



## One Day Intensive Move to Learn© (MTL) Training Workshop [IMTL]

This is an Australian based movement program that has been developed over the last 40+ years through practical research and is now being practiced in many schools around Australia as well as in many countries around the world. These basic and simple movements can be learned easily and can be done at home or in the classroom with your child for about 15 minutes a day, so that it would improve not only the child's physical abilities but also help raise your child's focus and concentration that will help your child learn better. These movements address the balance of the body, the centerline, and co-ordinates the smooth co-relation and functions that is necessary between our brain and body that enables the development of learning. This program is ideal for the parents/guardians and teachers of special education needs children who would like to help their children at home and in the classroom. This workshop can be done in English and/or Japanese.

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|-----|-----------------|---|
| 1.  | Type of program | Private Intensive Training Workshop   |
| 2.  | Participants    | One family (parents/guardians only) or One Teacher  |
| 3.  | Frequency       | One time only   |
| 4.  | Duration        | One Day   |
| 5.  | Time            | Total 6 hours, 10.00 a.m. to 5.00 p.m. (1.00 - 2.00 p.m. lunch)   |
| 6.  | Day             | Any day of the week/weekend   |
| 7.  | Charges         | ¥ 60,000 + sales tax  |
| 8.  | MTL Materials   | Provided free (total value of around ¥15,000) includes One Ten Gems for the Brains' booklet (English or Japanese), one MTL DVD (in English only), other materials, Bento Lunch drinks/snacks. |
| 9.  | Clothing        | Please dress appropriately according to season and wear long, comfortable, loose stretch type sports pants (no jeans, skirts, or dresses please).   |
| 10. | Breaks          | Can be taken at any time and whenever you need to use the restroom or take a rest.  |
| 11. | Payment         | When we receive your Request Form we will confirm the date and send you details for payment.  |

# One Day Intensive Move to Learn (MTL) Training Workshop [IWMTL]

Start Time 10.00 A.M.

End Time 5.00 P.M.

## 10.00 to 11.00

General information on development disorders, PDD, autism, learning difficulties, etc. Detailed explanations on Body Awareness Vestibular System – Tactile System – Proprioception – Stages of learning (Pyramid of learning) – etc.

Assessments and IEP's and how it can help the child and parents.

## 11.00 to 12.00

Orientation of MTL – History/Barbara Pheloung (the founder). The Creation and Development of the Program – Case studies - etc.

Explanations on age appropriate stages of Primitive and Postural Reflexes. The starting and development of my work in Japan.

## 12.00 to 13.00

The '10' MTL movements – explanation of each movement – the problems it addresses – the benefits of each movement – practical performance of the movement for participants. Other simple therapies activities and games that can be done to help the children.

## 13.00 to 14.00 LUNCH BREAK

## 14.00 to 15.00

How to address a child's behavior problems and the '10' MTL movements – explanation of each movement – the problems it addresses – the benefits of each movement – practical performance of the movement for participants. Other simple therapies activities and games that can be done to help the children.

## 15.00 to 16.00

The '10' MTL movements – explanation of each movement – the problems it addresses – the benefits of each movement – practical performance of the movement for participants. Other simple therapies activities and games that can be done to help the children.

## 16.00 to 17.00

Open Q & A session Forum. Recap of all the MTL movements, activities, therapies and games. You can ask any questions about the MTL program or on any topic that involves special education needs of children.