Anat Baniel DVD Track List

Put Ahead of DVDs:

item1-life9-a-baniel-ABM-DVD-Booklet.pdf

Item 1 “Healthy Backs Introduction”

Dvd1-1 - Title  
Dvd1-2 – Lesson 1: Flexible Spine Through Twisting  
Dvd1-3 – Lesson 2: Ease Of Bending  
Dvd1-4 – Lesson 3: Pelvic Movements and Strength   
Dvd1-5 – Lesson 4: Ease Of Turning

Dvd2-1 - Title  
Dvd2-2 - Lesson 5A: Introduction, Back, Leg and Head Movements A  
Dvd2-3 – Lesson 5B: Leg and Head Movements B  
Dvd2-4 – Lesson 6: Introduction, Strong and Flexible Back  
Dvd2-5 – Refreshers: Introduction, Refreshers 1-6, Interviews With Students

Item 2 “Healthy Necks & Shoulders”  
  
Dvd1-1 - Introduction  
Dvd1-2 – Lesson 1   
Dvd1-3 – Lesson 2  
Dvd1-4 – Lesson 3

Dvd2-1 – Lesson 4  
Dvd2-2 – Lesson 5  
Dvd2-3 – Lesson 6

Item 3 “Healthy Backs – Scoliosis & Pain Relief”

Dvd1-1 – Introduction  
Dvd1-2 – Lesson 1: On Back, Tilting Legs and Breathing  
Dvd1-3 – Lesson 2: On Side, Circles with Head and Leg  
Dvd1-4 – Lesson 3: On Back, Twisting Spine

Dvd2-1 – Lesson 4: In Chair, Moving Spine  
Dvd2-2 – Lesson 5: On Hands and Knees, Sitting and Rolling  
Dvd2-3 – Lesson 6: On Belly, Twisting to Sitting

Item 4 “New Fitness”

Dvd1-1 - Warnings and Titles  
Dvd1-2 - Introduction  
Dvd1-3 - Guidelines for Successful Participation in the Movement Lessons  
Dvd1-4 - Movement Lesson 1 - Lying On Back – Folding Elbows to Knees - Part 1  
Dvd1-5 - Movement Lesson 1 - Lying On Back – Folding Elbows to Knees - Part 2  
Dvd1-6 - Movement Lesson 1 - Lying On Back – Folding Elbows to Knees - Part 3  
Dvd1-7 - Movement Lesson 1 - Lying On Back – Folding Elbows to Knees - Part 4  
Dvd1-8 - Bonus Demonstration 1 from Movement Lesson 1  
Dvd1-9 - Bonus Demonstration 2 from Movement Lesson 1   
Dvd1-10 - Bonus Demonstration 3 from Movement Lesson 1

Dvd2-1 - Warnings and Titles  
Dvd2-2 - Lecture; Learning and the Brain applied to Fitness; and Q and A   
Dvd2-3 - Movement Lesson 2 - Lying on left Side – Lifting Head and Turning to Look at Right Shoulder - Part 1  
Dvd2-4 - Movement Lesson 2 - Lying on left Side – Lifting Head and Turning to Look at Right Shoulder - Part 2  
Dvd2-5 - Bonus Demonstration 1 from Movement Lesson 2  
Dvd2-6 - Bonus Demonstration 2 - Participants Learning to Give Each Other Hands-On Feedback

Dvd3-1 - Warnings and Titles  
Dvd3-2 - Movement Lesson 3 - Continuation of Lesson 2 - Lying on Left Side – Lifting head - Part1  
Dvd3-3 - Movement Lesson 3 - Continuation of Lesson 2 - Lying on Left Side – Lifting head - Part2  
Dvd3-4 - Bonus Demonstration 1 from Movement Lesson 3

Dvd4-1 - Warnings and Titles  
Dvd4-2 - Outcome Feedback and Q and A  
Dvd4-3 - Movement Lesson 4 - Lying On Back – Engaging the Back to Lengthen the Arm - Part 1  
Dvd4-4 - Movement Lesson 4 - Lying On Back – Engaging the Back to Lengthen the Arm - Part 2  
Dvd4-5 - Closing Comments  
Dvd4-6 - Bonus Demonstration

Dvd5-1 - Warnings and Titles  
Dvd5-2 - Opening Comments and Outcome Feedback  
Dvd5-3 - Lecture 2 - Enthusiasm

Dvd6-1 - Warnings and Titles  
Dvd6-2 - Movement Lesson 5 - Seesaw Movements of the Chest and Belly and Breathing - Part 1  
Dvd6-3 - Movement Lesson 5 - Seesaw Movements of the Chest and Belly and Breathing - Part 2  
Dvd6-4 - Movement Lesson 5 - Seesaw Movements of the Chest and Belly and Breathing - Part 3  
Dvd6-5 - Movement Lesson 5 - Seesaw Movements of the Chest and Belly and Breathing - Part 4  
Dvd6-6 - Bonus Demonstration 1  
Dvd6-7 - Bonus Demonstration 2  
Dvd6-8 - Bonus Demonstration 3  
Dvd6-9 - Information On How to Continue After the Workshop

Dvd7-1 - Warnings and Titles  
Dvd7-2 - Lecture 3 - The Stretching Myth  
Dvd7-3 - Movement Lesson 6 - Your Toes Are Not So Far Away  
Dvd7-4 - Bonus Demonstration - On Working With a Ballet Dancer  
Dvd7-5 - Lecture 4 - Why Do The Lessons Work? The *9 Essentials* as a Means to Increase the Capacity to Perceive Differences

Dvd8-1 - Warnings and Titles  
Dvd8-2 - How to Continue After the Workshop  
Dvd8-3 - Movement Lesson 7 - On Belly Engaging the Power of the Pelvis to Lift the Head With the Use of the Hands - Part 1  
Dvd8-4 - Movement Lesson 7 - On Belly Engaging the Power of the Pelvis to Lift the Head With the Use of the Hands - Part 2  
Dvd8-5 - Movement Lesson 7 - On Belly Engaging the Power of the Pelvis to Lift the Head With the Use of the Hands - Part 3  
Dvd8-6 - Movement Lesson 7 - On Belly Engaging the Power of the Pelvis to Lift the Head With the Use of the Hands - Part 4  
Dvd8-7 - Bonus Demonstration 1 from Movement Lesson 7  
Dvd8-8 - Bonus Demonstration 2 from Movement Lesson 7  
Dvd8-9 - Bonus Demonstration 3 from Movement Lesson 7

Dvd9-1 - Warnings and Titles  
Dvd9-2 - Q and A  
Dvd9-3 - Generating Enthusiasm as a Skill  
Dvd9-4 - Closing Comments

Item 5 “Move Into Life”

Dvd1-1 - Introduction  
Dvd1-2 – Movement Lesson 1  
Dvd1-3 – Bonus Track 1  
Dvd1-4 - Bonus Track 2

Dvd2-1 – Movement Lesson 2  
Dvd2-2 – Bonus Track 1  
Dvd2-3 - Bonus Track 2  
Dvd2-4 - Bonus Track 3  
Dvd2-5 – Q/A Lecture

Dvd3-1 – Movement Lesson 3  
Dvd3-2 – Bonus Track 1  
Dvd3-3 - Bonus Track 2  
Dvd3-4 - Bonus Track 3  
Dvd3-5 - Bonus Track 4  
Dvd3-6 – ABM At Home  
Dvd3-7 – Lecture 2  
Dvd3-8 – Movement Lesson 4

Dvd4-1 – Outcome Feedback  
Dvd4-2 – Lecture 3  
Dvd4-3 – Movement Lesson 5

Dvd5-1 – Lecture 4  
Dvd5-2 – Movement Lesson 6  
Dvd5-3 – Bonus Track 1  
Dvd5-4 - Bonus Track 2  
Dvd5-5 - Bonus Track 3

Dvd6-1 - Movement Lesson 7  
Dvd6-2 – Bonus Track 1  
Dvd6-3 - Bonus Track 2  
Dvd6-4 – Enthusiasm As A Skill  
Dvd6-5 – Closing Comments

Item 6 “Breathing , Posture & Pain Relief”

Dvd1-1 - Introduction  
Dvd1-2 – Movement Lesson: Tilting Knees  
Dvd1-3 – Lecture 1: Breathing  
Dvd1-4 – Movement Lesson: Twist On The Side

Dvd2-1 – Q/A Lecture: Perceiving Differences  
Dvd2-2 – Movement Lesson: Rocking The Pelvis   
Dvd2-3 – How To Spend The Evening

Dvd3-1 - 2/08 Sun 11:14am Lecture   
Dvd3-2 – Lecture: Anat Responds  
Dvd3-3 – Movement Lesson: Exhaling  
Dvd3-4 – Mini Lecture Prep For Lesson  
Dvd3-5 – 2/08 Sun 1:34pm Lecture

Dvd4-1 - Discussing Essentials  
Dvd4-2 - Movement Lesson: Breathing & Voice  
Dvd4-3 - Movement Lesson: On Your Skeleton

Item 7 “Method for Healthy Backs”

Cd1  
Cd2  
Cd3  
Cd4  
Cd5  
Cd6

Item 8 “Method for Healthy Necks”

Cd1  
Cd2  
Cd3  
Cd4  
Cd5  
Cd6

Item 9 “Method for Healthy Joints”

Cd1  
Cd2  
Cd3