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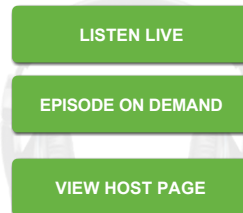
**Leading Conversations**  
**Friday at 10 AM Pacific**  
**April 12th 2013: The Language of the Brain: Movement of the Body**

Cheryl Esposito welcomes Anat Baniel, best-selling author of Move Into Life: The Nine Essentials for Lifelong Vitality, & Kids Beyond Limits. Anat's powerful method takes advantage of the brain's ability to change itself at any age to heal both body & mind. "Movement is the language of the brain...any part of the body that does not have movement, the brain does not recognize." Anat studied dance & movement growing up, & became a student of Dr. Moshe Feldenkrais, creator of an ingenious method for effective neuromuscular reeducation. As a psychologist, she worked for an Israeli Arm

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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.

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