NeuroMovement for Whole Body Fitness

What does the latest science of neuroplasticity research teach us?

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Session Description:
Current Neuroscience-neuroplasticity research demonstrates the centrality of the brain in successfully achieving desired levels of fitness and in overcoming limitations and injuries. It calls on us to find ways to bring about positive brain change that leads to enhanced performance and expand our focus from a primarily “physical”/muscular model of fitness. Learn 9 principles, supported by neuroplasticity research, that provide the brain—the CEO of our bodies and minds—with new information, leading to immediate and often transformative changes. Acquire concrete tools to use immediately in your practice with all ages and levels of performance. Be at the forefront of brain change/fitness research. In addition, brief introduction of applications of NeuroMovement to working with children with special needs.

Take Away Points:
1. Understand the role of the brain in organizing movement and becoming fit
2. Shifting the paradigm from exercise to movement.
3. Practical applications of brain plasticity principles in fitness training
4. Possible new horizons for research

What Are Brains For?
1. Organize all action.
2. Organize movement – Daniel Wolpert – The Real Reason for Brains
https://www.youtube.com/watch?v=7s0CpRfyYp8
3. Change and learn throughout life (can be positive or negative)
4. Be “apprenticed” – continue changing in response to experience

What Is Movement For?
1. Movement is the “language” of the brain
2. Movement is the primary source of information for the brain
3. Movement helps the brain self organize and structure itself and in turn the brain controls movement and action.
The Workshop Includes:

1. Exploration of the profound role of the brain in determining levels of fitness-physical cognitive and emotional for all ages.
2. Four NeuroMovement lessons – experience the power of your own brain to change and enhance your flexibility, strength and coordination.
3. The “9 Essentials” – Science based principles – that promote positive brain change leading to enhanced physical and mental fitness.
4. Practical tools to use immediately in your practice to help clients overcome limitations and reach new levels of performance.
5. Opportunity to develop a more holistic approach.
6. Opportunity to expand beyond the 30 minutes intense workout paradigm
7. Short Video Demonstration and discussion of the use of NeuroMovement with Children – typically developing and special needs.

Research References


