



Greetings,

Here is the story about how the Brain and Sensory Foundations courses came into being and some of what I hope to accomplish together by sharing the positive benefits of neurodevelopmental movement.

The Brain and Sensory Foundations courses are a synthesis of what I have learned from some of the finest movement teachers in the world. It also includes tools I have developed through trial and adaptation while working with children and adults over many years.

Since 2006, I have had the pleasure of training over 5000 students in neurodevelopmental and integrative movements in both live and online courses. Innate movements are so beneficial, and so fundamental to our ability to function. These tools have been embraced by parents, teens, children, and professionals including: occupational therapists (OTs), physical therapists (PTs), massage therapists, educators, social workers, counselors, chiropractors, yoga therapists, optometrists, vision therapists, doctors, speech and language pathologists, aides, and caregivers. They are especially helpful for individuals with sensory issues, ADHD, anxiety, pain, stroke, sleep disorders, brain injury, and trauma.

I began this journey by using the movements from the book, ***Smart Moves, Why Learning is Not All in Your Head***, by Carla Hannaford, PhD. Inspired by this book, I took all the courses required for licensure as a Brain Gym® consultant and instructor. Next, I studied with Harald Blomberg, MD and Moira Dempsey, among many others, and became certified to teach Rhythmic Movement Training (RMTi). I was astounded by how quickly movement could help release stress, promote function, and change deep-seated unproductive habits. I began practicing everything I learned with myself, my family members, and clients.

When I experienced the importance of innate, infant reflexes, I was amazed that I had learned so little about reflexes before, even though I completed a combined biology and psychology major in college. When I learned how to integrate reflexes, it was life-changing for me and my family. The movements helped each of us develop a more mature, less reactive nervous system, and contributed greatly to family harmony and more success in our individual lives. Our two daughters benefitted from this greatly and our days doing homeschooling together became smoother. Life became more joyful and healthy for all of us. I am profoundly grateful for this.

Each time I took another training course I thought, "Someone has to get this information out to parents!" After I began giving private sessions and teaching, I heard from many parents and therapists about the outstanding successes they were having with their children. I became more and more aware of the responsibility to share this information.

I had the unique opportunity to study and attend hundreds of hours of integrative and neurodevelopmental movement courses with various teachers from several different modalities. You can read more about my training at this link:
<https://www.moveplaythrive.com/about/about-sonia-story>

This course is made up of the best-of-the-best tools I have learned in many years of study and practice in neurodevelopmental and integrative movement. Many OTs and PTs say this combination of tools is the most useful they have learned for helping children overcome

challenges. Steven Kane is one of the OTs who used the tools from this course years ago in his role as a school-based OT. He saw wonderful results and later contributed much editing help with the manual to make the wording more exact and appropriate for professional therapists. During the time we collaborated on the manual, I learned much from Steven and it validated what I was already seeing with the children I had been working with.

It is good to know that the techniques and tools you will learn in this course have been tested by many parents and professional therapists. We see excellent results time after time. **Here are many inspiring case studies by students of the Brain and Sensory Foundations, First Level course:** <https://www.moveplaythrive.com/case-studies>

My goal with the Brain and Sensory Foundations course is to give you the most in-depth, comprehensive, and useful neurodevelopmental and integrative movement tools that are affordable, enjoyable, and effective.

Together, here is what we can accomplish:

1. Empower you with tools that give profound benefits to the individuals you love and serve.
2. Give you tools for your own nurturing and health.
3. Help each other and our communities by spreading the word so others can benefit—what could be more important than to help others be calm, comfortable, and capable of doing what is meaningful for their lives?

Enormous numbers of children could benefit from these simple movements if their parents and therapists only knew about their importance. Beyond just the children who are struggling with learning issues and very obvious developmental delays, there are also vast numbers of children who struggle, even though there is no formal diagnosis or academic difficulty. Our two daughters were not struggling learners, but they were struggling in other areas. One was hypersensitive, the other was hyperactive. I was in tears some days trying to homeschool two girls who kept triggering each other and erupting in arguments. Had they been in school, our daughters would not have qualified for any services. Yet their sensory, emotional, social, and behavioral challenges were definitely hindering their development. It was doing the neurodevelopmental movements that created the deepest beneficial changes for them.

I trust that when you apply these tools regularly, you will get great results too. And when that happens I am asking for your help to ‘spread the word’ to other parents and professionals so that we can bring these simple-to-learn tools to other children and families as well. Until we can create a better world that better protects the development of our infants and children, my goal is for all parents to provide these movements for their children as a regular part of daily life.

To help you get the most out of this course, commit to practicing daily—it’s fun! And if you allow time to experience the movements in your body first before sharing them with others, your confidence and results with others will be greatly enhanced. **By applying these movements regularly, for yourself and others, you will be giving and receiving a great gift.**

I look forward to helping you become empowered with these tools.

Sincerely,

Sonia Story