



The Brain Gym Centre of WA
Is proud to sponsor:

Rhythmic Movement Training

With

Moira Dempsey

Both Levels are Accreditation as Level C classes with the AKA

Rhythmic Movements are gentle rocking and rolling movements that stimulate the neural pathways, to make connections that promote ease of movement and learning.

RMT and ADD/ADHD

Level One

Two Day Workshop

Covers:

- What is RMT?
- The Triune Brain and Development
 - Nerve Chassis
 - Cerebellum
 - Reptile Brain/Basal Ganglia
- Development and Primitive Reflexes
- RMT and Primitive Reflexes
 - TLR
 - Landau
 - STNR
 - Spinal Galant
 - Amphibian
 - Babinski
- Active and Passive Movements for Integration
- Identifying Developmental Imbalances

The Limbic System and RMT

Level Two

One Day Workshop

Covers:

- Emotional Development and RMT
- Moro Reflex and Emotions
- Motor Function and the Limbic System
- Movements for Emotional Development
- Muscle Tension and Repressed Feelings
- Movements to Relax Muscle Tension and Release Feelings
- Movement for the Limbic System
- Movements for the Spine
- The Importance of Play
- Emotional Reactions to RMT
- Frontal Lobes the Limbic System and RMT
- Autism and RMT

Rhythmic Movement Training was developed by **Dr Harald Blomberg** a psychiatrist in Stockholm, Sweden after studying with **Kirsten Linde**, a self taught therapist in Stockholm, and **Peter Blythe** from Chester, England. **Moira Dempsey**, from Australia, assisted formalising and writing the course structure and manual.

Moira Dempsey has been learning and teaching RMT since 2003, when she met Dr. Harald Blomberg in Poland at Dr Svetlana Masgutova's camp for children with special needs. Moira has been involved with Brain Gym® since 1991. She is also a TFH instructor. She is currently a member of the Brain Gym® International Board of Directors. Moira has taught RMT in Australia, Europe, Asia, The Middle East and the USA.

Dates: Perth (WA) **Level One** – 25 & 26 July '08 **Level Two** - 27 July 2008

Venue: 27 Bruce St, Nedlands 6009 at The Brain Gym Centre of WA

Time: 9:00 am to 5:30 pm

Cost: Level 1 - \$320 Level 2 - \$160 Both Level 1 & 2 - \$480

Review Level 1 - \$160 Level 2 - \$80 Both Level 1 & 2 - \$240

Registration and payment see next page

Note: Please bring a yoga mat or blanket and cushion with you.

Further Information:

Lee-Anne MacLeod – lee-anne@braingymwa.com.au Mob: 0407 383 635 Ph: (08) 9384 7272
or Moira Dempsey 0423 659754 moira@integratedbeing.com

To register, please complete the following form and send to:

The Brain Gym Centre of WA. PO Box 4168, Mosman Park WA 6012

Please make cheques payable to: The Brain Gym Centre of WA.

ANZ – BSB: 016307 ACCT: 560180978 Comment: RMT & Your Name
(Please e-mail your receipt payment through to: lee-anne@braingymwa.com.au)

Please enrol me in: RMT Level One \$ _____ or RMT Level One and Two \$ _____

Review RMT Level One \$ _____ or RMT Level One and Two \$ _____

Date: Level One _____ Level Two: _____

Name: _____

Address: _____

Tel: _____ (day) _____ (night)
_____ (mob)

Email: _____

I am fit enough to take part in a gentle, low impact movement class. I will inform the instructor of any special needs I may have that I may require assistance eg: sore lower back, knee injuries, neck injuries etc.

Signed: _____ Date: _____

BGCWA



The Brain Gym Centre of WA

“Where Whole-Brain Solutions Are Reality”

08 9384 7145
0405 732 144

Practices : Nedlands - Palmyra
www.braingymwa.com.au
enquiries@braingymwa.com.au

Why not do a few empowering course modules designed specifically to support yourself, your family, students at school or to aid your professional practise. Skill yourself, to accurately identify issues with muscle testing. Just like many other allied health professionals.

Or... you may wish to continue to gain a formal qualification with the Australian Kinesiology Assoc. and a Certificate 1V or Diploma in Kinesiology. ...perhaps because you just Enjoying learning and feeling at your optimum health!

UP & COMING KINESIOLOGY CERTIFICATE COURSES 2008

Your qualified Nationally and Internationally Accredited Trainer:

Lee-Anne MacLeod – Dip Kin, Dip I.H., RSKP Specialist, RAKP Adv, ARAD, CSTD and Specialist Neuro-Kinesiologist. Chair of Board of Directors: Aust Kinesiology Assoc. & former Chair of Brain Gym Edu/K Network Aust. (retired May 2008.) Neuro-Kinesiologist, Internationally Accredited Trainer. Personally trained by Dr Paul & Gail Dennison, creators of Brain Gym and Edu-Kinesiology courses, (USA). Also personally trained by Dr John Thie, creator of the Touch For Health Kinesiology program, (USA). 'The father's of Kinesiology.' Lee-Anne seeks out the creators of modalities to train directly with and prides herself on only learning from the best. Delivering the purest information and latest techniques within all her trainings. Lee-Anne also runs a successful practice from a Medical Practice in Palmyra and Clinic In Nedlands, Western Australia. She is the Director of The Brain Gym Centre of WA.

All courses are accredited Internationally and with the Aust Kinesiology Association.

PROFESSIONAL EDUCATIONAL KINESIOLOGY



Brain Gym® Professional Development Workshop – 1 Day

9.00am to 3.00pm ♥ 10 August ♥ 29 November 2008

No Pre-requisite

The Brain Gym Professional Development Workshop is designed to include the first day of the Brain Gym 101 Course. With the inclusion of understanding Learning Styles, and 'How to apply in the class room or work place.'

See flyer at www.braingymwa.com.au

Brain Gym® (101) – 4 day course ♥ Sun's 10, 17, 24 & 31 August 2008

No Pre-requisite

Experience whole-brain integration through whole body neuro-muscular developmental movement. Learn twenty-six Brain Gym® movements, the Edu-K five step Balance process, and Three Dimensional & Dennison Laterality Repatterning. Discover a permanent tool for reaching personal goals. Wide applications for students, teachers, parents, artists, athletes, health care practitioners, and business professionals. Open to all!

Optimal Brain Organization Profiles - 3 day course day ♥ 2009

300 – Optimal Brain Organization Profiles (OBO)

Pre-requisite: Brain Gym 101

Discover the concepts of hemispheric specialization, identification, and balancing to facilitate whole-brain integration and learning. Also, how to Profile, Balance, correct Transposed Brains and other wonderful skills to ultimately assist Learners into their Gifted Learning Styles.

Visioncircles - 3 day course day ♥ 13, 14 & evenings 15, 22 September 2008 (2 days & 2 evenings)

Pre-requisite: Brain Gym 101

250 - Visioncircles (VC) 34 Vision Gym Movements and Balancing for Improved Natural Vision, Learning and Sensory Integration A road map to the completion of developmental skills through movement, play, and art. Emphasis on vision enhancement and Sensory Integration difficulties that hold back our Natural ability to absorb information around us.

PROFESSIONAL Kinesiology Courses



Touch For Health Synthesis (levels 1- 4) Synthesis - 8 day course taught over three modules

Module One: TFH 1 & 2 - No Pre-requisite for TFH 1 - **4 day course** **27, 28 Sept & 11, 18 Oct 2008**
Module Two: TFH 3 & 4 - Pre-requisite THF 1 & 2 - **4 day course** **25 Oct, 1 Nov & 8, 15 Nov 2008**
Module Three: TFH Proficiency Assessment - **2 day course** **2009** includes the completion of:
TFH Workbook - Self Directed Learning: continuous practical assessment for TFH 1 – 4

Touch For Health® Kinesiology (TFH) is a system of natural health care which combines muscle monitoring and a powerful blend of the principles of **Chinese medicine** to assess energy and body function. Applying a range of gentle, yet powerful healing techniques to improve health, wellbeing and vitality. Touch For Health Kinesiology addresses the Physical, Structural, Emotional and Nutritional Stresses common in our everyday life. Touch For Health Kinesiology is recognised as the foundation of all Kinesiology training all around the world.

Touch for Health Level I - 15 hours (Part A of Module 1) 27, 28 September 2008

This normally 15-hour course provides practical skills to manage stress. Reduce tension, physical and mental pain while increasing your overall health and energy without the use of drugs. Also, included in this course are specific tests, exercises and movements for enhanced learning, improving coordination and finding food sensitivities. You will learn techniques of Applied Kinesiology and Acupressure Massage. This a fundamental course for all Kinesiology training.

TFH Level I:

- * Muscle Testing & Correction Procedures
- * Bilateral Muscle Correction Technique
- * Neuro-lymphatic Massage Points
- * Neuro-vascular Holding Points
- * Accupuncture Meridians & Massage
- * Origin-Insertion
- * Challenge, Pain
- * Surrogate testing
- * Emotional stress release (ESR)
- * Basic posture realignment
- * Food Sensitivities - Biocidic foods and energising foods
- * Basic 14 muscle tests
 - Supraspinatus..... Central (Brain)
 - Teres major..... Governing (Brain)
 - Pectoralis major clavicular... Stomach
 - Latissimus dorsi..... Spleen
 - Subscapularis..... Heart
 - Quadriceps..... Small intestine
 - Peroneus..... Bladder
 - Psoas..... Kidney
 - Gluteus medius..... Circulation
 - Teres minor..... Triple Warmer
 - Anterior deltoid..... Gall Bladder
 - Pectoralis major sternal..... Liver
 - Anterior serratus..... Lung
 - Fascia lata..... Large Intestine

TFH Level II, 111, 1V:

These courses are designed to provide a major expansion in your understanding and ability as a practitioner, expanding to include 42 muscle testing. Basic human anatomy, muscle movements and effective goal setting. You comprehensively learn the causes and corrections for pain and stress related illness, and ways to regain, maintain, and improve personal health. Teaching the basics of the Oriental health system (the 5 elements), the inter-dependence of all body systems while bringing them into 'balance': Physical/Structural, Emotional/Mental, Biochemical/Hormonal, also including training in Applied Kinesiology related to massage.

Touch For Health Advanced Courses

- TFH 5 Element Metaphors:** - Pre-requisite THF 4 - 2 day course
- TFH Proficiency Assess:** - Pre-requisite THF 4 - 2 day course
- TFH Workbook - Self Directed Learning:** continuous assessment of TFH 1 - 4
- TFH Instructor Training:** - Pre-requisite: All of the above THF - 8 day course

Instructor Training Workshop (ITW):

This 60-hour course prepares you as a Touch for Health Instructor. Upon completion of the course, you are certified by the International Kinesiology College (IKC) and the Touch for Health Kinesiology Association. This course provides comprehensive training in TFH techniques, teaching skills, and running a successful TFH business.

You are now able to link up with experienced practitioner to learn more about working with clients and presenting courses. The Brain Gym Centre of WA offers apprentice training to select graduates at this level. You may also wish to go on to an accredited Diploma in Kinesiology if you wish.

TFH 5 - Chinese 5 Element Metaphor Advanced Workshop: - 2 day course 2009

Using Dialogue and Creative Visualization to cleverly access, emotional, associative, developmental and sensory aspects of memory, posture, wellbeing and energy.

This special course explores Dr. John Thie's approach to using the Chinese 5-Element Metaphors for Balancing Energy and exploring meaning related to goals and symptoms as symbols and Metaphors in your life.

The metaphors are exceptionally effective for aiding key issues, bringing much greater awareness and clarity to the person being balanced. Bringing healthier feeling states, gaining insight, more enthusiasm and natural joy into life.

Learn to Efficiently utilise the 111 Metaphors in the new TFH Pocketbook with Chinese 5 Element Metaphors.

Personally taught to Lee-Anne by the founders and creators of these courses John Thie and Mathew Thie.
Pre-requisite: Completed TFH Synthesis 1 – 1V

All workshops are available on request and dependent on enrolment numbers.



For further Information Contact:

Lee-Anne MacLeod – lee-anne@braingymwa.com.au Mob: 0407 383 635 Ph: (08) 9384 7272
www.braingymwa.com.au

Director of The Brain Gym Centre of WA.:

Lee-Anne MacLeod – lee-anne@braingymwa.com.au

Mob: 0407 383 635

Ph: (08) 9384 7272

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The Brain Gym Centre of WA. PO Box 4168, Mosman Park WA 6012

Please make cheques payable to: The Brain Gym Centre of WA.

ANZ – BSB: 016307 ACCT: 560180978 Comment: 'Course' & Your Name
(Please e-mail your receipt payment through to: lee-anne@braingymwa.com.au)

Please enrol me in: Brain Gym PD \$120

Brain Gym 101 \$650

Visioncircles \$450

Touch For Health Module 1 \$650

Touch For Health Module 2 \$650

Touch For Health Modules 1 & 2 \$1200

RMT Level 1 \$320

RMT Level 2 \$160

or Early Bird 3 weeks in advance \$590

or Early Bird 3 weeks in advance \$395

or Early Bird 3 wks in adv \$620

or Early Bird 3 wks in adv \$620

or Early Bird 3 wks in adv \$1100

or Both Level 1 & 2 - \$480

all courses may be reviewed at half price!

Reviewed Courses: _____

Review Dates & Instructor: _____

Name: _____

Address: _____

Tel: _____ (day) _____ (night)
_____ (mob)

Email: _____

I am fit enough to take part in a gentle, low impact movement class. I will inform the instructor of any special needs I may have that I may require assistance eg: sore lower back, knee injuries, neck injuries etc.

Signed: _____ Date: _____

VENUE: The Brain Gym Centre of WA
27 Bruce Street, Nedlands 6009

www.braingymwa.com.au

BRING: Lunch, water bottle, writing materials, coloured pencils. Wear loose comfortable clothing.

WITH THANKS! We look forward to meeting you in person!