## Agenda: Making Connections
### Two Day Workshop (14 hours)

### Agenda - Day One

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Delivery Method</th>
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</thead>
</table>
| 9:00AM - 9:30AM | Housekeeping
Distribute Manuals
Manual Orientation
Introductions | Discussion |
| 9:30AM - 10:45AM | Origins of RMTI
What is RMTi?
Rhythmic Movements, Rhythm and Exactness
Qualities of Exact Movements
Concept of Less is More
Physiological Indicators of Having Done Enough
Working with Compensation and Asymmetry
Temporary Physical and Emotional Reactions
Intro to Active Rhythmic Movements
Feedback about Practice | PowerPoint Presentations
Group Discussions
Demonstration of Movement
Practice Movements
Feedback about experiences |
| 10:45AM - 11:00AM | Break | |
| 11:00AM - 12:30PM | Neural Structure, Brain Structure
How Stress Affects Neural Development
What Can the Brain Do - And When Can It Do It?
Effects of Rhythmic Movements
Intro to Passive Rhythmic Movements
Feedback about Practice | PowerPoint Presentations
Group Discussion
Demonstration of Movement
Practice Movements
Feedback about experiences |
| 12:30PM - 1:30PM | Lunch Break | |
| 1:30PM - 2:30PM | Neural Chassis (Hindbrain & Midbrain) & Diencephalon
The Brainstem
The Midbrain
Neural Chassis Step-by-Step Procedure
Passive Rhythmic Movements
Feedback about Practice | PowerPoint Presentation
Group Discussion
Group Demonstrations
Practical experience of RMTi Protocol
Demonstration of Movements
Practice movements, Feedback |
| 2:30PM - 3:30PM | Cerebellum Step-by-Step Procedure
Active Rhythmic Movements
Feedback about Practice | PowerPoint Presentation
Group Discussion/Demonstrations
Practical experience of RMTi Protocol
Demonstration of Movements
Practice movements, Feedback |
| 3:30PM - 3:45PM | Break | |
| 3:45PM - 5:15PM | Midbrain Step-by-Step Procedure
Active Rhythmic Movements
Feedback about Practice | PowerPoint Presentation
Group Discussion
Group Demonstrations
Practical experience of RMTi Protocol
Demonstration of Movements
Practice movements, Feedback |
| 5:15PM - 5:30PM | Reminders
Questions | Discussion |
## Agenda: Making Connections
### Two Day Workshop (14 hours)

### Agenda - Day Two

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<tbody>
<tr>
<td>9:00AM - 9:30AM</td>
<td>Review/Questions Regarding Day 1 Content</td>
<td>Discussion</td>
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<tr>
<td>9:30AM - 10:45AM</td>
<td>The Forebrain Basal Ganglia (Reptilian Complex)</td>
<td>PowerPoint Presentation Group Discussion/Demonstrations Practical experience of RMTi Protocol Demonstration of Movements Practice movements, Feedback</td>
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<td>10:45AM - 11:00AM</td>
<td>Break</td>
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<tr>
<td>11:00AM - 12:30PM</td>
<td>Basal Ganglia Step-by-Step Procedure Feedback about Practice</td>
<td>PowerPoint Presentation Group Discussion/Demonstrations Practical experience of RMTi Protocol Demonstration of Movements Practice movements, Feedback</td>
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<td>12:30PM - 1:30PM</td>
<td>Lunch Break</td>
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<tr>
<td>1:30PM - 2:30PM</td>
<td>Limbic System Limbic System Step-by-Step Procedures Feedback about Practice</td>
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<td>2:30PM - 3:30PM</td>
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<td>Break</td>
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<td>3:45PM - 5:15PM</td>
<td>The Neocortex Prefrontal Cortex Step-by-Step Procedures</td>
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