

RMTi Rhythm, Movement and Play

November 2 or December 7

Elmhurst, Illinois



THRIVE

Rhythm, Movement and Play is an introductory one-day class for people wishing to learn the basic Rhythmic Movement Training International (RMTi) movements and how to use them with young children. A fun interactive class; a perfect course for **parents, teachers, educational staff, therapists...** or anyone and who is interested in experiencing the movements.

Main Topics

- The role infant movement and reflexes play in brain growth, learning, emotional development and behavior, and the research showing the crucial importance of integrating infant reflexes for foundational sensory processing and learning skills.
- Reasons why un-integrated reflexes are a major factor in challenges such as ADD/ADHD, dyslexia, developmental delay, sensory processing disorder, autism, chronic stress/overwhelm and other learning, emotional and behavioral difficulties.
- How Rhythmic Movement Training creates neural links between the brainstem, cerebellum, limbic area and prefrontal cortex and how this helps with stress release, speech development, social-emotional skills, physical skills, learning and behavioral challenges.

We will be Learning to

- Identify the innate rhythmic movements of infancy and recall why these movements promote brain development, effective learning, speech development, emotional balance, stress release, stamina and postural strength.
- Demonstrate an understanding of many of the Rhythmic Movements
- Build a foundation of activities that can be used to work with children to promote postural and emotional balance
- Experience, notice and express 'before and after' changes that occur from doing the Rhythmic Movements and other activities.

CEU Hours:

7 Hours Approved through the Illinois Physical Therapy Association

Prerequisite:

No prerequisites

Instructor:

Elizabeth Hickman, MPT
Certified RMTi Consultant and Instructor

Course Hours:

9:00 am - 5:00 pm

Location:

322 Montrose Avenue
Elmhurst, IL 60126

Cost:

two weeks prior to event \$210
or \$235 after

Questions:

elizabeth@thrivetherapy.info
630.881.0736

Space is limited, so please reserve your spot by emailing elizabeth@thrivetherapy.info
payment can be sent directly to THRIVE THERAPY, 322 Montrose Ave, Elmhurst, IL 60126

Please circle the date you plan to attend:

November 2

December 7

name

email

address

phone number