



Rhythmic Movement Training #1 How The Primitive Reflexes Affect Learning

Date: August 4 & 5, 2010, 9:00am-5:30pm

Instructor: Carolyn Nyland

Where: Hilliard, OH

Move Toward Integration & Relaxation

In this 2-day course participants learn the basics of the Rhythmic Movement Training: how rhythmic exercises can be utilized to regulate muscle tone, stimulate the cerebellum and the neocortex, especially the frontal lobes in order to improve attention and control of impulses. The course also includes a survey of the most important primitive reflexes involved in ADHD and ADD and how to integrate them with rhythmic exercises.

**No previous knowledge is required.



*Instructor - Carolyn Nyland
Hilliard, OH*

www.gobraingym.com

Carolyn is a certified Rhythmic Movement Training Instructor/Consultant & a licensed Brain Gym® Instructor/ Consultant specializing in developmental and elementary education. She realized the value of movement as a classroom teacher & holds a current teaching license. After 33 years of teaching, she continues her quest for ease of learning through movement. She has studied reflexes with several instructors around the world. Carolyn offers Brain Gym and Rhythmic Movement workshops in schools, teaches Rhythmic Movement, Brain Gym 101, Optimal Brain Organization, and works with individual clients. She serves on the Educational Kinesiology Board of Directors.

What is Rhythmic Movement?

The program was inspired by the rhythmic and reflex movements, such as rocking on all fours and crawling, that babies automatically make before they learn to walk. The baby movements were modified into rhythmic, whole, body-exercises that can easily be used by people of all ages. Rhythmic movement was developed by Kerstin Linde from Sweden as she learned about her children's challenges.

The rhythmic movements provide an effective means to stimulate simultaneous activation of the tactile, proprioceptive and vestibular senses. This provides a strong flow of nerve impulses through the brainstem, the limbic system and the frontal lobes. This flow of impulses has several effects; one is the establishment of adequate muscle tone and improved/heightedened state of alertness. If the flow of impulses from the vestibular system is insufficient, as can be seen in children considered/labeled ADD, the result may be low muscle tone and attention difficulties. The rhythmic infant movements give the brain a powerful stimulation. www.rhythmicmovement.com

Who Should Attend?

Parents, physical therapists, occupational therapists, kinesiologists, teachers, parents of adopted children or children with Fetal Alcohol Syndrome, educational psychologists and anyone else who is interested in techniques to integrate reflexes.

Lodging Suggestions:

Hilliard or Dublin Hotels are close.
Hampton Inn & Suites, 3950 Lyman Dr., Hilliard, OH
Phone: 614-334-1800 (Discount - "Brain Gym")

REGISTRATION - Hilliard- RMT 1- August - 2010

RMT #1 \$280 if \$75 deposit is postmarked by 7/14/10; Postmarked after 7/14/10, registration is \$ 330.
(Review fee- \$165 - Manual not included)

****Minimum number of students are required by the Early Discount Date to confirm the class dates.**
NEW! Sign up "On-Line" at <http://www.gobraingym.com/register> if you want to pay by credit card.

1. **Checks payable and send to:** Carolyn Nyland, 3729 Braidwood Dr., Hilliard, OH 43026 . . . 614-876-5069
2. **Send e-mail** with name, address, home/cell phone to Carolyn, carolyn@gobraingym.com for confirmation & info.

****Please contact Carolyn by 7/14/10 if you are interested in graduate credit or CEUs from Ohio.**
Remainder of outstanding fees are due on 1st day of class and no refunds after 1st day of class.

Name: _____ Deposit/Full Payment \$ _____ (REVIEW)
Address _____ Phone: _____ Cell Phone _____
City/Zip _____ Email _____ (Used only for movement classes)

_____(Please initial) I understand that my deposit is non-refundable unless class is canceled by Carolyn Nyland.

Rhythmic Moment Training may be used for Brain Gym® re-licensure . (Fees apply)