

PRESENCE MOVES

Intellect!
Awareness!
Learning!
Change!



"... Making the impossible possible, the possible easy, and the easy elegant."

Dr. Moshe Feldenkrais

As an Anat Baniel Method PractitionerSM and a Feldenkrais Practitioner[®] with many years of advanced training and experience, I am dedicated to making differences in the lives of children who are born with disabilities and with their families. In the same way, I teach Elders and Professionals how to use these paradoxical, and brain-changing movement lessons to create changes in previous areas of pain and discomfort.



ABOUT ME

- Guild Certified Feldenkrais[®] Practitioner Anat Baniel Method PractitionerSM with over 10 years of advanced training and experience working with infants and children with special needs and with rejuvenation and anti-aging in adults.
- Licensed Clinical Social Worker with a background in Health Education and Music.
- Co-owner Florida School of Massage since 1987.
- Extensive background in Gestalt Therapy and therapeutic communication.
- Co-author of iContact: A Gestalt Guide to Skilled Communication. Gestalt Press, 2007.
- All photos (except those of Josie) © Josie Davenport.

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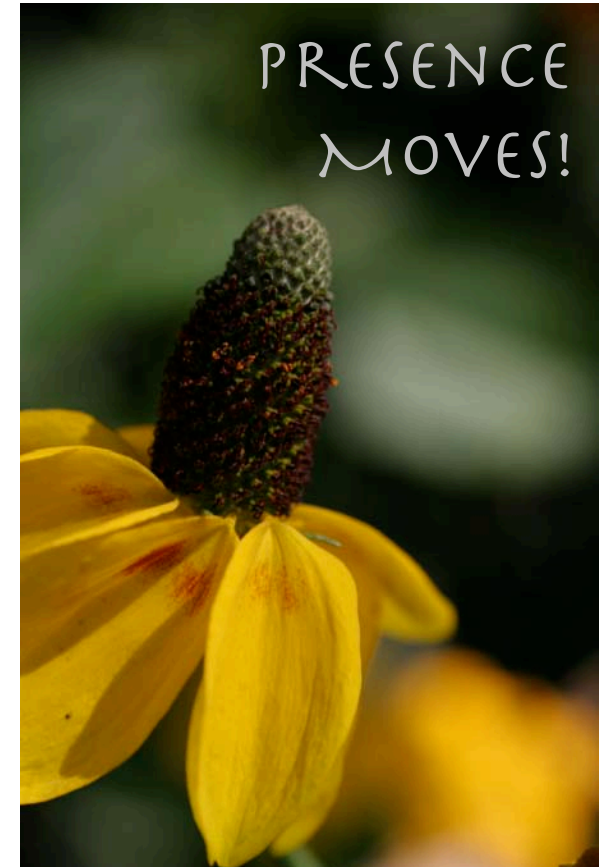


Fee Schedule		
Type Of Lesson	Cost Per Lesson	Cost For 3 Or More Lessons
Group Lessons	\$15 Public \$10 Rate For Student/Elder	\$12 Public \$6 Rate For Student/Elder
Adult Private Lessons	\$75	\$65
Child Private Lessons	\$65	\$50
Children's Clinic 3X-Year!	FREE! By Appointment	One Lesson per Child for FREE!

JOSIE DAVENPORT

LMT(MA3599)-LCSW(SW5130)

THE ANAT BANIEL METHODSM FOR CHILDREN, ELDER, PROFESSIONALS





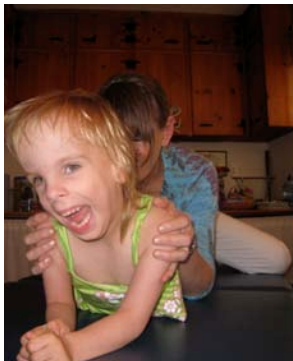
PRESENCE MOVES!

CHILDREN

Children With Disabilities often have experienced traumatic or premature births. As a result of both the trauma and the neurological issues, these infants often are not able to move their bodies fully or with ease. By gently helping such a child to feel the components of movement that are possible for them, I help children turn on the learning switch! Children begin to invent movement combinations and expand their neurological picture, their self-image, to include increasingly more of their true potential for movement. I create a unique learning environment for each child without painful or invasive means.

Look Who Can Benefit!

- ACC
- Autism
- Birth Injuries
- Cerebellar Atrophy
- Cerebral Palsy
- Down's Syndrome
- Failure to Thrive
- Fragile X
- Premies



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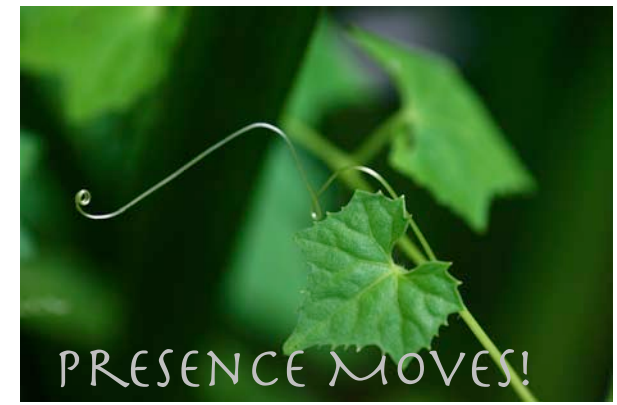
GROUP CLASSES

Transformational Movement Lessons!

These lessons, designed by Anat Baniel, use the teaching of Moshe Feldenkrais as a springboard for heightened attention and clarity as students are guided to engage in the life transforming experience of presence to the immediate details of their own life in movement. Students wear loose and comfortable clothing and bring a pad or cloth to lie on the floor. The lessons are orally guided and students are led to discover brain transforming movement sequences while letting go each moment of unnecessary holding. Demonstrations are given as needed for clarity.



METAMORPHOSIS!



PRESENCE MOVES!

ADULTS

Elders and Professionals Transformation is possible! Through a process called neuroplasticity, the brain is capable of creating new pathways and options for movement and learning throughout life. The magic begins with paying attention! For Functional Synthesis lessons, wear loose comfortable clothing. I will gently guide you through small movements at first. As you learn to let go of unnecessary holding and to move with greater ease, your range of movement will increase naturally and without excess force. I will give you lessons that you can use at home to continue the learning and healing process.

Expect changes!

- Improve Vitality and Sensuality
- Upgrade Athletic Performance
- Heal From Repetitive Stress Injuries
- Improve Neurological Functioning
- Improve Sleep and Rest

