CONTACT INFORMATION

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