

# Move Right to Learn Right (MRLR)

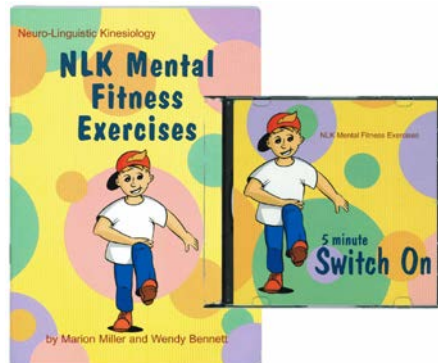


Would your child benefit from a kinesiology tune up?  
MRLR gets body and brain switched on and organised.  
This program is ideal for primary aged children.  
A MRLR term is based on 8 sessions beginning with a kinesiology balance and movement assessment followed by 7 weekly x 30 minute movement sessions.  
Your child will have activities to do daily at home.  
You'll notice improvements in behaviour, learning, moving and self esteem.

The MRLR program uses an assortment of activities and varies depending on the child's needs.

Each session begins with

- **Brainy Exercises**; A 5 minute routine to switch the brain and body on.
- **Heavy Work** like trampoline and monkey bars; that could get the body engine running just right, too fast or too slow.
- **Mini Movements** that revisit primary movement patterns first practiced as a baby. Improve the foundations of development.



And ending with

- **Calming Activities** like breathe work, calming points or Hook ups to aid self regulation.



This is an individual program based on your child's current developmental stages and abilities.