

# Rhythmic Movement Training

## Level 1

Level I - Saturday-Sunday, June 2-3, 2012

9:00 a.m. - 6:00 p.m.

Peoria, Illinois

Rhythmic Movements are gentle rocking and rolling movements that stimulate the creation of neural pathways which promote ease of movement and learning and reduce stress.

*Level I will cover the most important primitive reflexes; how to integrate them with rhythmic exercises; and how rhythmic exercises can be used to regulate muscle tone and stimulate the cerebellum and the neo-cortex, especially the frontal lobes in order to improve attention and impulse control.*

**Who should attend?** This course is a valuable & effective course for anyone in the healing profession particularly occupational & physical therapists, speech therapists, chiropractors, social workers, special needs teachers and providers, massage therapists, parents, body workers, kinesiologists, Brain Gym® students and instructors. (No pre-requisite for Level I)

### Level I: RMT and ADD/ADHD

#### Course content:

- What is RMT?
- How do primitive reflexes relate to ADD/ADHD?
- Primitive Reflexes and the Nerve Chassis, Cerebellum and Basal Ganglia.
- The 17 basic Active and Passive Movements for Integration and more...
- RMT and the Balances for integrating the TLR, Landau, STNR, Spinal Galant, Amphibian and Babinski reflexes.

#### Related websites:

- [Harald Blomberg](#)
- <http://www.rhythmicmovement.com/>

#### Credit Information:

- **Educators:** Level I-16 CPDU's. Cost is \$10 payable to Two Rivers and due the first day of each workshop.
- Brain Gym® credit toward continuing education credits toward Brain Gym® relicensure for Level I-16.

**YOUR FACILITATOR: Kate Wagner, Instructor.** Kate Wagner is an instructor for the Educational Kinesiology Foundation, has 18 years experience in public and private schools and a Master's in Elementary Education. Over the past seven years, Kate has successfully used these specialized movement programs with educators and other professionals. In addition to the Educational Kinesiology work, Kate has studied with Dr. Harald Blomberg and is a licensed instructor of Rhythmic Movement Training. She has successfully implemented this program with adults, parents and children. It has been a wonderful complementary movement program to Brain Gym.

As in Brain Gym, dress comfortably; bring water bottle, snacks, yoga mat (or massage table if you are unable to work on the floor) and a throw pillow or small blanket/towel.

# Rhythmic Movement Level I

Level I -Saturday and Sunday, June 2-3, 2012

## Tuition Level I

**[includes Course Manual and Movement DVD]**

Class size limited to 20, so please register early.  
Workshops can be sold out.

- **Early registration:** \$325 received by May 1, 2012
- **Regular registration:** \$350 received on or after May 2, 2012
- **Repeaters:** \$180 (registration MUST include copy of previous certificate of attendance). Does not include Course Manuals and DVD.
- **Cancellations and cancellation fees:**  
Before May 15: \$75  
On or through May 16-31: 1/2 tuition  
June 01 or No Shows: No refund

## Registration Information

**Please make check payable to:**  
Options Center

• **Please mail registration to:**  
Options Center, 4316 N. Prospect Road, Peoria Heights, IL, 61616

• **Questions?**  
Contact Helen Cox.

**Phone:** 309-685-7721

**fax:** 309-685-7756

**e-mail:** [options@mtco.com](mailto:options@mtco.com)

• **You will receive a confirmation letter** via email when your tuition has been received.

## Location and Lodging

Jameson Inn & Suites, 4112 North Brandywine Drive, Peoria, IL 61614 Website: [www.jamesoninns.com](http://www.jamesoninns.com)  
Phone: 309-685-2556; Fax: 309-685-6272; Toll Free reservations: 1-800-Jameson  
Contact person: Erin Ober, Director of Sales. Email: [erin.ober@pmghotels.com](mailto:erin.ober@pmghotels.com)  
Special room rate of \$75 per night under "**Options**" until Friday, May 25<sup>th</sup>, 2012.  
Complimentary 24 Hour Airport Shuttle Service.

**\*\*Please bring your own water bottle. Water refills will be available.\*\***



**Clip & return this registration form with your tuition for the Rhythmic Movement workshop. Thanks!**

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Profession: \_\_\_\_\_

e-mail address: \_\_\_\_\_

Check which you are registering for:

\_\_\_\_\_ **\$325 Early registration** (received by May 1)

\_\_\_\_\_ **\$350 Regular Registration** (received on or after May 2)

\_\_\_\_\_ **\$180 Repeater Level I**

\_\_\_\_\_ Amount Enclosed

Type of Payment: \_\_\_\_\_ Check (Make payable to Options Center) \_\_\_\_\_ Cash

\_\_\_\_\_ Credit Card [Visa, MC, American Express] Signature (for credit cards): \_\_\_\_\_

Credit card #: \_\_\_\_\_ Expiration date: \_\_\_\_\_