Exploring your Brain-Body Connection

Essential Considerations for Parenting your Child

A 2-day workshop for parents and caregivers of special needs children

Part 1 and Part 2

Taught by Judith Dack

Senior ABMNM practitioner

- Certified Anat Baniel Method℠ NeuroMovement® Practitioner
- Guild Certified Feldenkrais Practitioner
- Movement Specialist for Children with Special Needs

An understanding of neuroplasticity has created unprecedented breakthroughs for children with neuro-diversity, such as ADD/ADHD, Autism, Down syndrome, Cerebral Palsy, Genetic Disorders & more.

As an extension of Judith's introductory workshop, this 'Part 2' workshop will incorporate deeper experiential explorations, including movement lessons, practice time, and more hands-on activities. There will be opportunities for peer learning, exchange, and empowerment. Time for personal experience will enable participants to incorporate the fundamentals of neuroplasticity into everyday life.

The workshop part 2 does not require that you attended part 1 as a prerequisite: For those of you who are coming for the first time, rest assured, you will come away with a good understanding of neuroplasticity and what possibilities it can provide for your child, using the 9 essentials. Together we will review this methodology through the lineage from Feldenkrais, and the birth of neuroplasticity as a working concept, and on the ABM and NeuroMovement.

Scandinavian Center
of Neurodevelopmental Movement

Workshop dates: NOV 2nd – 3rd 2018

- **Workshop admission: DKK 3.850**

- **Meals and refreshments included**

Please register with: team@neurodevelopment.dk

WORKSHOP THEMES

1. A brief look at neuro-typical development of a baby, the importance of understanding a baby's learning process through movement exploration.

2. How neuroplasticity and NeuroMovement can open up a world of possibilities and learning for our babies and children.

3. Utilizing the 9 essentials for both our children and ourselves, enabling us to parent more effectively and with more ease.

4. Movement lessons each day to explore your own brain/body connection and really begin to understand your children's ABMNM lessons.

5. Hands on practice and take-home movement sequences to help your child continue the learning between lessons.

6. Lots of time for questions, and discussion, and opportunities to connect and learn from each other.

WORKSHOP GOALS

- Deepen your understanding and experience of the ABM 9 essentials
- Continue exploring your own brain-body connection
- Learn how to create powerful learning experiences for your child at home
- Dynamic opportunities for peer dialogue and learning through connection and a sense of community
- Addressing the difficult and challenging conversations of raising a child with special needs.

For those of you who have attended Part 1 of the Parents Workshop, this is an invitation to take the next step into deepening your experience and understanding of the world of neuroplasticity and the brain/body connection.

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BIOGRPAHY JUDITH DACK

Judith Dack is the founder and director of Uptown Studio, in Toronto, Ontario where she runs an international practice for children with special needs and their families. Former Dancer, Feldenkrais Practitioner, ABMNM Practitioner, Certified Pilates Instructor, and a parent of a young woman with special needs, Judith is an international Speaker & Presenter on Neuroplasticity and NeuroMovement, the Creator and Presenter of Transforming the Life of your Special Needs Child workshops for parents, professionals, and fellow ABMNM Practitioners, and is a highly sought after mentor in her field.

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LOCATION:

The workshop is held at a local (Kro) in Fredensborg: http://asminderoedkro.dk

ASMINDERØD KRO
i godt selskab siden 1679
HOTEL · RESTAURANT · SELSKABSLOKALER

Meals and refreshments included:

- Morning: Croissant, Coffee/Tee
- Lunch platter + 1 drink
- Afternoon cake
- Through out the day: coffe/Tee, fresh fruit.

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