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Leading Conversations
Friday at 10 AM Pacific
October 15th 2010: Vital Leadership

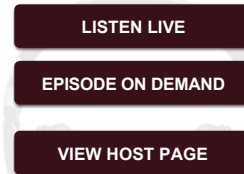
Cheryl Esposito welcomes Anat Baniel, founder of the Anat Baniel Method. Anat, a clinical psychologist, dancer, author, healer & teacher has established an international reputation as one of the world's leading authorities on human vitality. Her book, *Move Into Life: The Nine Essentials For Lifelong Vitality*, offers a revolutionary approach to accessing the power of our brains to create new patterns and transform our lives. Neuroscience expert Dr. Michael Merzenich describes her work as "powerful, practical strategies for improving your abilities & your brain that are strongly supported b

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Featured Guest



Anat Baniel

Anat Baniel, founder of the Anat Baniel Method(sm), 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 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, transform their lives physically, emotionally and intellectually. Anat's work with children with special needs is world-renowned, applauded by parents, health professionals and those at the cutting edge of the neurosciences. At the Anat Baniel Method center, in San R

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