



Curriculum

**Body
Learning
School**

The structure of the training

During the 3-year professional studies program you will learn a unique professional approach to teaching and learning through the body. The program includes a variety of techniques, different types of touch and analysis, professional and personal ethics and tools to think, plan strategically and develop tailor made bodywork sessions for your clients.

You will take part in lectures, demonstrations, exercises, physical training and hands-on practice. Throughout the training, you will be required to practice regularly and will progressively develop your personal client base.

The training will include per year :

- 4 modules of 7 and 1/2 days every 2 months
- 2 private lessons with the teacher and a client after week 2 and week 3
- a certification meeting after week 4
- Q&A online meetings between the weeks of training

The weeks of training are hosted in a dedicated structure (meals and nights included) for enabling the students to be in the best conditions for the training.

The didactic material (videos and manuals) is provided by the Body Learning School with the consent of the Grinberg Method®.

02 Year A

Upon completion of this year, students will be able to work with clients in processes focused on physical patterns, alleviating pain and discomforts, and overall achieving an improved quality of life and greater well-being.

Patterns could be related to any aspect of a client's life.

Upon supervision of Year A, the student is considered a practitioner Level I, becoming an independent professional and building his own clientele.

Core concepts:

- What is a learning process and what can be achieved through it
- Identifying patterns and behaviours as they appear in the client's body, experience and perception
- The approach of teaching and learning versus healing or treating
- Letting the body work: the body's constant effort to reach its basic potential
- How to build a strategy for each individual learning process and a tailor-made session
- The different human qualities; the balance, flow and relationship between them
- How to use verbal guidance and the way to communicate with clients during a session
- As a practitioner, how to use your body effectively while working sitting and standing



Area of Practice:

- Assessing and mapping the feet
- Introducing the four qualities/elements and the relationship between them in the feet
- Recognising how patterns and behaviours appear in the feet
- Footwork—25 techniques on the feet
- Four techniques to touch the different qualities through the feet
- Four qualities of touch and the way they are practiced on different areas in the body
- Possibilities of various kinds of touch applied to different areas
- Techniques for holding, passive movements, flow and breathing lessons
- Combining different techniques and forms of touch in order to teach a specific lesson

03 Year B

At the end of this year, students will be able to teach clients not only to recognise how patterns appear physically and behaviourally in their lives and stop them.

The year emphasises personal learning by way of stopping patterns that stand in the student's way of becoming a better practitioner.

The practitioner's ability to see clients in their individuality and be precise and accurate in their work will be enhanced.

Core concepts:

- The P.A.S.S.I.O.N. process: learning how to stop patterns that damage us
- Stopping an automatic way of being in the four levels of experience (thinking, doing, feeling, being)
- Patterns and their connection to our personal history/traumas in the past
- Adapting the work to the client and to the moment through the tool of "containing"
- Working with a fixed point of reference as to shift the automatic point of view in life
- Reactions to fear and what does it mean to allow fear to flow in the body as a source of energy for balancing
- Translating containing into verbal guidance and enhancing communication skills
- Develop the ability to adapt to the moment within a clear, pre-defined strategy.

Area of Practice:

- Deepening the analysis through talking about different subjects in a more precise way, including the way a person thinks, acts, feels and his way of being
- Translating the language of the Assessment to non-professional everyday terms and adapting it to the individual
- Using "containing" to achieve clarity and focus during the analysis
- The P.A.S.S.I.O.N. process tool: teach the client to intensify and stop the pattern on the four level of experience
- Techniques for specific areas in the body (throat, mouth, eyes, nose, ears and spine)
- Technique of Following the client's movement as tool to emphasise the pattern and to encourage the body work to balance itself.
- Achieving a higher level of concentration of practitioner and client



Graduates of Year C will be able to work with clients in processes that call for a greater and more immediate interaction between each session and daily life.

To make a more tangible bridge between sessions and daily life and attain concrete results from the process, the practitioner can design a daily training program for the client.

Graduates of this year enjoy greater freedom in the working room; in addition to all the previous techniques they learned, they are now able to work while the client is standing, sitting and moving in the space of the working room.



Core concepts:

- The difference between thinking and the inner dialogue—thinking as an experience that includes more than just the mind
- Enhancing thinking through description and division between contexts and contents in the analysis
- Personas—a set of patterns that appear together, automatically and without choice
- Use of questionnaires to determine the best way to approach a client to create the sought-after change
- To hold a discipline through a structured plan to achieve a goal in a learning process
- Learning how assess and work with a body in space
- Designing a structured and focused program of training as a means to achieve results in client's life

Area of Practice:

- Combining the complete theory of Assessment with containing, posture analysis and a description of the person's current experience into an approach that fits uniquely to each individual
- Working standing and in space
- Technique of Positioning to reproduce the persona's posture
- Working with Sleeping position
- Following the client's movement while working standing
- How to teach the exercises to the client in order to create a focused training program
- Combining physical training and writing exercises for your client to enrich the persona's description
- sMove: Stopping Movements training to shift attention from mind to body

04 The Team



VALENTINA RAGNO

Grinberg Method® teacher and founder of the Body Learning School.
Trainer Stopping Movement
Chairman of the IAGMP

BÄRBEL SINGER

Grinberg Method® practitioner and trainer
Tutor in the 3-year program with Avi Grinberg for teaching qualification
Teaching Staff of the Body Learning School
Member of the IAGMP



ETIENNE LAVAIL

Grinberg Method® practitioner Level II
Translator and assistant in the Body Learning School
Student member of the IAGMP

05 Qualities required

The profession is based on the ability to pay attention to others and therefore requires a genuine interest in people and human behaviour in general. The purpose of the course is to learn to accompany people in their development process, defining and respecting individual goals, without providing recipes, solutions or imposing your own way of thinking.

It is therefore essential for the student to have an attitude of openness, courage and respect in dealing with clients with different aspects of existence, from physical or emotional pain to fear.

The student also enjoys being in contact with others and in particular is well prepared to teach through touch. In the course of studies, the student is finally willing to work on him/herself to the extent that an increased self-awareness allows him or her to work better with others.

After Graduation

After graduation there is the possibility to follow the specialisation courses held by the founder of the Grinberg Method, Avi Grinberg. Each course explores different aspects of the work and allows a constant update for the professionals who want it.

For qualified professionals and students there is also the possibility of being part of the international association of operators, the IAGMP, which provides support to professionals and quality assurance to customers: www.iagmp.com

Body Learning School

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