

Track A: MMMIM-Level 1 Certification Details- 69 hours total (\$1350)

1. Morales Method® Move In Mind- Level 1 In-Person Workshop 24 hours (\$725)

In this three-day workshop, we'll explore the principles and movements that are foundational to the Move In Mind™ Method through lecture and practice in person!

You will learn:

- How to create movement explorations tailored to your clients' needs and goals.
- How to choose and use your words to help your clients get the best results.
- How to increase your clients' sense of safety to increase the effectiveness of your work
- How to integrate simple and effective exercises based on mental imagery in order to help your clients develop functional motor patterns and postural habits.
- How to educate your clients to functionally engage the postural muscles.
- How to move from "the core" and coordinate functional movement and breathing.
- How to move mindfully, in order to create new functional motor patterns.
- A basic floor sequence to take your clients through, applicable in one-on-one and group sessions

At the end of this workshop, you'll be able both to offer specific movement explorations and exercises to your clients in one-on-one sessions. You will also be able to teach one-hour basic sequence of movement exploration to your clients (one-on-one sessions and groups).

***Note** this workshop is the equivalent to the Move In Mind™- Level 1 Online course offered in Track B.

2. Live Online Course with Monica- 21 hours (\$625)

a. Seven 3-hour Weekly Zoom Meetings

- i. Students will experience the method and observe Monica's teaching strategies as she leads the group through movements
- ii. Students will practice by leading the group through movements
- iii. Students will discuss elements of home study including their documented sessions (on self and others), readings, and worksheets
- iv. Schedule
 1. Day 1
 - a. Introduction

- b. Discussion of Requirements for Certification
 - c. Monica Leads group through a movement
 - 2. Day 2
 - a. 1 Student individually guides the group in movement
 - b. Student receives feedback from the group & Monica
 - c. Check In/Discussion of practice sessions (on self and others)
 - 3. Day 3
 - a. 1 Student individually guides the group in movement
 - b. Student receives feedback from the group & Monica
 - c. Check In/Discussion of practice sessions (on self and others)
 - 4. Day 4
 - a. 1 Student individually guides the group in movement
 - b. Student receives feedback from the group & Monica
 - c. Check In/Discussion of practice sessions (on self and others)
 - 5. Day 5
 - a. 1 Student individually guides the group in movement
 - b. Student receives feedback from the group & Monica
 - c. Check In/Discussion of practice sessions (on self and others)
 - 6. Day 6
 - a. 1 Student individually guides the group in movement
 - b. Student receives feedback from the group & Monica
 - c. Check In/Discussion of practice sessions (on self and others)
 - 7. Day 7
 - a. 1 Student individually guides the group in movement
 - b. Student receives feedback from the group & Monica
 - c. Check In/Discussion of practice sessions (on self and others)
- 3. Home Study: overseen by Monica- **24 hours**
 - a. Ten 1-hour documented sessions working with either an individual or a group (virtually or in person)- **15 hours**
 - i. Use worksheet titled: “MMMIM 1-hr Session Documentation”
 - b. Ten 30-minute documented self-explorations- **9 hours**
 - i. Use worksheet titled: “Before and After Self Exploration Documentation”

- c. **NOTE:** These assignments are meant to be completed on your own time, but *it is required that students are working on completing these tasks during the time they are enrolled in the 7-week Live Online Course.*

- d. ***If you attended the 6-hour in-person Introduction to Move In Mind™ Workshop*** you only need to complete the following for the home study assignments:
 - i. Ten 1-hour documented sessions with an individual or group- **15 hours**
 - ii. Three 30-minute self- documented sessions explorations- **3 hours**

Once all of the hours above are completed and all documents have been submitted to Monica, Students will sign their License Agreement with the Morales Method LLC to receive their certification as a **Certified Morales Method® Move In Mind™ Practitioner!**