



Rhythmic Movement Training Levels 1 & 2

May 20, 21 & 22, 2010 • Boston Area, MA • With Sonia Story
Rhythmic Movement Training International www.rhythmicmovement.com

What is Rhythmic Movement Training?

Rhythmic Movement Training (RMT) is a system of gentle movements and reflex integration activities for developing emotional balance, ease of movement, learning ability and sensory integration. Developed by psychiatrist Harald Blomberg, MD, it is particularly useful for children and adults with challenges including ADD/ADHD, dyslexia, coordination difficulties, developmental, speech and learning delays, sensory processing disorders, Autism Spectrum Disorders and many other challenges. In addition, it can benefit those with mild to severe emotional/behavioral challenges, anxiety and panic.

For more information, visit www.rhythmicmovement.com.

RMT Level One

Primitive Reflexes and ADD/ADHD

Thursday & Friday, May 20-21, 2010 • 9am-5:00pm

In this 2-day course, participants learn the basics of RMT: how rhythmic movements are used to assist in regulating muscle tone, integrating reflexes, and stimulating brain connections relating to impulse control and attention. Some topics included in this course:

- Brain Development and ADD/ADHD
- Integrating Primitive Reflexes
- RMT Active and Passive Movements
- Identifying Developmental Imbalances

No prerequisite

RMT Level Two

Emotions and Inner Leadership

Saturday, May 22, 2010 • 9am-5:00pm

This 1-day course addresses how RMT affects emotions. Through Rhythmic Movement we enhance our ability to be in touch with and release emotions. We learn techniques for integrating the Moro Reflex and how to release the body tensions that arise from holding emotions.

Some topics included in this course:

- Emotional Development, Moro Reflex and RMT
- Motor Function and the Limbic System
- Muscle Tension and Repressed Feelings
- Frontal Lobes, the Limbic System and RMT
- Autism and RMT

Prerequisite -RMT Level One

For information contact Kristen Breen, 978-609-0099 • kkbreen@verizon.net

Who can benefit from taking the courses?

These workshops are ideal for parents and those in the fields of occupational and physical therapy, education, kinesiology, social work, psychiatry and clinical psychology. The tools are excellent for parents and caregivers of children with special needs or anyone interested in optimizing their potential.

Course Fees (Includes course manuals and DVD)

- ❖ **Level 1 & Level 2:** \$480 with registration before April 15, 2010, \$510 after April 15, 2010.
- ❖ **Level 1 only (2 days):** \$320 with registration before April 15, 2010, After April 15, \$340.
- ❖ **Level 2 only (1 day):** \$160 with registration before April 15, 2010, After April 15, \$180

Courses are half price for review students. Does not include manuals or DVD.

About the Instructor

Sonia Story has trained directly with psychiatrist Harald Blomberg, MD, and master kinesiologist, Moira Dempsey, founders of Rhythmic Movement Training™. In addition, Sonia has studied numerous methods of Reflex Integration and has further training in Developmental Movement, Balametrics, Nonviolent Communication, and Storytelling with Children.

Sonia is certified in Rhythmic Movement Training™ as a consultant and instructor of RMT Levels 1 & 2. She is licensed in Brain Gym®, and is a professional member of the Educational Kinesiology Foundation. Sonia offers private sessions, in-service & special topics training for Foster Families in Washington State through the Department of Health and Social Services.

For more information contact Sonia Story, 360-535-9991 • sonia@moveplaythrive.com

What people say about Rhythmic Movement Training

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 affect on him... His teacher has noticed a change in him also...
Tiffany Hill Fallbrook, California

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

To view more testimonials see the Rhythmic Movement Training International website at www.rhythmicmovement.com

Registration Form Below

**For information contact course sponsor Kristen Breen,
Phone: 978-609-0099 • Email: kkbreen@verizon.net**



Rhythmic Movement

Training International

Yes! Register me for Rhythmic Movement Training in Boston Area, May 20-22, 2010

Name (please print clearly) _____

Address _____

City _____ State _____ Zip _____

Phone - Day _____ Evening _____ Cell _____

Email: _____

		Before April 15	After April 15
<input type="checkbox"/>	Both Level 1 & 2	\$480.00	\$510.00
<input type="checkbox"/>	Level 1 ONLY (2 days)	\$320.00	\$340.00
<input type="checkbox"/>	Level 2 ONLY	\$160.00	\$180.00

Repeat courses are half price.

Payment Info:

I am enclosing full course registration in the amount of \$ _____

I am enclosing a non-refundable deposit of \$100 to hold my space.

Full course fee is due by May 12, 2010.

Registration is by Mail or On-line at www.moveplaythrive.com see Training Courses.

Make checks payable to Sonia Story and mail with registration form to:

P.O. Box 1678, Kingston, Washington, [98346]

Boston Area Location: To Be Announced
For information contact course sponsor Kristen Breen,
Phone: 978-609-0099 • Email: kkbreen@verizon.net