



The Brain Gym Centre of WA
Is proud to sponsor:

Rhythmic Movement Training

by
Dr Harald Blomberg

Both Levels one and two have Accreditation as Level C classes with the Aust Kinesiology Assoc.

Rhythmic **M**ovements are gentle rocking and rolling movements that develop and stimulate the neural pathways, to make connections that promote ease of movement and learning.

RMT and ADD/ADHD

Level One

Two Day Workshop

Covers:

- What is RMT?
- The Triune Brain and Development
 - Nerve Chassis
 - Cerebellum
 - Reptile Brain / Basal Ganglia
- Development and Primitive Reflexes
- RMT balancing Primitive Reflexes
 - Tonic Labrynth Reflex
 - Landau
 - Symetric Tonic Neck Reflex
 - Spinal Galant
 - Amphibian
 - Babinski
- Active and Passive Movements for Integration
- Identifying Developmental Imbalances

The Limbic System and RMT

Level Two

One Day Workshop

Covers:

- Emotional Development and RMT
- Moro Reflex and Emotions
- Motor Function and the Limbic System
- Movements for Emotional Development
- Muscle Tension and Repressed Feelings
- Movements to Relax Muscle Tension and Release Feelings
- Movement for the Limbic System
- Movements for the Spine
- The Importance of Play
- Emotional Reactions to RMT
- Frontal Lobes the Limbic System and RMT
- Autism and RMT

Rhythmic **M**ovement Training was developed by **Dr Harald Blomberg** psychiatrist in Stockholm, Sweden after studying with **Kirsten Linde**, a self taught therapist in Stockholm, and **Peter Blythe** from Chester, England. **Moira Dempsey**, from Australia, assisted formalising and writing the course structure and manual. **Lee-Anne MacLeod** is your specialised qualified instructor personally trained by the authors. She's Australian, an international trainer, speaker and Level 3 Kinesiologist with 30 years therapeutic experience.

This is an empowering course not to be missed!

Your course includes bonuses:

- A Comprehensive manual**
- DVD instruction of the movements when both Levels 1 & 2 are taken together**
- Certificate of recognition.**
- Expert experiential instruction**



What People Say About Rhythmic Movement Training

RMT - It was a real pleasure to do this course. It simply encourages your body to return to gentle healing rhythmic movements - movements that are deeply embedded in our being, moreover movements that are capable of taking us into our very own presence. Don't be fooled by their simplicity. As psychiatrist Harald Blomberg, the course creator, explained, 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 into sync. This prepares the physical groundwork that enables us to pursue emotional, mental and spiritual wellness, a wellness where those very same qualities of balance, orientation, co-ordination and motivation resonate with depth

Angela Hass Ph.D.- Melbourne Vic Australia

After attending the Level 1 and 2 Rhythmic Movement Workshops I started using mainly the Passive Movements with all my clients at the beginning of every session. I have found that the movements have had a most profound effect on every client. It feels as though the brain stem relaxes and lets go of survival strategies, giving unimpeded access in a very relaxed and open way. Clients feel nurtured; and, I think their whole being feels safe and relaxed. My client sessions all flow easily and openly now.

Barbara Moss - Melbourne Vic Australia

I first discovered the RMT in 2003 while working in Poland at Svetlana Masgutova's Ph.D. first summer camp for children with special needs. Dr. Harald Blomberg was using the RMT with children on an everyday basis and I was really intrigued, and when I returned back to work, I started using them in my daily practice especially with small children with whom Brain Gym was too difficult and with children with developmental challenges. On a few occasions, some children started crawling, and others began making sounds. I also use the movements with people whose stress levels had caused tense shoulders or back problems. I use them for myself after a long day at work or after lengthy plane or car journey. Adults usually like the movements – they suddenly find themselves connecting to the child within and start relaxing – and finally smiling!

Edith Laidlaw - Dubai United Arab Emirates

The Rhythmic Movement Training I received in the company of friends opened up a world of possibilities. To say that I have never felt as light on my feet would be an understatement. But the real magic of the training was found in learning that it is never too late to integrate retained reflexes.

Mike Milford - Brisbane Qld Australia

Dates: **Level One** - 28 & 29 July 2012 (expression of interest, 1mth in adv)
 Level Two - 4 Aug 2012 (expression of interest, 1mth in adv)
 Both levels are run consecutively as a combined course

Venue: The Brain Gym Centre of WA
 27 Bruce St, Nedlands, 6009

Time: 9:00 am to 5:30 pm

Investment: Level 1 - \$375
 Level 2 - \$200

Discount for both Levels 1 & 2 - \$550 (paid 7 days in advance.)

Early Bird Discount - \$520 (paid 21 days in advance.)

Please enroll me in the Rhythmic Movement training Courses

Level One & Two

I'd like to claim the **Early Bird Discount** and enclose my payment of \$520.
I understand that payment must be received 21 days before the commencement of the course.

Name:

Address:

E-mail:

Phone:

Mobile:

I am fit enough to take part in a gentle, low impact movement class. I will inform the instructor of any special needs I may have that may require assistance eg: sore lower back, knee injuries, neck injuries etc.

Signed: _____ Date: _____

Payment by cheque to:
The Brain Gym Centre of WA
PO Box 4168, Mosman Park WA 6012

Payment via direct transfer may be arranged. Please e-mail
braingym@inet.net.au for details.

Note: Please bring a yoga mat or blanket and cushion with you.

Further Information contact:

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