

MMMIM Level 1 Certification Details- **52 hours total**

1. Morales Method® Move in Mind- Level 1 Online Course via Teachable- **10 hours**
 - a. <https://moralesmethod.teachable.com/p/morales-method-move-in-mind-level-1>
2. Live Online Course with Monica- **18 hours**
 - a. Six 3-hour Weekly Zoom Meetings
 - i. Students will practice with Monica by leading the group through movements
 - ii. Students will discuss elements of home study including documented sessions (on self and others), readings, and worksheets
 - iii. Schedule
 1. Day 1
 - a. Intro to Students
 - b. Discussion of Requirements for Certification
 - c. Monica Leads group through a movement
 2. Day 2
 - a. Selection of students individually guide the group in movement
 - b. Check In/Discussion of practice sessions (on self and others)
 3. Day 3
 - a. Selection of students individually guide the group in movement
 - b. Check In/Discussion of practice sessions (on self and others)
 4. Day 4
 - a. Selection of students individually guide the group in movement
 - b. Check In/Discussion of practice sessions (on self and others)
 5. Day 5
 - a. Selection of students individually guide the group in movement
 - b. Check In/Discussion of practice sessions (on self and others)
 6. Day 6
 - a. Selection of students individually guide the group in movement
 - b. Check In/Discussion of practice sessions (on self and others)
 - c. Wrap Up
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 6-week Live Online Course.

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 **Morales Method® Move In Mind™ Practitioner!**