

Anat Baniel Method® NeuroMovement® *Through Your Hands* Coaching Program

About the Program

- The sessions will be provided in groups of four consecutive sessions within a span of one week (what we labeled *Through Your Hands* Mini Intensives).
- The coaching sessions are designed to help you learn how to employ the 9 *Essentials* and the other principles of ABM NeuroMovement® (ABMNM) in your interactions with the child or adult in your care. These coaching sessions will not train you in how to provide ABMNM hands-on lessons.
- Please note that the *Through Your Hands* coaching sessions are not Functional Synthesis (FS) lessons, i.e., what you or your child receive during a private hands-on lesson provided by a trained and certified ABMNM practitioner. Nor are they a replacement for lessons done by a trained ABMNM practitioner. However, we discovered this past week, that when the caregivers learn more fully how to apply the 9 *Essentials* and move from “fixing to connecting,” significant transformations occur both in them and the person they are caring for.
- Whenever we can, the *Through Your Hands* four coaching mini intensive sessions will be divided between two of our practitioners. The practitioners will be assigned based on availability.
- Within each 4-session intensive, we require that the same caregiver will be the recipient of all 4 coaching sessions, be it the parent, grandparent, or another caregiver.
- You may have another caregiver present to help point the camera/computer, but that person should be as neutral as possible so as not to distract the child or caregiver receiving the coaching. That means that they do not actively participate unless the ABMNM practitioner invites them to.
- Adults - You may request a session for yourself without having an additional person or caregiver with you.
- Sessions are scheduled Monday through Sunday based on practitioner availability.
- ABMNM -*Through Your Hands* coaching sessions are 30 minutes long.



- If you are new to the ABM Center, your 1st session will be a consult of up to an hour.

Pricing for the Program

Given the unprecedented Coronavirus situation we are all facing, and the financial challenges it poses to many, and in an attempt to make these sessions available to as many families and individuals who need them, we are temporarily reducing our standard fees by up to 50%.

***Through Your Hands* Session Fees:**

- Marcy Lindheimer – Coaching Session – up to 30 minutes - \$125
- Team Practitioners – Coaching Session – up to 30 minutes - \$125
- Anat Baniel – Coaching Session – up to 30 minutes - \$ 250
- Anat Baniel – Coaching Consult – up to an hour - \$325
- Team Practitioners – Coaching Consult – up to an hour - \$175