

Who is Anat Baniel?

Anat Baniel had the unique opportunity to train and work with Moshe Feldenkrais for many years. Dr. Moshe Feldenkrais devoted his life (1904-1984) to understanding how humans learn and develop, and to creating a concrete way of helping those trying to overcome limitations. Anat has continued to explore these same themes that Dr. Feldenkrais sought to clarify, and in particular, to help children with special needs reach their full potential. She is a world-renowned expert in working with children and in training practitioners to achieve the same transformational results, building on the foundation that Dr. Feldenkrais established.



Appointments at the Free Clinic

We are offering one free individual lesson to each child. Because we have found that children respond extremely well to having peers nearby who are going through the same process, we conduct 5-10 lessons simultaneously in the same room. Each child receives the full attention of a certified *Anat Baniel Method for Children* Practitioner.

Join us for the **Kitchener Free Children's Clinic**

Hosted at

Stretch Your Life

871 Victoria St. N.

Kitchener

Nov. 29, 2008

For more information call:

Karen Toth: 519-743-5375

Judith Dack: 416-481-2381

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Skydancer: 416-923-3893

To reserve a space call:

519-743-5375

or email: info@stretchyourlife.com

Reserve a space for your child to receive a free **Anat Baniel Method for Childrensm** lesson. Find out what a difference this new work can make in a special needs child's life. Professionals, and observers are always welcome.



FREE CHILDREN'S CLINIC

HELP FOR SPECIAL NEEDS
CHILDREN

DRAMATIC CHANGES WITH
**THE ANAT BANIEL METHOD
FOR CHILDRENsm**

BASED ON THE WORK OF DR.
MOSHE FELDENKRAIS

FREECHILDRENSCLINIC.ORG

What is the Free Clinic?

The Free Clinic, organized and staffed by trained and certified practitioners of the *Anat Baniel Method for Children*, offers parents the chance to see firsthand how this work can help children with disabilities.

What is the *Anat Baniel Method for Children*?

The *Anat Baniel Method for Children* expands on the work of Dr. Moshe Feldenkrais, using gentle innovative techniques to access the brain's ability to learn movement, thought, and feelings. It asks children to move only in ways which are within their true capabilities, creating a feeling of safety, encouraging a willingness to expand into new abilities. Practitioners certified in this method provide learning experiences that help children develop beyond their limitations. Infants' and children's progress often surpass medical expectations.

Who are *Anat Baniel Method for Children* Practitioners?

We are all fully trained Feldenkrais® and/or *Anat Baniel* practitioners who have completed a 3 to 4 year course of study to earn our original certification, in addition to another one-year training with *Anat Baniel* in the specialty of working with infants and children with disabilities.

Who can benefit from the *Anat Baniel Method for Children*?

Children who have been helped by this method have had, among others, the following conditions:

- *Arthrogyriposis*
- *Ataxia*
- *Athetosis*
- *Autism – Autism Spectrum Disorder*
- *Brachial Plexus*
- *Cerebellar Atrophy*
- *Cerebral Palsy*
- *Charge syndrome*
- *Contractures*
- *Delayed development*
- *Diplegia*
- *Down's Syndrome*
- *Failure to thrive*
- *Fragile X Syndrome*
- *Hydrocephaly*
- *Hypertonia*
- *Hypotonia*
- *Larsen's syndrome*
- *Macrocephaly*
- *Microcephaly*
- *Multiple Sclerosis*
- *Muscular atrophy*
- *Periventricular Leukomalacia*
- *Polymicrogyria*
- *Prader-Willi syndrome*
- *Premature birth*
- *Rett syndrome*
- *Sensory integration dysfunction*
- *ShakenBaby syndrome*
- *Spinal muscular atrophy*
- *Stroke*

What changes are seen when children receive lessons?

This method provides children with experiences that give them an opportunity to upgrade their nervous systems. Practitioners seek to wake up children's awareness of feeling what they are doing.

Many parents report that the first changes they see include:

- *Improved mood*
- *Better sleep*
- *Greater comfort*
- *Increased alertness and awareness of their surroundings*

Functional changes that have been seen as children continue the work include:

- *More effortless movements*
- *Better balance*
- *Improved ability to move:*
crawl, walk, run, jump, reach
- *Greater problem-solving skills*
- *Improved speech*

For Private Sessions in

The *Anat Baniel Method* for Infants, Children, Adults or High Performers Feldenkrais Method®

Call Karen Toth 519-743-5375
www.stretchyourlife.com