



Body-Brain Intelligence & The Feldenkrais Method®
with
Renate Prandl, M.A.



Utilizing the synergy of both physical as well as psychological aspects of well-being, Renate has created her own holistic system addressing body, brain, and mind.

Renate Prandl, M.A., founder and director of BODY & BRAIN (Singapore), has been in the field of education for more than 25 years. She is a well-sought after coach and lecturer and sees clients all over the world. Her background in sports and business and her enthusiasm for intelligent movement help clients get out of pain, improve performance and function at the highest level with the least effort.

Renate holds Master's Degrees majoring in Language, Physical Education and Business, with a Minor in Psychology. She also holds certificates in NLP and the Feldenkrais Method and is currently pursuing her PhD.

The Feldenkrais Method is a gentle, safe, non-judgmental way to improve the quality of your movements - and your life. It helps you with your golf or tennis swing, makes running or walking easier and more efficient, and improves your posture. Movement also creates new pathways in the brain. Latest research has shown that an active brain has an enormously beneficial effect fighting Alzheimer's disease and other age-related diseases.

Renate's movement sessions focus on body and brain by combining Feldenkrais principles with NLP and other techniques. She will be available for group classes (ATM-Awareness Through Movement), private consultations, and she will talk on "Body - Brain Intelligence & The Feldenkrais Method®".