

Rhythmic Movement Training International TM

WWW.RHYTHMICMOVEMENT.COM

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Have you heard of Rhythmic Movement Training (RMT)?

4 RMT courses offered in September 2014

RMT will be a valuable tool if you are:

Teachers, Physio or Occupational Therapists, Kinesiologists, Chiropractors and Osteopaths, Yoga Instructors, Care givers for special needs children and adults,

And you are interested in self growth and wellness. Everyone can learn RMT.

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

RMT Level 1 (Focus, Organisation & Comprehension)

19-20 September 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 2 (Emotions, Memory & Behaviour)

21 September 2014

Pre-requisite: RMT Level 1

Learn effective RMT techniques for integrating developmental reflexes that are crucially important for sensory integration as well as social and emotional maturity.

Topics include:

- ✓ Methods for integrating Fear Paralysis and Moro Reflexes
- ✓ Basics on motor function and the limbic system
- ✓ How to release muscle tension and emotional upset
- ✓ Using RMT to increase brain connectivity to the frontal lobes
- ✓ Movements to release anxiety and stored emotional and physical tension

RMT courses are accredited by BvK, Beroepsvereniging van Kinesiologie

RMT Level 1: 20 nascholing punten; RMT Level 2: 10 nascholing punten

Your instructors

Moira Dempsey has been learning and teaching RMT since 2003. She has been involved with Brain Gym® and Touch for Health since 1991. Moira was a member of the Educational Kinesiology Foundation Board of Directors from 2003 until Jan 2013. Moira has taught extensively in North America, Europe, Asia and Africa. She is a co-founder of Rhythmic Movement Training International, based in Melbourne, Australia. She also mentors people wishing to become RMT instructors. Moira received outstanding achievement awards from the EduK in 2000 and 2005, and a special award in 2012 honouring her many years of service to Brain Gym worldwide. In 2008 she received the Humanitarian Award from the Australian Kinesiology Association.



Lily Ching is currently the only RMT provider in NL. 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, she now stands upright and is a happy mother.



Lily integrates Touch for Health and RMT in her practice in Amstelveen. Read more about Lily: www.teity.nl

RMT Level 3 (Reading & Writing)

27-28 September 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 Face the Fear

29-30 September 2014

Pre-requisite: RMT Level 1 (and preferably 2)

Learn effective techniques for integrating developmental protection and facial reflexes that are critically important for language development, and the crucial role the **Fear Paralysis** and **Moro reflexes** play in developing maturity, developing confidence and self esteem. This course extends the information on the clinging part of the Moro reflex and some of the reflexes associated with helping this clinging let us be safe to explore the world. This course looks at using rhythmic movements, modified isometric pressure activities, and kinesiology techniques to promote emotional and behavioral integration.

Topics included:

- ✓ Palmar, Babkin & Plantar Reflexes
- ✓ Sucking & Rooting Reflexes
- ✓ Jaw & Leg Tension
- ✓ Speech & Writing Improvements

RMT courses are accredited by BvK, Beroepsvereniging van Kinesiologie

RMT Level 3: 20 nascholing punten; RMT Face the Fear: 20 nascholing punten

Information and Registration for Classes

Time: 9:00-17:30

Location: Amstelveen (exact location TBA depending on the number of participants)

Language: English (If this is a problem, please contact Lily Ching.)

No. of participants: maximum 24

Course	Date	*Fees	**Fees for repeat
		(include manual)	(no manual)
RMT 1 (Lily Ching and Moira Dempsey)	19-20 September	382 €	175 €
RMT 2 (Lily Ching and Moira Dempsey)	21 September	207 €	100 €
RMT 3 (Moira Dempsey)	27-28 September	382 €	175 €
RMT Face the Fear (Moira Dempsey)	29-30 September	382 €	175 €

Notes:

*Fees include coffee/tea and VAT (BTW). Lunch is not included. Free parking available.

**Fees for repeat are for students who have done the course already. Please bring your own manual.

Registration fee: €100 (non-refundable deposit, deductible from the total fees)

All RMT courses are fully accredited by Beroepsvereniging voor Kinesiologie (BvK).

Nascholing punten for BvK: RMT 1: 20 punten; RMT 2: 10 punten; RMT 3: 20 punter; RMT Face the Fear: 20 punten.

For booking and enquiries of RMT courses, please contact: Lily Ching RMT@teity.nl
06-27838132.