

Anat Baniel - Video NeuroMovement®

Healthy Dynamic Sitting

Anat Baniel – Video NeuroMovement® Healthy Dynamic Sitting: This program focuses on improving dynamic sitting habits through NeuroMovement® principles. It includes exercises and techniques designed to enhance posture, increase mobility, and reduce discomfort associated with prolonged sitting. The course emphasizes neuroplasticity-based approaches to optimize sitting positions and promote overall spinal health and flexibility.

Description

Wake up your brain and learn ways to move while sitting with NeuroMovement® Healthy Dynamic Sitting. Through Anat Baniel Method® NeuroMovement®, tap into the remarkable ability of your brain to create new patterns and possibilities and reach new levels of well-being and vitality in body and mind.

With this program, you will discover how to get in and out of a chair with great ease and balance. You will train your brain to stay awake and keep your muscles moving while sitting, and sitting upright will become easier and more comfortable.

The program includes six 30-minute NeuroMovement video lessons.

Your aches and pains will diminish and your breathing will improve, as well as your thinking and creativity. You will be less likely to suffer from carpal tunnel syndrome and repetitive strain injuries.

For best results, we recommend that you do this program after you have completed NeuroMovement® Whole Body Fitness and NeuroMovement® Better Balance. This program is number 3 in the 4-part series of our NeuroMovement® Whole Brain & Body Fitness Program.

Proof Content

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 Anat Baniel - AB - 6 Ch 1-3.m4v	 ...	304.9 MB
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4 files		591.7 MB

