

## What is *Rhythmic Movement Training*?

RMT is a movement based reflex integration programme that replicates the movements that babies naturally make in the course of their development. The movements support the formation of the neurological foundations for learning. They can be done with any age or ability and help to improve muscle tone, posture, physical co-ordination, hypersensitivities, well-being and emotional behaviour.



### Course Tutor:

**Janice Graham** has a teaching background with a wide experience of supporting children with special needs. She is passionate about supporting others to fulfil their potential through movement based programmes. She has been a Brain Gym Instructor since 2005 and an RMT Instructor since 2012. Underpinning her work as an instructor, Janice has a busy practice working 1-1 with children and their families. She also supports schools in the development of social and emotional learning and advises schools on how to maximise their partnership with parents.



# Rhythmic Movement Training For School Readiness

## A 2 day course

The aim of this workshop is to explore the importance of movement and development in young children. It also demonstrates how Rhythmic Movements can be incorporated into everyday activities to make sure that children are ready to fully participate in the learning process when they start school.

The role of Infant Reflexes in the developmental process is examined, together with what happens if these reflexes are still causing challenges for the developing child.

### What people have said about the course:

“Janice has delivered this course in a fun, hands on way, which I really enjoyed.”

“Many thanks, as ever, for a great course – sets me up nicely – skills, knowledge and confidence.”

For more information on Rhythmic Movements visit:

[www.rhythmicmovement.com](http://www.rhythmicmovement.com)

[www.rhythmicmovement.co.uk](http://www.rhythmicmovement.co.uk)

For further details on the course please contact Janice Graham

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