

# MNRI Breathing Reflexes: Restoration and Integration



Participants of this 24 hour MNRI® course will participate in both the course discussion and hands-on supervised practice. In this course, participants will be introduced to information about the neuro-anatomy and neurophysiology of the breathing system and its links with protection and survival mechanisms and reflex pattern integration, the priority role of the breathing system in creating the basis for establishing neurosensorimotor processing for optimal brain functioning, the psychological/emotional foundation of the breathing system and influence on health, motivation and cognition. Course participants will also learn about the assessment of breathing as a primary reflex, as well as, specific exercises to integrate breathing and links of breathing with relative reflex patterns for children with neurodevelopment delays.

Participants will be introduced to assessment techniques for the breathing reflex patterns and the protective responses of: Fear Paralysis, Moro, Core Tendon Guard, Head Righting, oral-facial, visual, and auditory reflex patterns that serve the development and maturation of the protection and survival mechanisms needed for successful functioning in children and adults. Repatterning techniques and exercises for these reflex patterns will be introduced and are necessary to create a sufficient neurophysiological basis for feeling safe, inner strength and motivation, organization of proper perception and processing of the input, and thus development of different cognitive skills – visual and auditory. Postural control mechanisms depending on breathing will also be addressed. Development and maturation of the protective group of reflexes concerned with the breathing system lead to the development of emotional stability and inner control. This course will offer examples of techniques, games, and activities to make the integration sessions using MNRI® exercises interesting and motivating. The Breathing Reflex Integration course can be used with children and adults with deficits in development of protection mechanisms; fear and phobias, behavior and emotional disorientation, motor and speech delays. It also can be used as a stress release program for adult.

Upon successful completion of the three-day, 24-hour MNRI® Breathing Reflex Integration course participants will:

1. Develop knowledge of the Masgutova Neurosensorimotor Reflex Integration process as the basis for successful development of the breathing system for proper functioning and support of learning processes.
2. Investigate the links of the breathing system and other reflex patterns serving for formation of positive survival in children with challenges and create the “anchors” based on natural innate mechanisms of neurodevelopment and neuroplasticity.
3. Learn about the following reflexes and their specific involvement in the development of antigravity mechanisms and cognitive skills: Tonic Labyrinthine in Flexion and Extension, Core Tendon Guard in Flexion and Extension, Gravity, Balancing, Grounding, Stability, Head Righting Ocular and

Labyrinthine, Ocular-Vestibular, Ocular-Kinetic, Hands Pulling, Hands Supporting, Sequential Rolling and Spinning, and others.

4. Investigate the following reflexes and their specific involvement in the development of antigravity mechanisms and leveling reflexes: Eye Leveling, Vestibular Leveling, TMJ Leveling, and Auditory System Leveling.
  5. Explore how breathing reflex patterns are involved in muscular-tendon-ligaments tone regulation, postural control, and antigravity abilities.
  6. Explore how breathing reflex patterns are involved in conscious motor control formation within the brain-body system.
  7. Discover the basis for the development of proprioceptive-cognitive anchors, fine motor coordination, self-regulation, and self-management through the integration of the breathing reflex patterns.
  8. Discuss the basis for the formation of primary links of proprioceptive and cognitive coordination: acoustic activation-kinesthetic memory, balancing-acoustic stimulation-Moro response-selective memory activation, facilitation of “analytical” and “synthesized” auditory perception and processing using developmental potentials of proprioceptive-vestibular reflex patterns found within the integration of the breathing reflex patterns.
  9. Discuss the basis for the formation of proprioceptive-cognitive coordination and fine motor skills: acoustic differentiation-memory anchoring, hand-eye, hands-auditory-articulation system, and auditory-vestibular system within the integration of the breathing reflex patterns.
  10. Participate in games and activities that enhance the MNRI® process in an interesting and motivating manner.
  11. Discuss the correlation of proprioceptive-vestibular reflex patterns and skills of cognitive perception: memorizing, writing, reading, and calculation when the breathing reflex patterns are integrated.
  12. Receive supervised hands-on-training to:
  13. Evaluate and develop appropriate strategies to incorporate the use of the MNRI® Breathing Reflex Integration Program into daily practice.
- Conduct assessments to discover nonintegrated or immature reflex patterns creating the antigravity mechanism and supplying the neurophysiological basis for proprioceptive-cognitive functions within the breathing reflex patterns.
  - Develop individual programs to repattern, activate, and integrate breathing reflex patterns.
  - Work with specific techniques for dysfunctional and pathological reflex patterns.
  - Explore the possibilities of positive changes in body structure, posture, and movement development through integration of breathing reflex patterns.
  - Develop individual corrective programs based on assessment techniques and exercises for integration of breathing reflex pattern to enhance overall emotional, motivational, and motor challenges.

## Reflexes Addressed in this Course:

### *Primary Motor Reflex Patterns*

- Asymmetrical Tonic Neck Reflex (ATNR)
- Symmetric Tonic Neck (STNR)
- Hands Supporting
- Tonic Labyrinthine  
Spinal Perez
- Leg Cross Flexion-Extension
- Bonding
- Moro Embrace
- Hands Pulling
- Landau
- Bauer Crawling
- Robinson Hands Grasp
- Spinal Galant

### *Additional Motor Reflexes and Reactions*

- Abdominal Spinning
- Auditory Figure Ground
- Core Tendon Guard
- Visual Figure-Ground
- Vestibular Leveling
- Gravity
- Head Righting
- Foot Tendon Guard
- Head Tilting Forward
- Head Up-Righting
- Fear Paralysis
- TMJ Leveling
- Balancing
- Ocular-Kinetic
- Primary Sounds
- Segmental Rolling
- Spine Extending
- Eye Leveling,
- Auditory System Leveling
- Grounding
- Stability
- Ocular-Vestibular

**Prerequisites:** MNRI® Dynamic & Postural Reflex Integration course is suggested as a prerequisite in order to provide a broader context prior to attending other foundation courses.

**Course Disclosure:***The Svetlana Masgutova Educational Institute has developed and patented a licensed technology trademarked as MNRI®. Because there are no other like-kind products available, course offerings will only cover information that pertains to the effective and safe use of the above-named products. This presentation will focus exclusively on MNRI® and will not include information on other similar or related products or services.*