
BRAINature and Move Better Now with Olga and Mark Lubarsky

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

Introduction to our practice

Prepared for Palo Alto Medical Foundation



Move Better Now
Pilates & Feldenkrais studio in San Mateo

BRAINature and Move Better Now with Olga and Mark Lubarsky

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

Introduction to our practice

Prepared for Palo Alto Medical Foundation



BRAINature

Move Better Now

Pilates & Feldenkrais studio in San Mateo



Agenda

Our Story (5 min)

- Olga & Mark Lubarsky

Method (15 min)

- Method Evolution
- Method Modalities
- Benefits
- Supporting Research

Case Studies (10 min)

- Multiple broken bones, limited mobility
- Child with developmental delays

Class Demo: TML (Transformation Movement Lesson) (15 min)

Hands-on Demo: FS (Functional Synthesis) (15 min)

Q & A (10 min)

Our Story

Olga Lubarsky



- Raised by a well-respected orthopedic doctor
- Started as Pilates/rehab instructor in 2001
- Feldenkrais/ABM Practice since 2009, All Mastery levels since then
- Focus: natural chronic pain relief and injury rehabilitation

Mark Lubarsky



- Health problems at birth & during childhood
- Sedentary lifestyle & chronic pain
- Feldenkrais/ABM Practice since 2009, stopped and came back in 2017
- Focus: Children with special needs or everyone seeking to overcome limitations and achieve higher levels of performance

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.



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):**
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

- Peak Performers
- People suffering from chronic pain, increased aches and pains, or recovering from injury
- Typically developing children and children with special needs
- Adults Who Are Looking to Recover Function and Seek Successful Rehab
- People who want to experience a higher quality of life

* Source: <https://www.anatbanielmethod.com/about-abm/who-will-benefit>



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.*

* Publications: <https://www.anatbanielmethod.com/anat-baniel-education-presentations-publications>

Sources: <https://www.anatbanielmethod.com/about-abm/supporting-research>, <https://www.anatbanielmethod.com/about-abm/what-mds-and-scientists-say>

Case Study: **Multiple broken bones, limited mobility**

“ *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).

- Regular Occupational Therapy focused on his fine motor skills, sensory sensitivities and crossing the midline tasks
- Child's 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

Before the Demo: 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

Demo

Q & A

Contact us

BRAINature & Move Better Now
3 37th Ave, Ste 22 & 23
San Mateo, CA 94002

Olga: (650) 703-2010
info@movebetternow.com

Mark: (650) 576-3650
info@brainature.com