



# NEURODEVELOPMENT THROUGH MOVEMENT

## FREE MONTHLY WORKSHOP

- Vianney Academy -



[www.vianney.ca](http://www.vianney.ca)

## Why These Movements?

The movements in the program are based on the primary reflexes experienced during the early stages of development.

Floor exercises stimulate the same pathways in the brain as early movements such as crawling. These exercises help with horizontal eye tracking, attention, and grasp reflexes. All are necessary skills for writing.

Standing exercises mimic stages of development where vision and grasp reflexes are strengthened, and problem-solving skills and emotional self-regulation are developed.



FREE  
WORKSHOP  
HELD  
MONTHLY



Register Today!

For inquiries contact  
[vianneyacademy@gmail.com](mailto:vianneyacademy@gmail.com)

To register or to learn more visit  
[vianney.ca/therapies](http://vianney.ca/therapies)

This therapy addresses insufficient pathways in the brain that affect how children learn. Many educational challenges result from the central nervous system not functioning as it should, changing how children take in information.

The central nervous system (the brain) develops at its highest rate from pre-birth to one year and continues rapidly until 7-years old. If your child has missed some of these development steps this program can give their brain a “second chance”.



## The Program

In this program, you and your child will do these 13 movements in succession for 30 seconds to 2 minutes to the rhythm of poetry. The poetry provides structure and momentum.

- The Hammock
- The Bomb
- The Lizard
- The Cross-Pattern Lizard
- The Roll
- The Lizard Forward
- The Army Crawl
- The Tiger Walk
- The Elephant Walk
- The Frog
- The Cross-Pattern Walk
- The Cross-Pattern Skip
- The Hammock #2



## Parent Testimonials

“Patty is more assertive and she is learning to do things in a mature way.”

“Mark, our 17 years old son, never talked much before to anyone, and had very little eye contact, shutting people out! After doing these exercises for 2 months, he started to talk to his sisters, then started teasing them. Now he debates with them!”

“Jessica is not as frustrated and does not give up now.”

“Denis moved up three levels in reading in just few weeks of being on your program.”

“My child is calmer.”

“Nancy does not have to crawl up the stairs anymore!”

**Try it for yourself!**