



BRAINature
Everyone can learn how to move
without pain and limitations

Anat Baniel Method® (ABM) NeuroMovement®

is a method of retraining one's movement and thinking patterns.

Evolved from the Feldenkrais Method, the ABMNM has shown great outcomes for children around the world:

- Children with special needs
- Overcome limitations
- Become better learners
- Achieve higher levels of performance

• **Move, think and grow easier and healthier**



BRAINature Studio in San Mateo

(near Hillsdale Shopping Center)
3 37th Ave Ste 22 & 23
by appointment only

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practitioners and parents

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