

Gio

"After the first 2 sessions with Judy, Eric learned to sit on his own

(a moment we will never forget), something he had not accomplished in months and months of traditional therapy. A few sessions later, we saw Eric 'practicing' on his own what Judy 'taught' him. As if somehow the therapy activated his curiosity to learn how his body works and made him learn that movement is fun."

Katherine

"It's been 6 months since her first session and today Nico is a different baby.

She is expressive and curious. Nico sleeps well, is happy on her back for playtime or changing. She can lift her head and turn it from side to side, kick her legs and move her pelvis. Judy's work has given my daughter not only a foundation to build on but also the tools necessary for her to continue to learn and execute purposeful movement."

Katherine

"I have been doing physiotherapy with Sean since he was 6 months old and he HATED it. Sean has been seeing Judy for 3 months now. I can hardly believe the difference it has made in him. There have been more achievements in the last 3 months than in an entire year of traditional physiotherapy."

Shelley

"After the first block of 10 sessions, my son started swinging on the swing all by himself for the very first time. After each block of sessions, he feels more relaxed and started doing more spontaneous movements, like summersaults, something he didn't do before. He is exploring new movements and is less afraid of trying things, even like trying new foods."

Anna

For the full stories, please visit my website at: www.MoveToLearnTherapy.com

What's it all about?

As a parent myself I know how you'll do anything you can to help your child.

My passion combines helping special needs children realize their innate potential and their parents understand how to best help and further support their child's development.



I truly believe when, as a parent, you become a partner in your child's progress, you don't have to rely solely on therapy and therapists for your child's continual development.

With over 25 years' experience in physiotherapy, I've integrated the Feldenkrais Method® and the Anat Baniel Method for Children into my skill set. This means, as well as personally supporting your child's development, I'm also able to help you understand and show you exactly how you can actively support your child - both between our sessions and also into the future.

I look forward to creating new possibilities in movement, and in life, with all my clients' children - one child a time.

Judy

Judy Cheng, PT
Guild Certified Feldenkrais® Practitioner
Anat Baniel Method for Children Practitioner

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Transforming the Lives of
Special Needs Children
through
Physiotherapy,
Feldenkrais Method® &
Anat Baniel Method
for Children

"Movement Is Life.
Without Movement,
Life Is Unthinkable."

Dr. Moshe Feldenkrais

The brain never loses its ability to develop, change and "rewire" itself to meet the physical needs and challenges life brings, whatever those challenges are. We call this remarkable facility of our brain to re-organize and transform, "**neuroplasticity**".

Both the **Anat Baniel Method for Children** and **Feldenkrais Method®** use a movement-based approach for learning. Through very gentle, directed and specific touch, new messages are sent to the brain, which quickly (and sometimes instantly):

- **Ignite** your child's curiosity
- **Turn on** your child's natural learning switch
- **Form new** movement connections
- **Help your child move** beyond his or her current physical limitations
- **Support your child** to explore, evolve and develop on their own

As well as working directly with your child, I also work with you to create the environment to actively support your child to feel movement and control in a way they're not able to achieve on their own.

**Like magic - in the process,
your child learns to figure out just how much
they can actively do - and want to do -
by themselves and for themselves.**



MY PROCESSES YOUR 3 CHOICES

The *Feldenkrais Method®* and *Anat Baniel Method for Children* use a learning-based approach. In order **to achieve the best outcomes, a series of sessions are recommended** for your child.

The "**Let's Get Started**" Introductory Package consists of 3 sessions (scheduled within a week) which includes the Initial Consultation and two additional therapy sessions. This is designed for children who are new to the methods. We'll explore together how integrating the use of the Feldenkrais® and Anat Baniel Methods into your child's physiotherapy could be of benefit to his or her development.

In the "**Keep Moving Forward**" Therapy Package a block of 4 therapy sessions is scheduled within a week, with one session per day. This offers on-going support for children who have already had a period of exposure to the methods AND have become the effective learners they are meant to be. This package is also effective as a starting point for children with less neurological involvement, such as those with non-specific motor delay or musculo-skeletal issues.

As its name suggests, in the "**Accelerated Learning Intensive**" Therapy Package a block of 8 therapy sessions are scheduled over 4 consecutive days, with 2 sessions per day. Your child will learn at a much faster pace as a result of this intensive exposure to kinaesthetic input through touch and movement. It is especially beneficial for children with neurological involvement, such as cerebral palsy, stroke, brain injury, and for children in the autistic spectrum.

These 3 Special Therapy Packages are designed to help you find the best one to suit your child, their current stage of development and, of course, your schedule.

Let's help your child Move To Learn, together!