



A revolutionary, science-based approach to health.

The remarkable capacities of the brain to change itself are awakened and the seemingly impossible is made possible through unique movement exercises and the Nine Essentials. Eliminate back, neck and joint pain. Increase your strength and flexibility. Enhance mental clarity and vitality. Become a lifelong learner. Whether a child with special needs, or an accomplished athlete, whether one-year-old or seventy-years-old, the brain can always be upgraded to do a better job. The Anat Baniel Method gives you the tools to take advantage of your hidden potential and enhance your performance in easy, yet remarkable ways.

The Anat Baniel Method evolved from over 30 years of Anat's close study and experience with practical applications of brain plasticity principles with thousands of clients. She was first introduced to the power of the brain to change itself and the body by her teacher, Dr. Moshe Feldenkrais. The Method is based in brain and movement sciences, learning theory and the biodynamics of the human body — the field of NeuroMovement.

“Anat Baniel has evolved to a point few can match, let alone surpass.”

- DR. MOSHE FELDENKRAIS

The Nine Essentials:

With the Nine Essentials the brain receives the information it needs to rapidly create new connections and more powerful patterns of movement, thought, emotion and action that replace old, limiting and pain causing ones. The Nine Essentials are part of all Anat Baniel Method programs.

Movement with Attention -

wake up to life

The Learning Switch -

bring in the new

Subtlety -

experience the power of gentleness

Variation -

enjoy abundant possibilities

Slow -

luxuriate in the richness of feeling

Enthusiasm -

turn the small into the great

Flexible Goals -

make the impossible possible

Imagination and Dreams -

create your life

Awareness -

thrive with true knowledge



GUIDELINES FOR SUCCESS

Do the movements very gently. Move with as little force as you can, do small movements rather than large ones. This might feel counter intuitive. Archaic approaches are: “No pain no gain”, “try harder”, and “feel the burn.” It is the brain that tells the muscles what to do, not the other way around. The less effort and force you put into your movements, the more sensitive and aware you become. That is when your brain perceives differences and gets the information it needs to form new patterns that get you out of pain and beyond limitation; that is when remarkable transformations occur.

Move slowly and repeat each movement eight to ten times. Fast, you can only do what you already know. To change and improve the way you move, you need to feel what you are doing. Slow lets your brain feel and create better ways for you to move. By going slow you avoid injury while getting better at what you do.

“Baniel has developed powerful, practical strategies for improving your abilities and building a better, stronger brain that are supported by the neuroscience of brain plasticity.”

- MICHAEL MERZENICH, PhD

Do small movements. Begin each movement instruction by doing small movements. Start as if you do not yet know how it should be done and do not worry about the final outcome. That will allow you to explore and will greatly enhance your learning process.

Look for pleasure and avoid pain. When a movement is done well, it always feels easy and pleasurable to do. Pain tells us we are on the wrong track. If you experience pain or discomfort, stop, slow down, reduce the effort, and look for a different way to do the movement. If pain persists, do the movement in your imagination instead.

Look for novelty and variety. We form habits very quickly and tend to bring old habits into new situations. New information and unfamiliar experiences greatly enhance our ability to learn. That is why, in each lesson, you will find different movement variations and the lessons differ one from the other. Be sure to go through all the variations in each of the lessons and do all of the lessons in their original order for maximum results.

Do at least one lesson every two to three days. For best results, follow the lessons in numerical order. You may do the lessons as frequently as twice a day. Do not do the same lesson over and over, but rather do one lesson after another in sequence. Go through the full series at least two to three times. Once you have done that, you may do any of the lessons at any time. Proceed to a new ABM program to continue feeding your brain with new experiences and information and ensure ever growing vitality and well being.

For more information, feedback, or if you have questions about the Anat Baniel Method, please contact us at staff@anatbanielmethod.com or visit us on the web at anatbanielmethod.com

Note: These at-home programs are not meant to substitute for the advice provided by your own physician or other medical professionals. If you suspect you have a medical problem, please contact your doctor.