

## 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.

For more information, visit

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

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



### Course Tutor: Janice Graham

**Janice** 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

Hands-on Experiential Training for:

**OTs, PTs, kinesiologists, psychologists, counsellors, behavioural optometrists, teachers, special needs educators, early childhood workers, caregivers and parents**

### RMT Level 1 for Focus, Organisation and Comprehension

*(No pre-requisites for this course)*

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 those that relate to impulse control and attention.

The course covers identifying developmental imbalance and gives ways of integrating the primitive reflexes using rhythmic movements and gentle isometric pressure.

### RMT Level 2 for Emotions, Memory and Behaviour

*(Pre-requisite: RMT Level 1)*

This 2-day course addresses how RMT affects our emotions and works with movements to get in touch with and stabilize the emotions. It examines how stress and daily life affects our body and how RMT can help relax and ease muscle tension.

### What people have said about the courses:

“Janice is a very warm, friendly, supportive instructor and facilitated the course amazingly!”

“Excellent course and hospitality, which was above and beyond my expectations.”

**To book a place please contact  
Janice Graham on 07900 453 396 or email  
[Janice@rhythmicmovement.co.uk](mailto:Janice@rhythmicmovement.co.uk)**