

# **Anat Baniel Method<sup>SM</sup> Professional Training Program Catalog**



## Anat Baniel Method<sup>SM</sup> Professional Training Program Catalog

*Although Anat Baniel Method was approved to operate by the former Bureau for Private Postsecondary and Vocational Education, our pending application for re-approval to operate has not yet been reviewed by the Bureau for Private Postsecondary Education. Any questions or problems concerning this school that have not been satisfactorily answered or resolved by the Anat Baniel Method may be directed to the, Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, [www.bppe.ca.gov](http://www.bppe.ca.gov), toll-free telephone number (888) 370-7589 or by fax (916) 263-1897. A trainee or any member of the public may file a complaint about Anat Baniel Method with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the bureau's internet web site [www.bppe.ca.gov](http://www.bppe.ca.gov).*

*This catalog describes the Anat Baniel training program curriculum broken down into individual segments. As a prospective student, you're encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.*

**Professional Training Location:** The training program takes place at the Anat Baniel Method Center, 4330 Redwood HWY, Suite 350, San Rafael, California, 94903.

The training takes place at the Anat Baniel Method Center in a large (2500 sq. ft.) carpeted space. The students are provided with cotton mats for the group transformational movement lessons and low massage-like tables for the FS one on one movement practice. The training classes are videotaped and projected on a large screen for students to be able to observe demonstration details.

**Professional Training Dates:** Anat Baniel Method<sup>sm</sup> Basic Training (Stage 1) starting date is: **March 19, 2011**. Anat Baniel Method for Children with Special Needs<sup>sm</sup> (Stage 2) starting date is: **July 27, 2012**. Anat Baniel Method<sup>sm</sup> Basic Training (Stage 1) scheduled completion date is: **April 28, 2013** and the completion date for Anat Baniel Method for Children with Special Needs<sup>sm</sup> (Stage 2) is: **April 6, 2014**. The period covered by this catalog is: **March 19, 2011- April 6, 2014**. For a complete listing of training segment dates, please see the last page of this catalog.

**Mission Statement:** Our mission in the Anat Baniel Method Training is to train highly effective and successful practitioners who are able to powerfully transform for the better the lives of adults and of children with special needs through the groundbreaking understanding and practice of the Anat Baniel Method.

**About the Method:** The Anat Baniel Method is a cutting edge, science-based approach that transforms the lives of children and adults, helping them move beyond pain and limitation. By accessing the amazing powers of the brain to change itself the method helps people, through the *Nine Essentials* of the method, discover how to acquire new skills, improve and refine existing skills, and dramatically enhance physical, cognitive, emotional and creative performance. This unique method evolved from Anat Baniel's background as a clinical psychologist, dancer,

student and close collaborator with Dr. Feldenkrais, and her many years of providing breakthrough outcomes to the thousands of people she has worked with and trained. Through innovative movement exercises and the *Nine Essentials* of the method, new neural patterns are created in the brain that increase strength and flexibility of mind and body, creativity and vitality. Whether the client is in good health or has a limiting diagnosis, the method provides the tools to turn the seemingly impossible into the possible and to live life more fully, with greater joy and success.

## **Program Description**

The training program consists of two stages; The Anat Baniel Method Basic Professional Training Program and The Anat Baniel Method for Children with Special Needs Mastery Training Program.

**Stage One:** The Anat Baniel Method Basic Training Program is a 90 day intensive experiential and theoretical learning process consisting of 10 segments, 9 days each with 6 hours of teaching each day, over a period of approximately 27 months.

**Stage Two:** The Anat Baniel Method for Children with Special Needs Mastery Program is a 36 day intensive experiential and theoretical learning process consisting of 4 segments, 9 days each with 6 hours of teaching each day, over a period of 9 months). **Successful completion and graduation of Stage One is a requirement to be eligible for stage two training.**

Throughout Stage 1 and Stage 2 of the training you will participate in an intensive experiential and intellectual process. You will experience and learn scores of group movement lessons (transformational movement lessons - TMLs); a rich body of scientifically based, cutting edge theory; one on one movement lessons (Functional Synthesis - FS); individual sessions; demonstrations and practice. You will immerse yourself in a process where you'll repeatedly experience the impossible becoming possible reaching new levels of freedom and refinement in your own movement, feeling, thinking and awareness. Your transformation and personal evolution are at the heart of the profound understanding and skills you will acquire to effectively and powerfully utilize when teaching others. Each trainee will be personally supervised while in the process of developing the skills needed to facilitate the same kind of transformational changes in others.

**Transformational Movement Lessons<sup>SM</sup> (TML):** are movement lessons that can be taught in groups or individually. The lessons range from the very basic to the highly complex. They are taught in a functional progression so that they are performed with ease and are safe to do. Each movement lesson has a central theme, such as the ability to bend down, balance on one leg, improve dexterity of the hands etc, while always upgrading the underlying quality of functioning of the brain itself and its ability to learn. Each lesson consists of a number of variations that provide the brain with new information with which it can readily create new patterns leading to improved performance, often surprising in the speed and degree of positive change, and to reduced injury, aches and pains.

**Functional Synthesis (FS):** Are movement-based lessons that are taught individually and are customized to the client's particular needs. Gentle and light movements are used by the practitioner to communicate with the client's brain providing it with the information it needs to discover new, easier, and more efficient patterns of movement, feeling and thought that help eliminate pain, transcend limitations and reach higher levels of performance. The client learns to distinguish between a well organized movement that is easy and safe to perform and one that is poorly organized and often is injurious and hard to perform. As a result students learn easy and effective action in all walks of life, thereby understanding how to transcend limitations and prevent future injury. Sessions are conducted with the client fully clothed, sitting, standing or lying on a specially designed table.

**Theory:** Lectures relating to the segment topics are taught during each of the segments. Lectures cover topics ranging from current findings in brain plasticity research to basics in Newtonian physics; from basic biology to principles of decision-making under uncertainty conditions. For over 30 years Anat Baniel has been constantly challenging herself to find new ways to make the knowledge and the practice of her method readily and easily accessible to future practitioners. Ms. Baniel is known for her ability to clearly articulate and demystify the theoretical basis of the work, yet never compromise on depth, accuracy, richness or complexity. She has found multiple ways of making the work understandable, fun, intriguing, inspiring, and at times challenging and always transformational.

**Group Learning:** The class size is limited to promote building close relationships between the teaching faculty and participants and also among the participants. Most of the learning is done in a group context. The variation amongst the students, each with their unique strengths and life experiences, contributes to the richness of the learning experience. Students have the opportunity to build strong bonds and gain friendships and collegial relationships that last well past the training.

**Student Private Sessions:** As a part of the program each student receives one individual Functional Synthesis lesson per session with an assistant or trainer during the basic training, for a total of 10 sessions.

**Practicums/Supervision:** During the basic training each student teaches twice a group movement lessons (TML) to their peers, under supervision. During basic training each student gives a supervised, one on one session (FS) to two people that are not part of the training program. During Children Mastery Training, each student gives a minimum of two FS sessions to a child under supervision.

**Video Library:** A video library is available during the training for students to check out videos of classes that were taught during the training. Student volunteers run the library. Students may check out only one video at a time and have to return a video they checked out before being allowed to check out an additional video.

**Teaching Materials:** Students are provided with written summaries or transcripts of the Transformational Movement Lessons and Functional Synthesis hands on practice after each segment for further assimilation of information and practice, and for future use in their practice. During the training sessions, video recording of training lectures, hands on practice and movement lessons from each day are available from our lending library as another means to enhance the student's learning. In addition, articles, reading suggestions and other materials are provided to help the learning process continue between sessions. Anat Baniel two books: *Move Into Life*, *The Nine Essentials for Lifelong Vitality* and *Kids Beyond Limits* are required reading.

**Practice Between Training Sessions:** trainees are encouraged to practice both TMLs and FSs in between training segments. Starting at segment 5 students are given practice assignments in the form of minimum number of practice sessions in both TML and FS they are asked do in between segments, representing themselves as "students in training".

### **Training Programs Objectives**

#### **The Anat Baniel Method Basic Training Program objectives:**

- To provide an alternative, breakthrough, learning and positive brain-change based approach to helping people overcome injury, pain and limitation and reach new levels of performance physically, emotionally and cognitively.
- To take advantage of the incredible potential of the brain to change itself throughout life using a holistic, science based approach leading to breakthrough outcomes that open up possibilities for improved functioning beyond what is commonly expected or available.
- The ability to work with a diverse population such as athletes, musicians, adults looking to overcome pain and limitation and increase their fitness and health, the aging population helping them reverse the symptoms of aging.
- Provide the opportunity for an exciting new career in the personal growth and integrative health fields.
- Provide professionals, such as physical therapists, massage therapists, speech therapists, medical doctors, alternative and integrative medical professionals, educators, special education teachers, psychotherapists, fitness trainers, Yoga teachers and more, with cutting edge, science based theory and practical tools for providing breakthrough outcomes that were not available for them and their clients/patients before.
- Provide professionals with a competitive edge in their ability to improve people's lives.
- Experience profound and long lasting personal transformation for the trainee in her or his own self and life. Where the student in the training repeatedly experiences such changes as greater mobility, flexibility and strength of body and mind, increased vitality and well-being, recovery from old and recent injuries, pain and limitation and reaching new levels of performance on the physical, emotional and cognitive levels.

### **List of some of the areas the Anat Baniel Method practitioner can help:**

- Enhance strength and flexibility of the body
- Reduce or eliminate Back pain, neck pain, shoulder pain and joint pain
- Recovery from injury and/or surgery
- Reverse the typical Symptoms of aging
- Improve coordination
- Improve balance
- Improve breathing
- Improved performance in the areas of sports, music, voice, dance
- Replace poor habits – physical, cognitive and emotional
- Stroke, Parkinson's, Multiple Sclerosis.
- Cerebral Palsy
- Arthritis
- RSI
- Reduce compulsions and anxieties
- Greatly enhance vitality

### **The Anat Baniel Method for Children With Special Needs Mastery Program Objectives:**

- For the Anat Baniel Method practitioner to gain the knowledge, skills and tools, based on their already extensive knowledge from their ABM basic training, to help children with special needs overcome their limitations.
- To be at the forefront of the brain plasticity revolution and to take advantage of the power of the brain to change and transform the lives of children in ways not available through more traditional therapeutic approaches.
- To reach new levels of mastery in the practical applications of the ABM of brain plasticity principles. To be able to help children from a very birth through the teenage years.
- To be able to help a very wide range of special needs such as Autism, ADHD, cerebral palsy, stroke, genetic disorders, undiagnosed developmental delays.
- To provide parents with tools to help their children and understand how to best approach the child.
- To provide healthy children with better conditions for learning. For the practitioner to have an inspiring and exciting career making a profound difference in people's lives.
- Continued personal gain in one's own life: greater mobility, flexibility and strength of body and mind, increased vitality and well-being, overcoming injury, pain and limitation.

### **List of some of the conditions the Anat Baniel Method practitioner can help:**

- Autism
- Asperger's
- Cerebral palsy
- ADD, ADHD
- Structural deformities
- Learning disabilities
- Stroke
- Genetic disorder
- Brain damage
- Cerebral Palsy
- Eating/feeding disorders
- Undiagnosed developmental delays

**Training Curriculum:** Each the 10 segments of the basic training (stage one) and the four segments of the Mastery training (stage two) includes teachings of group and one on one movement lessons (TML and FS), lectures, demonstrations, Q&A, viewing of live FS lessons, group discussions and in class, supervised practice. Each segment focuses on one main functional subject. There are underlying themes that occur in each segment. Every segment builds on the previous ones so the learning becomes exponential and integrates into one field.

The hands-on practice and group movement lessons introduced in each segment relate to the focus of the segment and build, over time, in their complexity and level of physical and cognitive demand. As students move through these segments they gain knowledge of how the nervous system functions to organize action and how specific core ideas in the method can be applied to a multitude of situations and conditions.

By the end of each nine-day segment the trainee will have mastered an area of knowledge and practice in their own life and for future professional use.

### **The Anat Baniel Method Basic Training Program Curriculum:**

#### **Segment 1: The Center of the Body**

Segment One Focus: Introducing The Nine Essentials of the Anat Baniel Method and the role of brain plasticity/brain change and its relationship to the fundamentals of human motor, cognitive and emotional development; conditions for positive brain change; contrasting experientially and theoretically the potency of organic learning with trying to cure or fix functional challenges; the role the center of the body plays in all movement; mobilizing the chest and ribs; exploring the dynamic relationships between the pelvis, spine, head, and the ribs and movement organization in relationship to center of body; learning about the early developmental relationships between the body, the self, and the gravitational field; increasing awareness of one's movements, cognitions patterns and self.

**Segment 2:** The Relationship between the Center of the Body, the Extremities and Gravity.

Segment Two Focus: Understand and incorporate into TML and beginning FS movement lessons how differentiation and integration of new movement patterns brings change, transformation, and improvement; understand the next approximation of the gravitational field and its importance in the development of the nervous system and hence of effective function for oneself and others; improve the management of trainee's body in the gravitational field; begin assessing/seeing how others organize movement in the gravitational field; go beyond thinking of individual parts of the body, muscles, and range of movement to see how we manage the body as a whole system in the gravitational field.

### **Segment 3: The Core Relationship between the Head and the Pelvis**

Segment Three Focus: The core, dynamic relationship between the pelvis and the head; experience this relationship in varying positions, movements and configurations in the gravitational field; increased self-awareness in movement, thinking and interpersonal interactions; introduction of the concept of proportional distribution of effort and its relationship to improved brain function; introduction of the concept of ideal movement, and learning to observe which part of the body is either overworking or under-working; beginning to learn how to translate TML into FS movement lessons.

### **Segment 4: The Spine – Delicacy and Refinement of Action**

Segment Four Focus: The spine and its functioning; learning to move and bend the spine in all directions; introducing the concept of body image, its relationship to the brain and development of skill, and its relationship to all movements and movements of the spine; what is a healthy spine and how to approximate towards a healthy spine and its relationship to pain relief; how to work with scoliosis from the point of view of brain change rather than muscular local change; continued increased complexity of TML, FS, awareness of self in movement, thinking and emotions; continuing to learn how to translate TML into FS movement lessons.

### **Segment 5: Extremities and Relationship to the Center of the Body**

Segment Five Focus: The inseparable dynamic relationships between the movement of the extremities to the movement of the center of the body; experiencing more complex movement lessons; increased observational skills in seeing more complex patterns of movements; learning the conditions the nervous system requires for the person to discriminate, differentiate, and integrate new neural patterns and functions successfully; experiencing deepening awareness of one's own movement patterns and relationship between the extremities and center of body; the centrality of awareness to human learning and uniqueness; more detailed theoretical exposition of how the brain evolves; continued increased complexity of TML, FS, awareness of self in movement, thinking and emotions; continuing to learn how to translate TML into FS movement lessons.

### **Segment 6: Continuation of Extremities and Relationship to the Center of the Body**

Segment Six Focus: Continuation the inseparable dynamic relationships between the movement of the extremities to the movement of the center of the body; specifically working with the arms, shoulders, legs, and the hip joints; focus on the Essential Variation and its relationship to successful differentiation, integration and growth of the brain and development of movement, thought, feeling, emotion and interpersonal relations; exploration of thinking and emotion as voluntary actions; introducing the concept of degrees of freedom; Continued increased complexity of TML, FS, awareness of self in movement, thinking and emotions; continuing to learn how to translate TML into FS movement lessons.

## **Segment 7: The Head**

Segment Seven Focus: The head, its movements, and its organization in relationship to the rest of the body; the possible movements of the head; the importance of the brain discovering the vertical and how to facilitate for the head to be organized accurately over the spine; the relationship between freedom of the head and breathing; eye movements and their relationship to the organization of the head; the role of the skeleton in bearing weight and well-organized movement; learning to observe and analyze movement from the point of view of the quality of the brain's organization of the skeleton in space; neurological evolution in relation to the skeleton; posture as dynamic rather than static; continued increased complexity of TML, FS, awareness of self in movement, thinking and emotions; continuing to learn how to translate TML into FS movement lessons.

## **Segment 8: The Power Center and the Relationship between the Head and the Pelvis in Increasingly Complex Action**

Segment Eight Focus: Differentiating and integrating the center of the body in more complex movements; expanding the repertoire and complexity of functions; expanding the body image of the pelvis in the brain; sitting in a chair – how to make it comfortable and pain free; differentiation and integration of the center of the body in sitting in a chair; complexity and its relationship to refinement and attainment of higher human skill, functioning and intelligence as it relates to how the brain learns; ongoing use of the Nine Essentials in cognition and in action; creating FS lessons to match the needs of the individual; continued increased complexity of TML, FS, awareness of self in movement, thinking and emotions; continuing to learn how to translate TML into FS movement lessons.

## **Segment 9: Breathing**

Segment Nine Focus: The rib cage, breathing, and the voice; the relationship of skeletal organization and the organization of the head in space to breathing and pain relief; the next level of understanding the pelvis as the power center of the body and its relationship to breathing; no one correct way of breathing; the many possible and necessary variations of ways of breathing; the biological criteria for ideal movement; the possible harmonious integrated relationship between the skeletal, muscular, environmental and neurological systems leading to effective action; increased flexibility as a result from higher quality of brain organization rather than mechanical stretching; the brain as an information system; continued increased awareness of self in movement, thinking and emotions; continuing to learn how to translate TML into FS movement lessons.

## **Segment 10: All the Way to Standing**

Segment Ten Focus: Learning to transition from sitting to standing and back down to sitting and from lying on floor to standing while exerting minimal effort which leads to maximum efficiency, ease, reversibility of movement and control; experiencing and understanding sitting and standing as one continuum; understanding balance as dynamic and its relationship to increased ability of the brain to perceive differences; integrating the use of the Nine Essentials in all TMLs and FS; optimizing posture as a continuum

throughout the trajectory of all movement; integrating lessons learned previously; continued increased awareness of self in movement, thinking and emotions; continuing to learn how to translate TML into FS movement lessons; creating full FS movement lessons customized to clients needs.

## **The Anat Baniel Method for Children with Special Needs Mastery Program Curriculum:**

### **Segment 1: Children with special needs ages 0-2 – Facilitation of brain and function development**

Segment One Focus: From chaos to order; from “fixing” to “connecting”; what is the job of the brain with all babies and children; the underlying universal principles of positive brain development and growth as applied to all learning challenges; the role and use of the Nine Essentials in helping the child’s brain overcome limitations; the emergence of voluntary movement; how to communicate with the brain of the very young child to reduce dysfunction before specific functions are supposed to have been formed; development of highly sensitive touch as a tool of communicating with the child while moving it; learning to meet the child where they are at present; understanding “developmental milestones”; seeing development as a continuum; freedom from the constraints and limitations imposed by the “developmental milestones” expectations; experiential and theoretical learning of the early formation of voluntary movements; guide parents and caretakers to partner with practitioner in the process.

### **Segment 2: Children with special needs ages 2-5 – Facilitation of brain and function development**

Segment Two Focus: Continuation of learning what is the job of the brain with all babies and children; the underlying universal principles of positive brain development and growth that transcend the cause of the challenges; the role and use of the Nine Essentials in helping the child’s brain overcome limitations; how to communicate with the brain of the child to reduce dysfunction; development of highly sensitive touch as a tool of communicating with the child while facilitating movement; facilitation of the emergence of awareness in the young child as a powerful tool for the learning brain; Learning to meet the child where they are at present; freedom from the constraints and limitations imposed by the “developmental milestones” expectations; continued experiential and theoretical learning of the evolution of more complex movement, thinking, feeling and relating; the role of assistive devices; the importance of the brain mastering movement transitions; guide parents and caretakers to partner with practitioner in the process.

### **Segment 3: Children with special needs ages 5-12 – Facilitation of brain and function development**

Segment Three Focus: How to evoke powerful learning this age group; the continued powerful role that differentiation and integration of movement and feeling plays in overcoming limitations for the child with special needs; continued adherence to the principle of transitioning from trying to fix the child to connecting to the child’s experience and brain; how to meet the child wherever they are; working with thinking

and cognition directly through the Nine Essentials; what is the job of the brain with all babies and children; continued elaboration of the underlying universal principles of positive brain development and growth; continued development of highly sensitive touch as a tool of communicating with the child while facilitating movement; more about transitions; the use of language and verbal communication with the older child; continued experiential and theoretical learning of the evolution of more complex movement, thinking, feeling and relating; ways to empower the child and his or her family and caretakers; guide parents and caretakers to partner with practitioner in the process.

#### **Segment 4: Autism, ADHD, and Undiagnosed Learning Delays – Facilitation of brain and function development**

Segment Four Focus: How to turn the brain of the child diagnosed with Autism, ADHD or undiagnosed learning delays into a learning brain; the transformational power of organic learning for these children; the centrality of movement and coordination disorganization in these children and its reflection of brain disorder; the utilization of the Nine Essentials to help transform the brain of these children into a powerful learning brain; the relationship between the brain's ability to create information and order and the improvement of metabolic processes; development of flexibility of the practitioner to be able to meet these children where they are and relate to them in ways that transform their brains to become powerful learning brains; guide parents and caretakers to partner with practitioner in the process.

#### **Graduation Requirements:**

- full participation in the training process
- display of developed awareness skills
- display of understanding the theoretical basis of the method
- display of understanding the underlying premises of the practice of the method
- ability to teach Transformational Movement Lessons at the beginner level
- ability to teach Functional Synthesis at the beginner level
- absence of behavioral issues that may interfere with the trainee's ability to practice the method effectively and safely
- payment of tuition in full
- signing a licensing agreement with ABM

**The Anat Baniel Method Basic Training Program (Stage 1):** All students must attend all ten sessions – a total of 540 hours. In the event the student cannot attend a segment, the student is required to view the missed segment via DVD. A maximum of two training segments may be missed and done via DVDs to be eligible for graduation. If a practicum session is missed, the trainee must arrange to make up that practicum with the supervision of one of the training instructors and will be charged by the instructor for their time.

All participants will be given ongoing feedback on their progress throughout the program. Successful completion of the program is dependent on positive reviews for each session and the student's ability to learn, perform and teach both group movement lessons – TMLs - and individual movement lessons – FS – observed throughout the

training segments and during the supervised practicum sessions. When a student is behind in their ability to perform, a trainer will discuss with them the situation and suggest possible ways for them to remedy the situation. That may include private study with an instructor, which may incur additional cost for the student. Student will be given a period of time in which they will be expected to remedy the situation in order to continue with the training and be eligible for graduation.

**The Anat Baniel Method for Children with Special Needs Mastery Program (Stage 2):** All students must attend all four sessions – a total of 216 hours. In the event the student cannot attend a segment, the student is required to view the missed segment via DVD. A maximum of one training segment may be missed and done via DVDs to be eligible for graduation. If a practicum session is missed, the trainee must arrange to make up that practicum with the supervision of one of the training instructors and will be charged by the instructor for their time.

All participants will be given ongoing feedback on their progress throughout the program. Successful completion of the program is dependent on positive reviews for each session and the student's ability to learn, perform and teach both group movement lessons – TMLs - and individual movement lessons – FS – observed throughout the training segments and during the supervised practicum sessions. When a student is behind in their ability to perform, a trainer will discuss with them the situation and suggest possible ways for them to remedy the situation. That may include private study with an instructor, which may incur additional cost for the student. Student will be given a period of time in which they will be expected to remedy the situation in order to continue with the training and be eligible for graduation.

**Licensing Agreement:**

All students are required to sign a licensing agreement before graduation for the right to use the name “Anat Baniel Method<sup>sm</sup>”. The licensing agreement provides the graduates with benefits such as being listed on the practitioner listing on the Anat Baniel Method website and having the right to use Anat Baniel Method written materials (with written permission from Anat Baniel Method).

**Continuing Education Credits:** Participation in the Anat Baniel Method training programs provides CE credits from the California Physical Therapy Association and The National Certification Board for Therapeutic Massage & Bodywork.

**Placement Services:** Anat Baniel Method does not provide placement services. Graduates have the option to be listed on the Anat Baniel Method website under the section “find a practitioner”.

### **Anat Baniel Method Faculty:**

The Anat Baniel Method Trainers are all highly experienced and successful practitioners of the method and have been a part of the Anat Baniel Method Training staff for an extended period of time. They are all committed to our mission and to providing the best learning environment to all the students in the trainings.



**Anat Baniel -Master Trainer** - Anat Baniel, founder of the Anat Baniel Method<sup>(sm)</sup>, is the author of two highly acclaimed books, *Move Into Life: The Nine Essentials for Lifelong Vitality* and *Kids Beyond Limits*, Anat was trained as a clinical psychologist, dancer, and was first a student, then a close professional associate of Dr. Moshe Feldenkrais for over a decade. Anat's innovative methods have helped thousands of people, both adults and children, from five days old to 90 years, transforming their lives physically, emotionally and intellectually. Her work has helped high performance athletes, musicians, business people, scientists and other professionals move beyond their present limitations to achieve greater energy, strength, health and success. Her cutting edge approach has helped thousands of people suffering from aches and pains, those worn down by daily stress, and those seeking greater joy and effectiveness in their lives. Anat's work with children with special needs is world-renown, applauded by parents, health professionals and those at the cutting edge of the neurosciences. Increasing numbers of leading brain scientists, medical doctors and others in the helping professions are enthusiastically endorsing the Anat Baniel Method. Anat has been training practitioners for 20 over 20 years, first as Feldenkrais practitioners, and in the past 12 years she has been graduating highly effective practitioners in her Anat Baniel Method.



**Marcy Lindheimer – Senior Trainer** - Marcy has been teaching in the Anat Baniel Method Training Programs since their inception in 2001 and became a trainer in the method in 2005. In her private practice she specializes in working with children. Trained and educated as a musician, Marcy has taught world-famous singers who now sing at the Metropolitan Opera and on Broadway. She brings her knowledge and skill in teaching breathing and voice to the Anat Baniel Method. Marcy has private studios in both Manhattan and Chicago, and works privately with children out of the Anat Baniel Method Center a few times a year. She co-teaches the Anat Baniel Method Trainings and Mastery Courses with Anat at the Anat Baniel Method Center in San Rafael. She is in charge of the Trainer Training Program.



**Sylvia Shordike – Trainer** - graduated in 1989 with credentials in medical massage, lymphatic drainage, and reflexology from the Holistic Institute of Düsseldorf, followed with a year of clinical work in a Bavarian hospital. She studied under Anat Baniel from 1990-1994 to become a Feldenkrais Practitioner, subsequently completing three mastery programs with Anat Baniel to qualify for working with: (1) infants and children with special needs; (2) vitality and aging; and (3) high performance athletes. Sylvia became a trainer in the Anat Baniel Method in 2011. Since 1994 has practiced and taught the Anat Baniel Method internationally and is currently working with children and adults at the Anat Baniel Method Center in Marin County, California.



**Carla Oswald Reed - Trainer** - has been a physical therapist with a special interest in pediatrics since 1969. She graduated in 1983 from the Amherst Feldenkrais Professional Training Program begun by Dr. Feldenkrais. She has studied with Anat off and on throughout her Feldenkrais career. Since becoming an Anat Baniel Method Practitioner in 2003, she has assisted with the Anat Baniel Method Professional Trainings. She currently maintains a private practice in northern VA and provides the Anat Baniel Method for about 30 infants and children per week in part time employment with an outpatient pediatric physical therapy center.



**Suzi Marks – Trainer**- Suzi has studied with Anat Baniel Method from 2000 to present. She was certified as an Anat Baniel Method practitioner in 2003. She continued her studying with Anat Baniel and completed Mastery level certifications in the Anat Baniel Method for Children in 2003 and Anat Baniel Method for Anti-Aging and Vitality in 2004. Suzi has assisted in the Anat Baniel Method Basic Professional Training and the Children's Mastery programs since 2004. She became a trainer of the Anat Baniel Method in 2011. Suzi began her professional career in movement in 1994. She is certified in Feldenkrais, Pilates, Gyrotonic and CranioSacral Therapy. Suzi is the owner of a neuro-integrative movement center in Chicago where she gives lessons for babies, children and adults using the Anat Baniel Method.

**Admission policies:** Applicant is required to fill an application form. All applications are read by Anat Baniel and by the enrollment manager. If any additional information is needed, the applicant is requested to provide that information. Ms. Baniel will request one of her other trainers to read an application when there is any concern regarding the applicant qualifications. Once the applicant has been accepted into the training program, they will be provided with the training program catalog, the training fact sheet and are required to sign an enrollment agreement, a medical information form, and pay \$750.00 to reserve their space in the training. Although the Anat Baniel Method admits students from other countries, it does not provide visa services, nor does it vouch for student status and any associated charges. Additionally, the trainee must be fluent in the English language as this is the only language training will be conducted in and the Anat Baniel Method does not provide language services.

The Anat Baniel Method does not award credit for prior learning in other methods or professions.

**Attendance Policies:**

- The student is required to sign in their name in a daily attendance sheet each day of the training.
- Trainee may miss up to a maximum a total of five days of the whole Basic Training Program without a requirement to make-up the missed time and remain eligible for graduation/certification.
- Trainee is required to make up any missed time that is more than five days through viewing the missed segment by DVDs provided by Anat Baniel Method.
- DVDs are made available for make-up purposes only for a full 9-day segment. Individual missed days may be viewed through the library DVDs during the training segment.

- Trainee may miss and make up a maximum of two full segments to be eligible for graduation.
- Trainee is responsible to pay tuition in full including for missed days and for missed segments made-up with DVDs.
- DVDs of a missed segment will be available to student by Anat Baniel Method upon receipt of a signed lending agreement and receipt of a \$100 lending fee to cover costs from trainee. The \$100 lending fee is subject to change.
- Trainee is required to return those DVDs within an agreed upon period of time specified in the lending agreement to be signed prior to receiving DVDs. DVDs loaned out may be from a previous training group.

TOTAL CHARGES FOR CURRENT PERIOD OF ATTENDANCE:

ANAT BANIEL METHOD BASIC TRAINING:

SEGMENT ONE: MARCH 19-27, 2011=\$2500.00

SEGMENT TWO: JUNE 18-26, 2011=\$2500.00

SEGMENT THREE: SEPTEMBER 10-18, 2011=\$2500.00

SEGMENT FOUR: DECEMBER 3-11, 2011=\$2500.00

SEGMENT FIVE: FEBRUARY 18-26, 2012=\$2500.00

SEGMENT SIX: APRIL 28 – MAY 6, 2012=\$2500.00

SEGMENT SEVEN: JULY 28-AUGUST 5, 2012=\$2500.00

SEGMENT EIGHT: OCTOBER 20 – 28, 2012=\$2500.00

SEGMENT NINE: JANUARY 19-27, 2013=\$2500.00

SEGMENT TEN: APRIL 20-28, 2013=\$2500.00

ANAT BANIEL METHOD FOR CHILDREN WITH SPECIAL NEEDS:

SEGMENT ONE: JULY 27 - AUGUST 4, 2013=\$2500.00

SEGMENT TWO: OCTOBER 26 - NOVEMBER 3, 2013=\$2500.00

SEGMENT THREE: JANUARY 11 – JANUARY 19, 2014=\$2500.00

SEGMENT FOUR: MARCH 29 – APRIL 6, 2014=\$2500.00

ESTIMATED TOTAL CHARGES FOR BASIC EDUCATIONAL PROGRAM: \$25,000.00

ESTIMATED TOTAL CHARGES FOR THE ENTIRE EDUCATIONAL PROGRAM: \$35,000

TOTAL CHARGES THE STUDENT IS OBLIGATED TO PAY UPON ENROLLMENT: \$250

NON-REFUNDABLE APPLICATION FEE; \$750 DEPOSIT DUE ON ACCEPTANCE TO THE TRAINING CLASS APPLIED TO THE FIRST SEGMENT TUITION WHICH IS DUE SIX WEEKS PRIOR TO THE START DATE OF THE FIRST SEGMENT; NON-REFUNDABLE STUDENT TUITION RECOVERY FUND FEE (if applicable) WILL ALSO BE COLLECTED UPON ENROLLMENT.

**Cancelation, Withdrawal and Refund Policies:** The trainee has the right to cancel the enrollment agreement. Any request for a refund or enrollment agreement cancellation is required to be made in writing to *Anat Baniel, Educational Director, 4330 Redwood Highway, Suite 350, San Rafael, CA 94903*. The trainee has the right to cancel and obtain a refund of charges paid through attendance at the first class session or the seventh day after enrollment, whichever is later.

For all trainees, without penalty or obligation, Anat Baniel Method shall refund 100 percent of the amount paid for Anat Baniel Method charges, less the \$250 non-refundable application fee, if notice of cancellation is made prior to or on the first day of instruction. In the event a trainee submits a written notice of withdrawal from the course during a segment, Anat Baniel Method shall refund to such trainee all tuition payments for any paid, full-day training sessions of the program which the trainee has not yet attended less a cancellation fee. The Anat Baniel Method refund policy for trainees who have completed 60 percent or less of the segment shall be a pro rata refund based on the daily cost of \$278. Anat Baniel Method shall deduct a cancellation fee of \$250 from the total tuition charge. When 6 or more days of the segment are attended there will be no refund.

#### REFUND POLICY EXAMPLE:

1. Cost of tuition = \$2500
2. Less Daily cost (\$278) of Total days attended (hypothetical 5 days) = \$1390
3. Less cancellation fee = \$250  
Total Refund = \$860

Payment of refunds is to be made within 30 days of receipt of written notice of Trainee's withdrawal.

Notification of withdrawal or cancellation and any request for a refund are required to be made in writing.

Training programs are subject to cancellation due to insufficient enrollment, teacher availability, location availability, or any other reason. Training programs are subject to cancellation at any time. In the event of cancellation, pro-rated refunds for cancelled training sessions shall be issued.

#### **The Date by Which the Trainee Must Exercise His or Her Right to Cancel or Withdraw:**

Trainee may cancel at any time and will be reimbursed according to the refund policy stated above.

#### **Probation and Dismissal Policies:**

##### **Evaluation Process during the Training:**

Anat Baniel and the teaching staff observe and evaluate the trainee's progress on an ongoing basis. During the training, there will be meetings between one of the assistants and the trainees. Each trainee will teach two Transformational Movement Lessons<sup>sm</sup> and two Functional Synthesis Lesson<sup>sm</sup> under supervision before graduating. In case of any issues or problems, special meeting(s) between the trainee and teaching staff will be held to discuss and try to resolve the issues. If issues are not resolved, trainee may be terminated from the Anat Baniel Training program.

##### **Reasons for Termination from the Anat Baniel Method Training:**

Anat Baniel Method reserves the right to terminate any trainee from the program for any of the following reasons:

- a) Failing to fulfill any of the trainee's material obligations under this agreement

- b) Conduct that would have a material adverse effect on the efficiency or educational value of the training to the trainee or other participants in the training
- c) Inability to demonstrate sufficient understanding and/or skill in practicing the method.
- d) Such right to terminate will not be exercised unless and until the trainee has been given reasonable notice that grounds for termination exist and an opportunity to remedy the situation.

In the event the trainee is terminated from the program, Anat Baniel Method shall refund to such trainee all tuition payments for any tuition paid according to the refund guidelines set forth in Article 15 of this contract.

**Leave of Absence Policies:** If a student needs to stop their training and wants to rejoin the next training program, they will need to restart the training from the beginning.

**Trainees Rights:**

- Student may withdraw from the training at any time for any reason
- In case of withdrawal or dismissal from the training, trainee will be reimbursed according to the reimbursement policy stated in this catalog.
- Trainee may communicate in writing any concerns, questions or suggestions they may have regarding administrative or personal issues to the training coordinator who will forward them to the appropriate party at the Anat Baniel Method.
- In the event that the trainee needs to communicate a personal matter they do not wish for the training coordinator to know about, they may communicate, in person and/or in writing with one of the trainers. The trainer will then share the communication with the senior trainer who will try and address the issue and help the trainee in the best possible way.
- Upon successful graduation and after signing the licensing agreement for each of the two levels, the trainee has the right to practice the work under the title Anat Baniel Method, and Anat Baniel Method for Children with Special Needs respectively.

The Anat Baniel Method does not have dormitory facilities however it does provide trainees with a list of local hotels and bed and breakfasts. The Anat Baniel Method has no responsibility to find or assist a trainee in finding housing.

**NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS  
EARNED AT OUR ANAT BANIEL METHOD**

The transferability of credits you earn in the Anat Baniel Method Professional Training Program is at the complete discretion of an Anat Baniel Method to which you may seek to transfer. Acceptance of the graduate certificate you earn in the Anat Baniel Method Professional Training Program is also at the complete discretion of the Anat Baniel Method to which you may seek to transfer. If the graduate certificate that you earn at this Anat Baniel Method is not accepted at the Anat Baniel Method to which you seek to transfer, you may be required to repeat some or all of your coursework at that Anat Baniel Method. For this reason, you should make certain that your attendance at this Anat Baniel Method will meet your educational goals. This may include contacting an Anat Baniel Method to which you may seek to transfer after attending the Anat

Baniel Method Professional Training Program to determine if your graduate certificate will transfer.

The Anat Baniel Method has not entered into an articulation or transfer agreement with any other college or university.

**Student Tuition Recovery Fund** fee if applicable to you, **please see below** (non-refundable); \$2.50 per \$1000.00 of Anat Baniel Method charges rounded to the nearest thousand dollars. Anat Baniel Methods shall collect the assessment at the time it collects the first payment from or on behalf of the trainee at or after enrollment. The assessment shall be collected for the entire period of enrollment, regardless of whether the trainee pays the Anat Baniel Method charges in increments.

You must pay the state-imposed assessment for the **Student Tuition Recovery Fund (STRF)** if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

The Anat Baniel Method does not participate in federal and state financial aid programs.

If the trainee obtains a loan to pay for an educational program, the trainee will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.

The Anat Baniel Method does **not** have a pending petition in bankruptcy, is **not** operating as a debtor in possession, has **not** filed a petition within the preceding five years and has **not** had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United State Bankruptcy Code.

If the trainee has received federal student financial aid funds, the trainee is entitled to a refund of moneys not paid from federal student financial aid program funds.

If the trainee defaults on a federal or state loan, both the following may occur:

1. The federal or state government or a loan guarantee agency may take action against the student, including garnishing an income tax refund; and
2. The trainee may not be eligible for any other government financial assistance at another Anat Baniel Method until the loan is repaid.

If the trainee obtains a loan to pay for an educational program, the trainee will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.

### **Maintenance and Production of Records, Student Records:**

(a) The Anat Baniel Method shall maintain a file for each student who enrolls in the Anat Baniel Method whether or not the student completes the educational service.

(b) In addition to the requirements of section 94900, the file shall contain all of the following pertinent student records:

(1) Written records and transcripts of any formal education or training, testing, or experience that is relevant to the student's qualifications for admission to the Anat Baniel Method or the Anat Baniel Method's award of credit or acceptance of transfer credits including the following:

- A. Completed training application form that includes;
  - 1. Information regarding their educational background
  - 2. Information about prior experience with the Anat Baniel Method, Feldenkrais Method, and other Somatic based methods.
  - 3. Age and Gender (If provided voluntarily)
  - 4. Place of Residence, phone number, and email address.
  - 5. Date accepted into the training program.
  - 6. Date of withdrawal or dismissal from training, if applicable.
- B. Copies of students signed enrollment agreement.
- C. Licensing agreement upon graduation.
- D. Copy of DVD segment lending agreement when applicable.
- E. Copy of graduation certificate.
- F. Medical emergency contact information form.
- G. Media release form.
- H. Student directory information form.
- I. Copies of all payments received for all training segments attended.
- J. Copies of CE credit certificates when applicable.
- K. DVD copies of any private meetings between the student and teaching staff regarding their progress and performance in training.
- L. Copies of any written communications between the student and teaching staff regarding their performance in training and any corrective actions advised (trainee is advised to do).
- M. Copies of any complaint by the trainee and Anat Baniel Method response, and any actions taken.



## 2011 Anat Baniel Method Professional Training Program

### Basic 90 Day Training Dates

Segment One: March 19-27, 2011  
Segment Two: June 18-26, 2011  
Segment Three: September 10-18, 2011  
Segment Four: December 3-11, 2011  
Segment Five: February 18-26, 2012  
Segment Six: April 28 – May 6, 2012  
Segment Seven: July 28-August 5, 2012  
Segment Eight: October 20 – 28, 2012  
Segment Nine: January 19-27, 2013  
Segment Ten: April 20-28, 2013

### Mastery Program Training Dates:

#### Level 1: Anat Baniel Method for Children:

Segment One: July 27 - August 4, 2013  
Segment Two: October 26 - November 3, 2013  
Segment Three: January 11 – January 19, 2014  
Segment Four: March 29 – April 6, 2014

### Training Hours

Saturday: 10:00 AM-5:00 PM\*  
Sunday: 10:00 AM-5:00 PM  
Monday: 10:00 AM-5:00 PM  
Tuesday: 10:00 AM-5:00 PM  
Wednesday: 9:00 AM -2:00 PM\*\*

Thursday: 10:00 AM-5:00 PM  
Friday: 10:00 AM-5:00 PM  
Saturday: 10:00 AM-5:00 PM  
Final Sunday: 9:00 AM -2:00 PM

\*Days that run from 10:00 AM-5:00 PM have a 1 hour and 30 minute lunch break.

\*\*Days that run from 9:00 AM-2:00 PM have no lunch break, but short breaks throughout the day

### Training Location

The training is held at the Anat Baniel Method Center in Marin County, CA  
4330 Redwood Highway, Suite 350  
San Rafael, CA 94903

**Tuition:** \$2500 per segment due four weeks prior to the start of each training segment  
**Application Fee:** \$250 Non-refundable Application Fee; applied to tuition  
**Deposit:** \$750 Non-refundable Deposit due on acceptance to the training class; applied to tuition  
**Payment Method:** Cash, check, VISA and MasterCard payments accepted

For more information please visit [www.anatbanieltraining.com](http://www.anatbanieltraining.com), email [training@anatbanielmethod.com](mailto:training@anatbanielmethod.com) or call 415.847-8887.

*REGISTER EARLY. SPACE IS LIMITED*

4330 Redwood hwy Ste 350  
San Rafael, CA 94903

PH: 415.472-6622  
FX: 415.472-6624  
PH: 800.386-1441

staff@anatbanielmethod.com  
www.anatbanielmethod.com  
www.anatbanieltraining.com