

For the first time in the Netherlands:

RHYTHMIC MOVEMENT TRAINING AND REFLEX INTEGRATION

Pain Management in adults



PART 1

For everyone who is interested in health and well being. The course is both theoretical and practical and provides a good basis to understand and perform the simple, smooth and yet very effective techniques of Rhythmic Movement Training and Reflex Integration that can be used both on yourself and others.

The course introduces the rhythmic movements to help to balance the body posture, help the breathing and flowing of blood, lymph and spinal fluids. We work with primitive reflexes which may cause uneven loads, muscle tensions and deformation of the skeleton and joints. We will learn to test for and integrate several primitive reflexes and use the basic BRMT exercises to help lower and upper back pain and rotated pelvis, etc. We will look into the cause of pain and how to support healing. *No previous knowledge required. Soft clothing is recommended.*

Instructor: Maria Franzén Massage therapist, BRMT-instructor and educator.

Language: The class will be held in English with translation if needed.

Date & time: April 9-10 2016, 9.00-17.00 See public facebook event: 180988855581178/

Location: Josés Yogastudio Vlasakkerweg 56, 3811 MT Amersfoort, 033 463 2990

Course fee: 190 € early bird price until 2016-03-15. Later the cost is 220 €

Course book: The Rhythmic Movement Method by MD Harald Blomberg + course manual

For more information please contact

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<https://www.facebook.com/events/180988855581178/>

www.blomberggmt.com

