

Rhythmic Movement Training

With **Moira Dempsey**—Melbourne, Australia
24-27 February 2014, Amstelveen

What is Rhythmic Movement Training?

Rhythmic Movement Training (RMT) is a movement-based therapy dedicated to bringing integration and balance to children and adults.

RMT explores the role of babies' natural developmental movements during various stages of development (from pre-birth to early years). These movements are crucial for laying down the neurological foundations in the brain. They are also important for establishing head control, muscle tone and posture, the basis of our ability to move through life with ease and choice.

RMT movements are designed to integrate the retained, or underdeveloped, involuntary infant reflexes (also called primitive or neo-natal reflexes) that are involved in learning challenges such as ADD/ADHD, dyslexia, dyspraxia, writing problems, focussing and comprehension.

For more information, please go to:
www.rhythmicmovement.com

Who can learn RMT?

Everyone can learn and benefit from RMT. Moira Dempsey, co-founder of RMT, will be teaching RMT level 1 & 3 (details below) on 24-27 February 2014.

RMT Courses

RMT Level 1 (Focus, Organisation & Comprehension)
24-25 February 2014
No pre-requisites

Learn the basics of the RMT: **How** rhythmic movements assist in integrating reflexes; **Why** this is important; and **What** to do to stimulate brain connections for increased impulse control, attention, balance, coordination, stamina and learning.

Topics include:

- ✓ How RMT builds neuro-sensory-motor foundations for focus and higher level learning skills
- ✓ Basics in brain development and ADD/ADHD
- ✓ Ways to identify developmental imbalances
- ✓ Methods for integrating primitive reflexes
- ✓ The 17 foundational RMT passive and active movements

RMT Level 3 (Reading & Writing)
26-27 February 2014
Pre-requisite: RMT Level 1

Learn how our reading and writing ability is affected by various factors such as vision, the ability to recognise the sounds of the language and motor ability.

Topics include:

- ✓ How to check for non-integrated primitive reflexes relating to reading and writing
- ✓ How to improve reading and writing abilities with RMT movements
- ✓ Asymmetrical Tonic Neck Reflex
- ✓ Hand Reflexes
- ✓ Eye & Ear Development & Challenges
- ✓ Neural Patterns for Reading

RMT courses are accredited by BvK, Beroepsvereniging van Kinesiologie
RMT Level 1: 20 nascholing punten; RMT Level 3: 20 nascholing punten

For enquiries of current and future RMT courses or individual consultations, please contact: Lily Ching RMT@teity.nl 06-27838132

Information and Registration for Classes

Dates: RMT 1 (Mon & Tue) 24-25 February 2014
RMT 3 (Wed & Thu) 26-27 February 2014
Location: Cultuurcentrum Griffioen, Vrije Universiteit Amsterdam,
Uilenstede 106, 1183 AM Amstelveen (Tram 5 or Metro 51)
Time: 9:00 am to 5:00 pm
Language: English (if this is a problem, please contact Lily Ching)
No. of participants: 10 - 24

Fees:	Full rate	Early Bird (Paid in full before 21 January)	Review (For repeaters)
RMT 1 (2 days)	€400	€295 (save €105)	€200
RMT 3 (2 days)	€400	€295 (save €105)	€200
RMT 1 & 3	€750 (Save €40)	€590 (save €210)	€375
RMT 1 manual	€32		
RMT 3 manual	€32		

Note: Fees includes coffee/tea and BTW. Lunch is not included. Free parking available.
Registration fee: €100 (non-refundable deposit, deductible from the course fees)
BvK nascholing punten: RMT 1: 20, RMT 3: 20.

For booking and registration, please click this link:

<https://docs.google.com/forms/d/1wYbEU6Egf-j3-1sdSWDretGJ2QMz3bl4bBdqKVviwpl/viewform>

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Instructor:

Moira Dempsey resides in Melbourne, Australia. She has taught RMT since 2005, and been interested in and studying various primitive reflexes integration programmes since 1997. Since 1997 she has taught Brain Gym, Touch for Health and RMT in over 20 countries in Australasia, North and South America, Europe, Asia and Africa and is in demand worldwide as a dynamic and experienced RMT instructor.



As co-founder of RMTi she has an extensive and sound knowledge of the role primitive reflexes play in laying the foundations of later learning and emotional behavioural development. She is co-author (with Harald Blomberg M.D.) of the book **Movements that Heal** published in 2011.

Moira received Outstanding Achievement Awards from the Educational Kinesiology Foundation/Brain Gym International in 2000 and 2005 and a special award in 2012 for her years of service after having been on the Board from 2003 to 2012. In 2009 she received a Humanitarian Award from the Australian Kinesiology Association (AKA) for her work in Asia after the 2004 Tsunami. She was a member of the Brain Gym International Board of Directors from 2003 to 2012.

Organiser:

Lily Ching is currently the only RMT provider in the Netherlands. Lily is a testimony of how RMT is able to achieve wellness by integrating the brain and the body.

She suffered more than 3 years recurring infections, chronic back pain and multiple allergies after giving birth to a healthy baby in 2008. Through RMT and Touch for Health, she now stands upright and is a happy mother.

Lily integrates Touch for Health and RMT in her practice in Amstelveen. Lily has completed Touch for Health instructor training and will also be teaching RMT in 2014.



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