

# MOVEMENT THERAPY FOR REWIRING THE BRAIN

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**Roadmap to Attention and Regulation**

**ROAR**

**Module 2**

In this module you will be hearing about an under-explored technique that may be crucial to helping your child.

## **Integrating Reflexes**

According to [Sonia Story](#) whose interview is part of the bonus materials for this module, “a reflex is an automatic, instinctual movement that assists in development, growth, and survival.”


When reflexes are not integrated, the fight or flight response is triggered. This is what we talked about in Module 1, and when this response is over-active, it is an uphill battle to bring regulation.

Among the factors that are key to balancing this fight-or-flight response are:

- *Blood Sugar Balance*
- *Reflex Integration*
- *Proper Nutrition*
- *Anti-Inflammatory Diet*

You have used essential oils in the past module to balance this response. In this module, I encourage you to listen to Sonia’s video and check out the resources below.


1. Some case studies that Sonia kindly provided are listed [HERE](#)


**move · play · thrive**  
 Brain and Sensory Foundations

## Case Studies by Category

<a href="#">ADD/ADHD</a>	<a href="#">Emotional/Social Skills</a>	<a href="#">Sleep</a>
<a href="#">Anxiety</a>	<a href="#">Fine/Gross Motor Skills</a>	<a href="#">Speech</a>
<a href="#">Autism</a>	<a href="#">Handwriting</a>	<a href="#">Teens/Adults</a>
<a href="#">Balance</a>	<a href="#">Learning</a>	<a href="#">Toe Walking</a>
<a href="#">Bedwetting</a>	<a href="#">Pain Relief</a>	<a href="#">Trauma/Attachment</a>
<a href="#">Behavioral Issues</a>	<a href="#">Pre-Schoolers</a>	<a href="#">Trisomy 21/Down Syn.</a>
<a href="#">Birth to 3, Dev. Delay</a>	<a href="#">Reading</a>	
<a href="#">Cerebral Palsy</a>	<a href="#">Sensory Processing</a>	

Tap any underlined item to go directly to case studies  
 Case studies submitted by students of the [Brain and Sensory Foundations course](#)



More Focus in School and Play

**ADD/ADHD**

- [Major Improvement in Daily Functioning for 5-Year-Old with Severe Trauma](#)
- [No More Aggressive Outbursts, Huge Change in Three Months](#)
- [13-Year-Old Girl Goes From Introvert to Social Butterfly](#)

- [Hyperactive Boy Can Now Focus](#)
- [Focus and Calm Improve Homework, Learning, and Daily Tasks for Teen](#)
- [From IEP to all As and Bs on Report Card](#)
- [Anger and Depression Gone, 12-Year-Old Boy](#)
- [PTSD, ADHD, Depression, Anxiety, Big Changes](#)
- [9-YO Constantly Moving in Class, Can Now Focus](#)
- [Huge Improvements in Focus, Balance, Handwriting, and Organization for 13-Year-Old Boy](#)
- [Rhythmic Movements and Innate Reflex Integration Make a Big Difference for Sensor Man](#)
- [Autism — Huge Improvements in Speech, Sensory, Eye Contact, and Attention](#)

2. If you are interested in exploring this further, you can enroll for her course [HERE](#). [Full disclosure: this is an affiliate link. I do get part of the payment if you register.]

Sonia is an expert in Rhythmic Movement and Reflex Integration, two techniques that have transformed the quality of lives of hundreds of kids struggling with attention and hyperactivity.

When I spoke to Sonia, she said that this in-depth, comprehensive course gives you innate rhythmic movements, reflex integration, playful developmental movements, and much more. These brain-based movements release stress and build the foundations for sensory processing and functional skills.

If we want our children to focus, develop strength, achieve stillness, grow emotionally, and learn with ease—then we need to provide the innate movements that are already designed to effectively de-stress and optimize the brain, body, and sensory systems.

The results are outstanding. And the tools work for teens and adults too.

Parents and therapists report measurable, far-reaching results.

**One parent said this about the course:**

"I have done other RPR [Retained Primitive Reflex] courses and this, by far, is the most practical and fun for children. The others made me feel like my child was in the military and I was her drill sergeant. I am so very grateful to go back to parenting and yet providing my daughter therapy in a more natural and playful way. THANK YOU!!!"

*CM - Parent*

As soon as you enroll, you have instant access to these excellent tools. More information and registration here:

**<https://vaish--moveplaythrive.thrivecart.com/brain-and-sensory-foundations/>**

**This course is perfect for everyone with busy schedules**

- Home movement program is 10 to 25 minutes/day for most individuals
- Online, video-based movement instruction available 24/7
- Course Manual, 100-page hardcopy, with color photos and instructions
- Live, online group Q & A sessions, recorded for easy access
- Facebook student group for networking and support

## **NeuroMovement**

Another technique I have found to be very useful is the Anat Baniel Method or NeuroMovement, which provides kids with tools to make changes in their brains with simple movements to stimulate Neuroplasticity.

Link: <https://www.anatbanielmethod.com/>

Do check out Kathy Shean Jones's interview on my podcast - where she talks about how Movement can change the Brain.



**Disclaimer: The information on this document is for Educational Purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.**