

Rhythmic Movement Training

UK Courses and Dates for 2010

What is Rhythmic Movement Training?

Rhythmic Movement Training (RMT) is a practice dedicated to bringing integration and balance to children and adults with specific learning obstacles (including ADD/ADHD, dyslexia and dyspraxia), coordination difficulties Autism Spectrum Disorders and Parkinson's disease. It can also benefit people with mild to severe emotional and behavioural challenges, anxiety, panic, and general life overwhelm. The practice evolved from studying the role of the movements and reflex patterns that babies naturally make from conception through walking.

Kerstin Linde, the originator, and Dr. Harald Blomberg, the developer, modified these natural movements into exercises that provide an effective means of stimulating one's tactile (touch), vestibular (balance and gravity) and proprioceptive (inner awareness of body) senses for integrated system operation. For more information, visit www.rhythmicmovement.com

Have you heard of Rhythmic Movement Training?

*If you work in the fields of...
education, social work, physio*

-or-

*occupational therapy, psychology and psychiatry,
chiropractic*

-or-

*kinesiology, care giving for children or adults with
special needs,*

-or-

*are a family member of a child or adult with special
needs,*

-or-

are interested in self-growth...

*RMT supports integration, balance, and improved
performance for those who use it!*

RMT Level 1 (RMT & ADD/ADHD)

Instructors - Mark Church in Southwold, Suffolk

Dates - 15 / 16th March 2010 Cost £220

In this 2-day course participants learn the basics of the RMT: how rhythmic movements can be used to assist in regulating muscle tone and stimulating the connections between parts of the brain, especially as they relate to impulse control and attention. Some topics included in this course:

- ~ Triune Brain & Development
- ~ Development & Primitive Reflexes
- ~ RMT Active & Passive Movements
- ~ Identifying Developmental Imbalance

No pre-requisites for this course.

RMT Level 2 (Emotions & Inner Leadership)

Instructors - Mark Church in Southwold, Suffolk

Date - 17th March 2010 Cost £110

This 1-day course addresses how RMT affects our emotions, how to work with movements to get in touch with and how to stabilize our emotions. It examines how stress and daily life affects our body and how RMT can help relax and ease muscle tension.

Some topics included in this course:

- ~ Emotional Development & Moro Reflex
- ~ Motor Function & Limbic System
- ~ Muscle Tension & Repressed Feelings
- ~ Autism & Psychosis

Pre-requisite: RMT Level 1



Mark Church has been using RMT since 2007. He was taught by the originator Dr. Harald Blomberg from Sweden and Moira Dempsey from Australia. Mark is also a Brain Gym® Instructor and is on the Board of directors for the Brain Gym Trust. He specialises in helping all age groups and abilities to improve their potential in education, business, sport and life skills and has found RMT to be a wonderful technique in helping to achieve this. He has had a private clinic in Southwold, Suffolk since 1994. For more information go to www.southwoldtherapies.co.uk

RMT Level 3 (RMT and Dyslexia)

Instructor - Dr Harald Blomberg in Wickham, Hampshire

Dates : 12 / 13th June 2010 Cost £220

This 2-day course deals with how our reading and writing ability is affected by various factors such as our vision, our ability to recognize the sounds of language, and our motor ability.

Some topics included in this course:

- ~ Asymmetrical Tonic Neck Reflex
- ~ Hand Reflexes
- ~ Eye & Ear Development & Challenges
- ~ Neural Patterns for Reading

Pre-requisite: RMT Level 1 preferably level 2

Anyone repeating the courses, it is half price if places available.

Reflexes covered in these courses -

**MORO FPR TLR LANDAU SPINAL GALANT STNR ATNR
AMPHIBIAN BABINSKI PALMOMENTAL HAND / GRASP**

Areas of the brain covered -

**The Cerebellum The Reptilian brain The Limbic System
The Neocortex The RAS Basal Ganglia Prefrontal Cortex**

Senses covered -

Visual Auditory Motor Proprioceptor Tactile Vestibular

I am prepared to travel to provide training where you are if you have a sufficient number of people. For more information about classes in various locations please contact:

Mark Church - 27b High Street, Southwold, Suffolk IP18 6AD

Tel 01502 722144

Email : mark@southwoldtherapies.co.uk

Testimonials

“That is the best self-development course I have been on” EC

“I cannot believe how simple and how powerful these movements have been and how my abilities have improved from this course.”

PD

“This has filled an important gap in my understanding of how learning takes place in the mind and body and how movement is so important to brain development in the essential formative years in children. A fantastic course”

Venue - Southwold, Suffolk
The full details will be sent on receipt of your deposit.

Cost to include comprehensive manuals and refreshments

Level 1 £220.0 **Level 2** £110.00.

Repeaters half price if places are available.

A non-refundable deposit of £50.00 secures your place.

The balance is due 19th February 2010 or your place will be declined.

Please send the booking form to and make cheques payable to:-

Mark Church
Southwold Health Clinic
27B High Street
Southwold
Suffolk IP18 6AD

| Booking Form | Please tick |
|---------------------------------------------------------------|-------------|
| Please reserve my place on Rhythmic movement training level 1 | |
| Please reserve my place on Rhythmic movement training level 2 | |
| Payment details | |
| I enclose £50.00 deposit (non-refundable) | |
| I enclose the full fee | |
| Signature | Date |
| Name | |
| Address | |
| | |
| Telephone | |
| Email | |