

MOVING
BEYOND
LIMITS
PRESENTS

Kids beyond limits

NEUROMOVEMENT®
MALLORCA

NeuroMovement® - retreat - vacation

11-18 October 2025

Kids beyond limits

This fall, Moving Beyond Limits is organizing the second edition of “Kids Beyond Limits,” a NeuroMovement® retreat for special need children up to 18 years old, and their families. The location: the beautiful Spanish island of Mallorca.

This retreat offers the best of both worlds: a transformative NeuroMovement® intensive for your child and a rejuvenating holiday for the whole family. Experience a unique blend of learning, relaxation, and meaningful connections with fellow parents and children. Watch your child thrive with accelerated progress while you experience precious moments together — returning home refreshed, inspired, and recharged

NeuroMovement®, also known as ABM, is an advanced movement method that helps the brain 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, Corine Buijsman, and Ann Iren Glimsdal are the three NeuroMovement® practitioners who will provide a series of 10 lessons, with plenty of rest and relaxation in between. These are the best possible conditions for learning and accelerated progress.

For whom?

The retreat is for children up to 18 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 also organize other activities for children and parents.

Throughout the week, personal guide Julie Taal offers relaxing one-on-one daytime activities (a total of 4 hours per child), such as walking, swimming, and floor play. This gives parents the perfect opportunity to enjoy a well-deserved break or engage in their own (sporty) activities. As a key part of the program, Julie will also host the "Travel Beyond Limits" clinic, sharing valuable tips and tricks on traveling with your child—so you can continue exploring the world together with confidence. The retreat is also a wonderful opportunity to connect with other parents, share experiences, exchange knowledge, and build new connections.

Accommodation

The highly accessible, single-level Hotel Valentin Playa de Muro serves as the perfect base for exploring Mallorca or simply unwinding at the

nearby accessible beach, just a three-minute walk away. Accommodation includes half-board (delicious breakfast & dinner) with a choice of an adapted 3-person bungalow (30m²) or a standard 4-person bungalow (30m²). The hotel also features a spacious pool with a gently sloping ramp for easy access.

Week overview

Sat 11 Oct: arrival hotel

Sun 12 Oct: free time

Mon 13 Oct: 2 lessons + workshop

Tue 14 Oct: 2 lessons

Wed 15 Oct: 2 lessons

Thu 16 Oct: 2 lessons + group diner

Fri 17 Oct: 2 lessons

Sat 18 Oct: end of retreat

Pricing

Travel party	3-persons bungalow	4-persons bungalow
1 adult + 1 child	€ 3.200	€ 3.200
1 adult + 2 children	€ 3.200	€ 3.200
2 adults + 1 child	€ 3.500	€ 3.500
2 adults + 2 children	-	€ 3.725
3 adults + 1 child	-	€ 3.900

Included

- 8 days half-board stay
- 10 NeuroMovement® lessons
- Travel workshop
- 4 hours of 1-on-1 activities

Not included

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

Note:

- The retreat has space for up to 10 children and will proceed with a minimum of 7 participants.
- The go/no go deadline is 1st of July 2025.

About Moving Beyond Limits

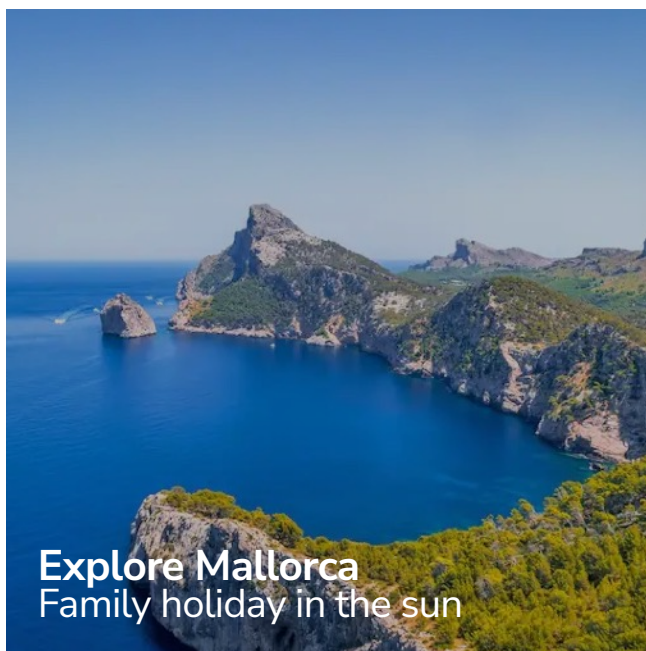
- Foundation since 2021
- KVK: 83920560
- www.kidsbeyondlimits.org
- info@kidsbeyondlimits.org



NeuroMovement®
Intensive - 10 lessons



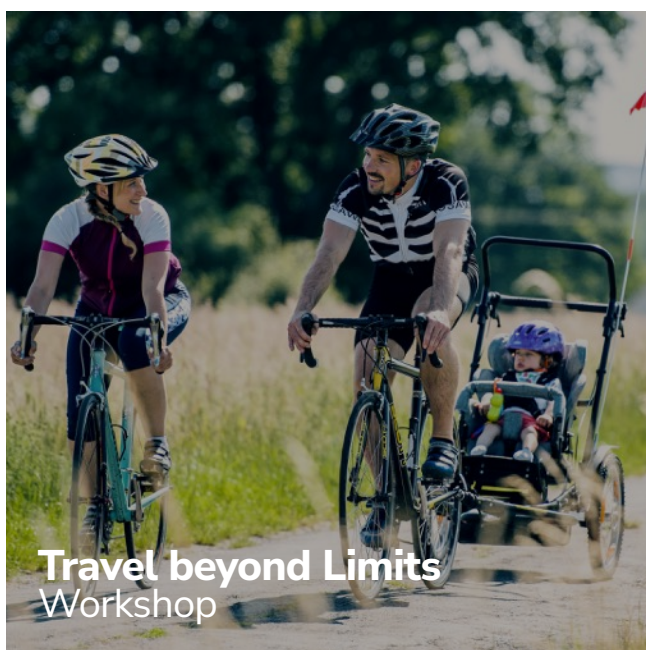
Own bungalow
*** resort at the beach



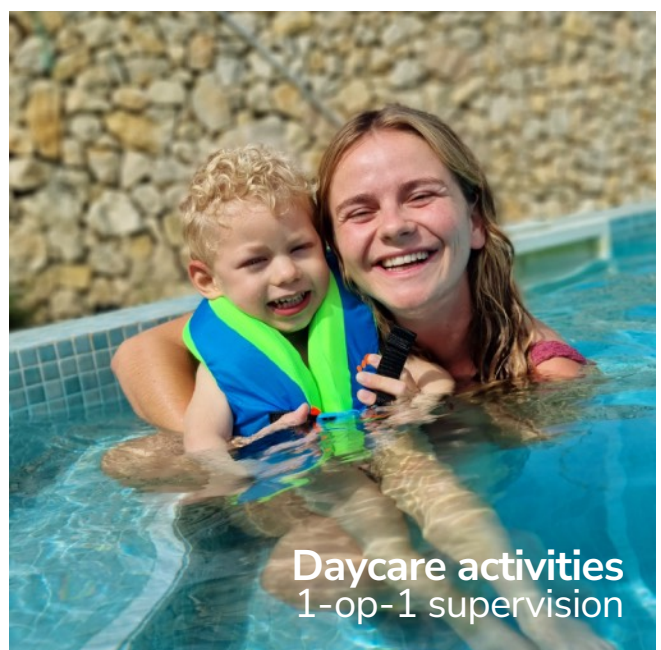
Explore Mallorca
Family holiday in the sun



Connecting
with parents and children



Travel beyond Limits
Workshop



Daycare activities
1-op-1 supervision

Facilitation



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



Juan Carlos Concha

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.



Corine Buijsman

ABM practitioner

With my background as a psychomotor therapist and my experience in swimming with children with motor disabilities, I have long been fascinated by movement. The scientific foundation of NeuroMovement®, based on the principles of neuroplasticity and the remarkable results achieved with it, immediately captivated me and motivated me to help children with disabilities reach their developmental potential. Since 2018, I have been doing this through my own practice.



Ann Iren Glimsdal

ABM practitioner

I am an ABM NeuroMovement® Practitioner based in Ålesund, Norway. The last 10 years my work and interest have centered around movement and facilitating learning for adults and children. I love NeuroMovement® because it honors each person's unique way of developing. It creates the space to safely connect to ourselves, others and life in general. I look forward to connecting with you all.




Julie Taal

Personal supervisor & Host

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.

Contact me for any questions about the retreat.

info@kidsbeyondlimits.org



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