

**Agenda
RMTi Intensive
Four Day Workshop (32 Hours)
Day One**

Time	Topic	Delivery Method
9.00-10.30	Housekeeping Introductions Why are you here? What do you like most about RMT? How has RMT changed the work you do? What do you need covered in this Intensive to make RMT easier for you?	Discussion
10.30 - 12.30	The concept of rhythm and exact movements - Passive In small groups discuss above. Practice movements and discuss what the elements of movements are and why they are important to laying the foundations of development. Create a new passive movement - discuss how this movement demonstrates the concept of exactness (Take tea break while in group)	Small group practice and discussion
12.30 - 1.30	Lunch	
1.30 - 3.30	Each group will demonstrate one of the passive movements and its variations, as well demonstrate and explain their new movement.	Large group demonstration Practice in pairs
3.30 - 3.45	Tea Break	
3.45 - 4.30	Triune Brain Theory Groups - Each Group given one part of brain to investigate and discuss	Small groups - different members
4.30 - 6.00	Active Movements Groups practice movements and discuss their importance for development. Create a new active movement	Small groups - different members
6.00 - 6.30	Closing Circle Something I learned today	Large group

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Day Two**

Time	Topic	Delivery Method
9.00-9.15	Feedback about yesterday Any questions Review of yesterday	Discussion
9.15 -10. 45	Active Movements continue from yesterday- each group will demonstrate one Active movements, and demonstrate and explain their created movement	Large Groups Practice new movements in pairs
10-45-11.00	Tea Break	
11.00- 11.30	What is RMT? Divide into groups of threes	Discussion Written
11.30-12.00	Large group discussion of What is RMT?	Written collage - refining concepts
12.00-12.30	RMT - what it does? What it does not do? Educational model as compared to medical model	Large group
12.30-1.30	Lunch	
1.30 - 2.30	Relating posture to reflexes Adults Children Teenagers Infants	Small groups - research / find photos and discuss
2.30-3.00	Posture - reflexes continued Groups report back	Large Group General discussion
3.00-3.45	Sitting and Kneeling Movements What do they indicate about posture How do we know they are exact Create a new Sitting/kneeling movement	Small Groups
3.45-4.00	Tea Break	
4.00-5.00	Demonstrate Sitting Kneeling movements - discuss	Large group demonstrations

Each group demonstrates their new movements – everyone practices

5.00-6.00	General interest and discussion groups – based on concerns and interests as expressed on first day	Small groups (will need to finalize separate contributions tonight)
6.00-6.30	Closing Circle What excited me today Questions and feedback Clarification that tomorrow morning groups will report about their general interests	Large group

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Day Three**

Time	Topic	Delivery Method
9.00-9.30	Opening discussion Questions for clarification	
9.30-10.30	General Interest Groups Reports and discussion	
10.30-12.30	Reflexes – Look at the links between TLR, Landau and STNR Why do we use the specific movements we do to integrate these reflexes? How do they relate to movement patterns? Why do we use the checks we do? Can you think of other ways to check if the reflexes are active? (Isometrics not part of integration activities at this time) (Take tea break as part of this activity)	Small groups
12.30-1.30	Lunch Break	
1.30-2.45	Small Groups report back on Reflexes. One group will focus on one reflex to report on and demonstrate – random selection	Large group interaction
2.45-4.15	Reflexes – Investigate the links between Spinal Galant, Amphibian and Babinski.	Small Groups

Why do we use the specific movements we do to integrate these reflexes?
 How do they relate to movement patterns?
 Why do we use the checks we do?
 Can you think of other ways to check if the reflexes are active?
 (Isometrics not part of integration activities at this time)
 (Tea break taken as part of group time)

4.15-5.30	Small Groups report back on Reflexes. One group will focus on one reflex to report on and demonstrate - random selection	Large Group Interaction
5.30-6.15	RMT Concepts Less is More Finding the point of success Ways to tell when enough has been done How much, for how long Working with intention	Large group - lead by Intensive Supervisor
6.15-6.30	Closing Circle What did you experience today?	Large group

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Day Four

Time	Topic	Delivery Method
9.00-9.30	Opening discussion Questions for clarification	
9.30-10.45	The Fear Paralysis and Moro reflexes How are they related? How is Moro related to TLR, Landau & STNR? Why are they important? Why is it a good idea not do on the first visit? Pre-Birth Movements (Tea break taken as part of group time)	Small Groups
10.45-11.15	General group discussion on the FPR and Moro - random selection of participants to demonstrate checks, and movements.	

11.15-12.30	<p>Isometrics - Why are they important? Who do we do them with and why? What are we looking for when we do them? How do they retrain muscles and movement patterns? How to encourage just enough, not too much? TLR, Landau, Spinal Galant Can you create an isometric for Amphibian?</p>	<p>Large group discussion. Then break into smaller groups</p>
12.30-1.30	Lunch	
1.30-2.30	<p>Groups report back on isometrics. Randomly select who talks about what reflex. Demonstrate Amphibian isometric</p>	Large group
2.30-3.15	<p>What do you still need to know? Be clear about? Need information on? Last chance for questions?</p>	Large group lead by class supervisor
3.15-3.30	Tea Break	
3.30-4.30	<p>Closing circle What was your experience? What will you take away for the Intensive? What was most rewarding? Giving of certificates</p>	