



Stretch Your Life for Action and Vitality!

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For Immediate Release

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## **NEW METHOD TO OVERCOME PAIN NATURALLY**

KITCHENER, ON, April 30 – Local Anat Baniel practitioner, Karen Toth offers a new method to people seeking stress and pain relief and who want to reconnect with their body’s natural ability to move, think and feel. From being more comfortable sitting at your computer to playing with your children and grandchildren or performing a favourite past time, Anat Baniel Method treatments and classes are a gentle way to improve overall wellbeing and overcome pain.

The Anat Baniel Method derives from the groundbreaking method developed by Dr. Moshe Feldenkrais and focuses on tactile, kinesthetic communication and neuromuscular organization rather than structure. Stress, pain and mental difficulties arise from our habits of performing tasks or living life in ways that are inefficient, unhealthy and even pain producing. These habits create neuromuscular disorganization resulting in injury, illness, emotional stress, strokes, and motor vehicle accidents.

Babies born with neuromuscular disorganization can receive faster treatment and lessen the intensity of their conditions, such as cerebral palsy. This will help the babies to live more comfortably through the present and oncoming stages of their lives.

Functional Synthesis sessions open the communication channels from head to toe. Sessions are gentle, non-invasive, hands-on and clients remain fully clothed. According to Toth, “the purpose of the session is to turn the learning switch on, with patients regarded as students, and with somatic (Greek meaning ‘of the body’) movements to facilitate their body move in ways they have not used since infancy or they have never before moved.”

Toth plans to introduce the Anat Baniel Methods (sm) Transformational Movement Lessons into local elementary schools, colleges, universities, Arthritis Society, senior centres and workplaces.

Stretch Your Life is one of five Pilates studios in Waterloo region. Owner, Karen Toth has been a trendsetter, indirectly setting the standards for other studios.