

RHYTHMIC CENTERING

Aligning, stabilising & strengthening physiological and psychological states through rhythmic exercise.

PRESENTING SYMPTOMS

Dyspraxia,
Physical Instability,
Coordination
Impairment
Motor Skill
difficulties

ADHD
Inability to Focus,
Memory Loss,
Insomnia
Organisational &
Planning Difficulties

Emotional
Dysregulation,
Anxiety, Fear,
Reactive, Impulsive,
Obsessive &
Compulsive
Behaviours

Post-Traumatic
Stress Disorder
Mood Swings
Disorientation
Confusion
Anger

Rhythm based activities - Repetitive musical exercises – clapping, drumming etc., improve co-ordination and motor-skills as well as focus and concentration. Movement exercises aligned to rhythm and the breath aid physical stability,

Drumming at specific tempos mediates the human stress response, improving emotional regulation. Drumming focuses attention on the present reducing hyper-vigilance, inducing calm and meditative mind-states and stabilising & improving mood.

Improved
Physical
Attributes –
Balance &
Coordination

Improved Focus,
& Concentration.
Improved
Academic
Performance

OUTCOMES

Improved
Emotional Control
Reductions in
Stress & Anxiety
Levels

Increased
Endorphin Levels
- Improved Affect.
Healthy Release
of Negative
Feelings