An aerial photograph of a rugged coastline. In the center, a deep blue bay is nestled between steep, rocky cliffs. The cliffs are covered in sparse green vegetation. In the background, a prominent, sharp mountain peak rises above the clouds. The sky is a mix of blue and grey, suggesting an overcast day. The overall scene is dramatic and scenic.

MOVING  
BEYOND  
LIMITS

NEUROMOVEMENT®  
**MALLORCA**

**NeuroMovement® - retreat - vacation**

12-20 October 2024



# Kids beyond limits

**This autumn, Moving Beyond Limits Foundation hosts a NeuroMovement® retreat for children up to 9 years old and their families. Location, the beautiful Spanish island of Mallorca.**

This retreat program combines the best of both worlds: a NeuroMovement® intensive for your child and a relaxing sun holiday for the (whole) family. We want to share this special experience with you. How wonderful it is to see your child develop at an accelerated pace, while you experience precious moments together and return home recharged.

NeuroMovement® is an advanced movement method that helps the brain regain or improve physical and cognitive functions. This method - developed by Anat Baniel in The United States - uses subtle movements with the aim of

activating unused nerve pathways in the body and brain. The method focuses on brain plasticity. Creating new neuroconnections in the brain to move and learn remains possible throughout life, although the brain is most plastic in childhood.

Juan Carlos Concha and Wendela Oosthoek are the two NeuroMovement® practitioners who teach an intensive series of 10 lessons. With no travel time and plenty of rest in between lessons these are the best possible conditions for development.

## **For who?**

The retreat is for children up to 9 years old and their parents/ caregivers. NeuroMovement® is beneficial for children (and adults) with special needs, such as

- Cerebral Palsy
- Autism
- ADD/ADHD
- Brachial Plexus
- Brain damage
- Genetic disorder
- Global developmental delay



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# Program overview

## In addition to NeuroMovement®, we offer other activities for children and parents.

As a child therapist, Wendela offers an individual parent coaching consult to zoom in more on the home situation and integration of NeuroMovement® into daily life. During the week personal supervisor Julie Taal offers blocks (4 hours total per child) of 1-on-1 daytime activities, such as walking, gentle swimming, and playing on the ground. While she is taking care of your little one, you can enjoy a moment of rest yourself, get a massage, participate in a yoga session or go on a cycling ride. As part of the program, Julie will provide the clinic "Travel Beyond Limits", with tips and tricks to (continue to) travel with your child. The week also offers the opportunity to meet other parents and share experiences, knowledge and connections.

### Accommodation

Hotel Valentin Playa de Muro is the ideal base to explore Mallorca or to recharge on the nearby beach, just a three-minute walk away. Accommodation is on a half board

basis (breakfast & dinner are included), with the choice of an adjusted 3-person bungalow (30m2) for the disabled traveler, or a regular 4-person bungalow (30m2).

### Week overview

Sat 12 Oct: arrival  
Sun 13 Oct: free time .  
Mon 14 Oct: 1 lesson  
Tue 15 Oct: 1 lesson + workshop  
Wed 16 Oct: 2 lessons  
Thu 17 Oct: 2 lessons  
Fri 18 Oct: 2 lessons  
Sat 19 Oct: 2 lessons  
Sun 20 Oct: departure, closing hotel

### Pricing

Travel party	3-persons bungalow	4-persons bungalow
1 adult + 1 child	€ 2.640	€ 2.640
1 adult + 2 children	€ 2.980	€ 2.980
2 adults + 1 child	€ 3.200	€ 3.200
2 adults + 2 children	-	€ 3.480
3 adults + 1 child	-	€ 3.676

### Included:

- 8 days half-board stay
- 10 NeuroMovement® lessons
- parent coaching session
- travel workshop
- 4 hours of 1-on-1 daytime activities

### Not included

- Flights and car rental
- Free time activities
- Travel insurance
- Drinks, lunch, personals expenses

### Notes:

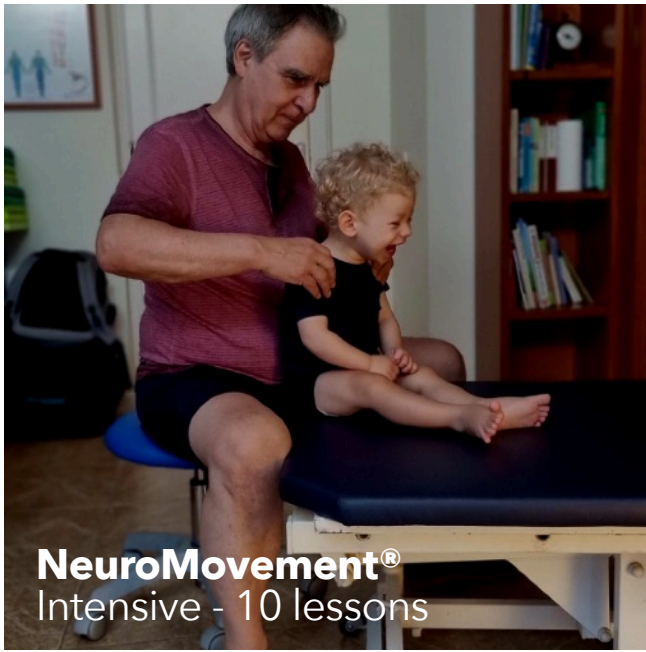
- Available for 5 children, with a minimum of 4 participants needed
- Our travel terms and conditions are aligned with The Dutch Association of Travel (ANVR)

### About Moving Beyond Limits

- Foundation sinds 2021
- Registered: 83920560
- [www.movingbeyondlimits.org](http://www.movingbeyondlimits.org)
- [info@movingbeyondlimits.org](mailto:info@movingbeyondlimits.org)
- +31 6 1477 3029 (Wendela)



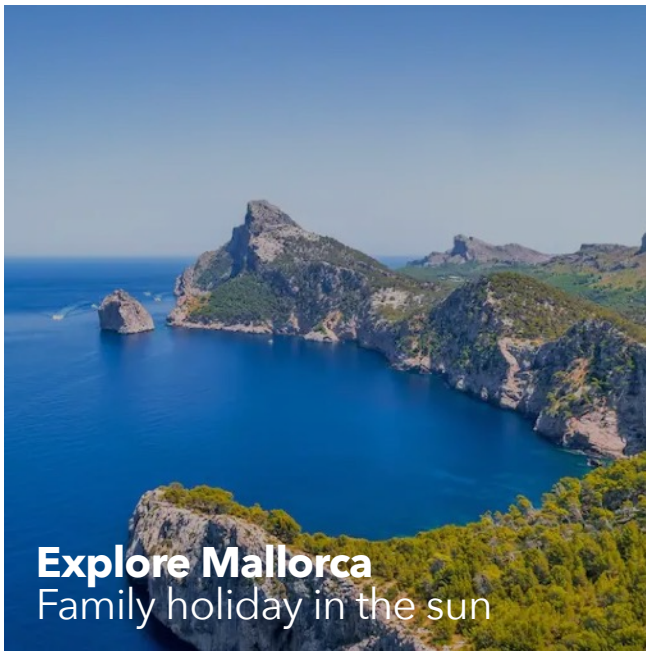




**NeuroMovement®**  
Intensive - 10 lessons



**Own bungalow**  
\*\*\* resort at the beach



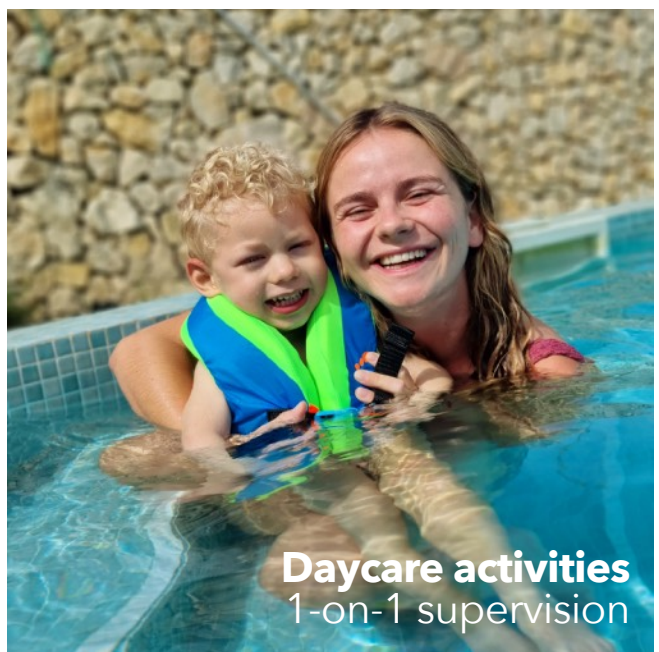
**Explore Mallorca**  
Family holiday in the sun



**Parental coaching**  
1-on-1 session



**Travel beyond Limits**  
Workshop



**Daycare activities**  
1-on-1 supervision



# Facilitation



**Meet the team of practitioners and facilitators with years of experience with children with disabilities.**



**Juan Carlos Concha**  
Senior ABM practitioner

My name is Juan Carlos Concha. I am a certified ABM or NeuroMovement® practitioner (science based and state of the art hands-on application on brain plasticity). In my practice across the world, I use touch and movement since 2011 to unfold the natural tendency of the brain to create new patterns of functioning, helping children and adults to grow beyond their pain and limitations.



**Wendela Oosthoek**  
ABM practitioner / child therapist

As a mother of a son with cerebral palsy, I want to use my experience to help disabled children in their development. I teach children and adults with NeuroMovement® and guide both children and parents as a child therapist from my practice in Amsterdam. Based on previous visits I know how special the combination of NeuroMovement® and holiday in Mallorca is.

**Contact me** (+31 6 1477 3029)  
for more information.



**Julie Taal**  
Host and supervisor

As a physiotherapist working at the Hoogstraat in Utrecht, and with a master's degree in Movement Sciences, I specialize in rehabilitation. Since I was fifteen, I have been helping children and adults with various disabilities as a personal supervisor. As the driving force behind Moving Beyond Limits, I believe that every individual has potential that we may not initially see or dare to dream.

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[www.movingbeyondlimits.org](http://www.movingbeyondlimits.org)