

Track B: MMMIM-Level 1 Certification Details- 55 hours total (\$890)

1. Morales Method® Move In Mind- Level 1 Online Course via Teachable- **10 hours (\$265)**
 - a. <https://moralesmethod.teachable.com/p/morales-method-move-in-mind-level-1>
 - b. ***Note** this workshop is the equivalent to the Move In Mind™- Level 1 In-Person Workshop offered in Track A.

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!**