

Agenda - Day One

Time	Topic	Delivery Method
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 - Day Two

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