

Rhythmic Movement Training International™

WWW.RHYTHMICMOVEMENT.COM

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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

Have you heard of Rhythmic Movement Training?

Everyone can learn and benefit from RMT.

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.

Learn RMT on 16-18 May in the Netherlands

RMT Level 1 (Focus, Organisation & Comprehension)

16-17 May 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 courses are accredited by BvK, Beroepsvereniging van Kinesiologie

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

Your instructors

Irene Lock has incorporated the childhood reflexes into her busy southern English Kinesiology practice since 2005. She started training with Dr Blomberg in 2007 and has found the work invaluable for clients of all ages and across a wide range of problems. As well as RMT, Irene also teaches Touch for Health, Brain Gym and Wellness Kinesiology. She is an advanced registered professional member of the U.K.'s Kinesiology Federation and has served on their policy board. To find out more about Irene see: -



www.dealwithstress.co.uk

www.rhythmicmovement.co.uk

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 backpain 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 2 (Emotions, Memory & Behaviour)

18 May 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

Information and Registration for Classes

Dates: RMT 1 (Fri - Sat) 16-17 May 2014

RMT 2 (Sun) 18 May 2014

Location: Amstelveen (TBA)

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

No. of participants: 10

Fees:	Full rate	Early Bird (Paid in full before 7 April)	Review (For repeaters)
RMT 1	€350	€295 (save €55)	€175
RMT 2	€175	€150 (save €25)	€85
RMT 1 & 2	€525	€445 (save €80)	€260
RMT 1 manual	€32		
RMT 2 manual	€32		

Note: Fees includes coffee/tea and VAT (BTW). Lunch is not included. Free parking available.

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

Nascholings punten for BvK: RMT 1: 20 punten RMT 2: 10 punten

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