

Rhythmic Movement Training with Moira Dempsey

Have you heard of Rhythmic Movement Training (RMT)?

If you work in the fields of...

*education, social work,
physical or occupational therapy,
psychology and psychiatry,
chiropractic or kinesiology,
caregiving 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!



Moira Dempsey has been learning and teaching RMT since 2003, when she met Dr. Harald Blomberg, a psychiatrist and founder of RMT. Having created materials and courses, Moira is in demand as a senior RMT instructor in Australia, Europe, Asia, The Middle East and the USA.

Moira is a teacher by training and has been involved with Brain Gym® since 1991. She is currently a member of the Brain Gym® International Board of Directors. To learn more about her work, go to www.integratedbeing.com

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, dyspraxia), co-ordination difficulties, Autism Spectrum Disorders and Parkinson's disease. It can also benefit people with mild to severe emotional and behavioral challenges, anxiety, panic, and general life overwhelm.

The practice evolved from studying the role of 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

**Join Moira for RMT in
Southbury, CT**

RMT Level 1	March 2-3
RMT Level 2	March 4
RMT Facial Reflexes	March 5
RMT Fear Paralysis	March 6

Training held at...

The Best Location in Southbury, CT 06284

For more information contact ...

Janet O. McDonald

JanetOMcDonald@gmail.com

386-852-9014

Name (print clearly, please) _____ profession _____

Address _____ City _____ State _____ Zip _____

email _____ phone # _____ (day - evening?)

(Please indicate by checking or circling)

I plan to attend:	fee if register by Jan. 20:	fee if register after Jan.20:	If you are a repeating the course work:	
<input type="checkbox"/> RMT Levels 1, 2, Facial, & FP	\$ 800	\$ 850	(by 1/20/10)	(after 1/20/10)
<input type="checkbox"/> RMT Levels 1,2, & Facial	\$ 650	\$ 700	Level 1:	\$ 200 \$ 250
<input type="checkbox"/> RMT Levels 1 & 2	\$ 500	\$ 550	Level 1 & 2:	\$ 300 \$ 350
<input type="checkbox"/> RMT Level 1	\$ 360	\$ 410	Level 1,2,Facial:	\$ 390 \$ 440

IMPORTANT: Pre-registration is required. \$100 of each registration fee is a non-refundable deposit.

Please let me know dates of your previous courses.
{RMT DVD for Level 1 not included. (cost \$30)}

Payment information:

- I am enclosing full course registration in the amount of \$ _____
- I am enclosing \$100 non-refundable deposit, as a (new - repeat) student, and will owe \$ _____ on first day of course.

Please make checks payable to **Janet O. McDonald** and mail with registration form to **P.O.Box 192, Roxbury, CT 06783**

RMT Courses offered March 2 - 6, 2010

RMT Level 1 March 2-3 (RMT & ADD/ADHD)

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. DVD of all RM included.

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 March 4 (Emotions & Inner Healing)

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

RMT Facial Reflexes March 5 (Language & Bonding)

This 1-day course looks at the role of reflexes in speech and language development and how integration of these reflexes is important in bonding and forming attachments.

Some topics included in this course:

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

Pre-requisite: RMT Levels 1 & 2

New Course March 6

RMT & Fear Paralysis Reflex

This 1-day special interest course looks at the crucial role the Fear Paralysis Reflex plays in development, especially on an emotional level, and in developing confidence and self esteem. This course looks at using rhythmic movements, modified isometric pressure activities, and kinesiology techniques to promote emotional and behavioral integration.

Pre-requisite: RMT Levels 1 & 2

What folks say about RMT....

I just want to thank you for your efforts in this area and give you some feedback on how it has helped our family. We started movements on our son and daughter as soon as I returned home. They love it and ask for it almost everyday. We are already starting to see some results in our son who was brain damaged as an infant. His memory and his confidence are increasing and the movements have a calming effect on him. His teacher has noticed a change in him also.

Tiffany Hill Fallbrook, CA

It was a real pleasure to do this course. It simply encourages your body to return to gentle healing rhythmic movements...that are deeply embedded in our being. Don't be fooled by their simplicity. There are reasons for their effectiveness. When we move, complex and sophisticated pathways in our brains are activated that draw on qualities we need to live a life of fullness. Balance, orientation, co-ordination and even motivation are triggered and brought to sync.

**Angela Hass, PhD
Melbourne, Australia**