

BRAINature and Move Better Now with Olga and Mark Lubarsky

Anat Baniel Method of Feldenkrais (NeuroMovement)
practitioners in San Mateo, CA

Introduction to our wellness practice

Prepared for Corporate Wellness Coordinators



BRAINature

Move Better Now

Pilates & Feldenkrais studio in San Mateo

Our Practice

Olga Lubarsky (ADULTS):



- **Focus:**

- Safe and yet engaging fitness
- Natural chronic pain relief
- Learn to move with ease

- **Certifications:**

- ABM NeuroMovement Practitioner (Adults)
- ABM NeuroMovement Practitioner (Vitality & Anti-Aging Mastery)
- ABM NeuroMovement Practitioner (High Performers Mastery)

Mark Lubarsky (CHILDREN):



- **Focus:**

- Children with special needs
- Movement and learning disorders
- Developmental delays
- ADHD/Autism
- Integrating awareness-based movement with thinking and emotions

- **Certifications:**

- ABM NeuroMovement Practitioner (Children Mastery)

Our Practice

Olga Lubarsky (ADULTS):



- **Background:**

- Started as a Pilates/rehab instructor in 2001, Feldenkrais/ABM Practice since 2009
- Passionate about helping people to feel better

- **Focus:**

- Safe and yet engaging fitness
- Natural chronic pain relief
- Learn to move with ease

- **Certifications:**

- ABM NeuroMovement Practitioner (Adults)
- ABM NeuroMovement Practitioner (Vitality & Anti-Aging Mastery)
- ABM NeuroMovement Practitioner (High Performers Mastery)



Our Practice

Mark Lubarsky (CHILDREN):



- **Background:**
 - Health problems at birth & during childhood
 - Sedentary lifestyle & chronic pain
 - Passionate about personal transformation through learning
- **Focus:**
 - Children with special needs
 - Movement and learning disorders
 - Developmental delays, ADHD/Autism
 - Integrating awareness-based movement with thinking and emotions
- **Certifications:**
 - ABM NeuroMovement Practitioner (Children Mastery)



Method evolution

Dr. Moshe Feldenkrais

Born in Russia in 1904, in the 1940s, Moshé Feldenkrais sustained a debilitating injury to one of his knees. Unable to walk and trying to recover, he realized that rather than focusing on the muscles and tendons associated with his injury, it was his brain that needed help to find new ways to organize his body so that he could walk again, despite the injury. On the path to figuring out how to re-educate his brain and change his way of moving, his method was born. Feldenkrais understood long before it was generally accepted that the human brain can change throughout life, what is today called brain plasticity. He also understood that movement is a powerful way to communicate with the brain in order to bring about change and improvement.



Anat Baniel

When Anat was five years old, she watched Dr. Feldenkrais teach movement lessons in her parents' living room. She began doing his movement lessons with her dance teacher when she was seven. Years later, while studying at university to become a clinical psychologist, she looked for a method that would involve kinesthetic, body-based movement to include in her psychology work and joined Dr. Feldenkrais. In 1982, shortly before Moshé Feldenkrais' death, Anat brought his work to the United States.



Dr. Feldenkrais and Anat Baniel

NeuroMovement

Anat Baniel Method® (ABM) NeuroMovement® is a holistic approach to human functioning and action, based in the understanding that movement is the language of the brain. Movement provides information the brain needs to grow and organize itself. And, in return, the brain organizes all movement, thought, feelings, and action.

- Movement Is the Language of the Brain
- The Brain Is a Self-Organizing Information System
- ABM NeuroMovement® Utilizes Movement in All Its Forms

* Photo courtesy of Anat Baniel Method

Sources: <https://www.anatbanielmethod.com/about-abm/about-dr-feldenkrais>, <https://www.anatbanielmethod.com/about-abm/evolution-of-the-method>

Method Modalities

The Anat Baniel Method®
NeuroMovement® has two main modalities:



1 Functional SynthesisSM (FS):

Functional Synthesis sessions are individual one-on-one movement lessons. These private sessions are done with an Anat Baniel Method (ABM) certified practitioner. The ABM practitioner customizes the sessions to the particular needs and skills level of each client. Clients are called “students” because the purpose of the sessions is to bring about transformation through experiential learning.



2 Transformational Movement LessonsSM (TML):

available online

These are verbally guided movement lessons that can be done individually or in groups. There are hundreds of different movement lessons that focus on different functions and movement skills. The lessons focus on enhancing brain function, leading to transformational outcomes in the areas of rapid increases in flexibility, strength, pain relief, acquisition of new skills and improvement of existing ones, mental clarity, vitality, and well-being.



Benefits

- Safe and engaging way to exercise for everybody
- Feel a renewed sense of freedom in movement and thinking
- Reduced suffering from chronic pain and easier recovery
- Adults recover function and rehabilitate from injuries easier
- Children (typically growing or with special needs) learn to overcome challenges easier
- People of all ages and conditions experience a higher quality of life
- Peak performers achieve the next level of results



Supporting research on NeuroMovement

- Anat Baniel is collaborating with **Dr. Michael Merzenich**, Professor Emeritus of Neuroscience at UCSF, in a study on the effectiveness of the work with traumatic brain injury.
- Two studies with **Martha Herbert**, a pediatric neurologist from Harvard, one on the work with brachial plexus and another with autism.
- **Norman Doidge, MD**, author of *The Brain That Changes Itself*; Faculty University of Toronto Department of Psychiatry, and Research Faculty, Columbia University Department of Psychiatry, Center for Psychoanalytic Training and Research, also wrote a testimonial for *Kids Beyond Limits*. *The approach here, far wiser, far more subtle, truly holistic, far more ingenious, far more in accord with how brain development occurs, shows ways to access the child's own brain plasticity and yields far greater results, so that the children can spontaneously grow from within.*

Case Study: From old aches to better quality of life

“

..the pains have really disappeared. I was able to run my first half marathon. I started playing volleyball again. I no longer stretch, or even feel the need to stretch. I'm now 8 months pregnant and attribute my lack of the typical aches and pains that most pregnant women complain of to the fact that I still have weekly lessons with Olga.

- Lingering pains disappeared
- Safely started new activities after a long break due to injuries
- No longer need to do uncomfortable therapies or undesired exercises
- Less typical pains and aches during pregnancy

Case Study: Recovery from severe trauma

“

I went to see Olga when I had extreme pain and swelling during recovery from a trimalleolar open compound fractures with acute ankle dislocation and related surgeries. I can walk without much pain for most everyday activities after working with Olga.

- 4th month of recovery from a trimalleolar open compound fractures with acute ankle dislocation
- External and internal fixation surgeries were necessary
- Came in with extreme pain and swelling
- Now she can walk without much pain for most everyday activities

Case Study: 5-year old with developmental delays

“ Since we started seeing Mark for ABM sessions his Occupational Therapist has seen a drastic improvement in his hand writing. One day at home he completely dressed himself and he has been going to the bathroom on his own (number 2).

- Child's regular OT noticed drastic improvements in his hand writing
- After first session, went to the bathroom on his own for the first time
- Was able to completely dress on his own for the first time
- Mom believes that the child opened up emotionally and felt more comfortable in his body

Core Principles: 9 Essentials for Lifelong Vitality

- 1 **Movement with Attention** When we bring attention to what we feel as we move, the brain immediately starts building billions of new neurological connections
- 2 **Slow** Slow lets us feel and experience life at a deeper, more profound level
- 3 **Variation** By introducing variation and playfulness into everything you do, you awaken all your senses
- 4 **Subtlety** By reducing the force with which we move and think, we increase our sensitivity
- 5 **Enthusiasm** Enthusiasm helps make the impossible possible
- 6 **Flexible Goals** Flexible goals will reduce your anxiety and increase your creativity, resulting in greater success, vitality, and joy
- 7 **The Learning Switch** For the brain to properly do its job, the *learning switch* needs to be on
- 8 **Imagination & Dreams** Your imagination and dreams give you the ability to create something that has never been there before
- 9 **Awareness** When you are aware, you are fully alive and present

Transformational Movement Lessons

now available online



Transformational Movement Lessons

now available online



Functional Synthesis

(hands-on)



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