



MOVEMENT LESSON™ PARENT + PROFESSIONAL TRAINING

October 7-8, 2023



**Taking Your Child's Daily Progress and
Development Into Your Own Hands**

PRESENTED BY

MICHELLE M. TURNER

WHAT YOU WILL LEARN?



- Comprehensive Starter Guide to the **Movement Lesson™ Beginner's Touch**
- Building the Foundations of Time-Dictated development vs. Baby-Dictated Development.
- Details of Movement - Weight Transfer, Transitional Skills, into Load/Lift Variations
- What is the Process Through Which Functional Movements are Created?
- Gain the Confidence Need for Your Individual Movement Lesson™ Experience
- You will be hands on with Michelle M. Turner in this LIVE Training

THIS WILL BE A SPECIAL 2 -DAY TRAINING FOR PARENTS AND PROFESSIONALS. DURING THESE THREE DAYS, PLEASE FIND A CARE PROVIDER TO WATCH YOUR CHILDREN SO YOU CAN ATTEND THIS TRAINING AND GET ALL OF THE GUIDANCE AND INFORMATION THAT IT HAS TO OFFER YOU.



At the **Movement Lesson's Beginner's Touch Two-Day Workshop** led by Michelle M. Turner, participants will gain a comprehensive understanding of Michelle Turner's innovative approach to nurturing optimal development in infants and children. Throughout this workshop, attendees will learn a range of valuable skills and concepts, including:

- 1. Movement Lesson's Approach:** Participants will receive an in-depth introduction to Michelle Turner's unique philosophy and approach to child development. They will explore the core principles of Movement Lesson's, including the distinction between time-dictated and baby-dictated development, and the importance of responsive caregiving. Participants will receive their copy of the **Movement Lesson™ Beginner's Touch Workbook**
- 2. Developmental Milestones:** Attendees will gain insight into key developmental milestones that children typically reach during various stages of time-dictated growth. They will learn to recognize these milestones and understand how they fit into a child's overall developmental journey.
- 3. Observation Skills:** A crucial aspect of the workshop involves developing keen observational skills. Participants will learn how to closely observe children's functional vision and movements, enabling them to better understand a child's readiness for **The Six Stages Of Movement Function and Development.**
- 4. Responsive Touch:** The workshop will focus on the art of the **Movement Lesson™ Touch.** Attendees will discover how to adapt their techniques and interactions to initiate, stimulate, and enhance optimal development with your child's individual needs and developmental pace.
- 5. Hands-On Techniques:** From the first hours, you will experience practical techniques for the unique ML™ gentle, rotational touch and movement will be taught, empowering you with the tools to engage with infants and children effectively. These techniques will emphasize functional movements and supporting each child's responses for optimal development.
- 6. Holistic Development:** The workshop will provide a holistic perspective on your needs and requirements a child's growth and movement journey, emphasizing the long-term impact of early development on a child's overall well-being and success in life.



- **Certification and Next Steps:** Attendees will receive information about the certification process and requirements for further training. They will also learn about future training and workshop opportunities within the Movement Lesson's framework.

Overall, participants in the **Movement Lesson's Beginner's Touch Two-Day Workshop** will gain a comprehensive understanding of the principles, techniques, and strategies that underlie Michelle Turner's approach to optimal child development. They will leave the workshop equipped with practical skills and insights that can be immediately applied to their work with infants and children, whether as parents, caregivers, or professionals in the field of child development.





MOVEMENT LESSON™ BEGINNER'S TOUCH

DAY

TOPICS

Day 1

- Waterbowl Technique
- Building the Foundations of Movement Milestones versus Rote Milestone Achievements
- What is bad touch?
- What is Non-Functional Touch
- Details of Movement - Weight Transfer, Transitional Skills, into Load/Lift Variations
- Hands-on Learning

Day 2

- What is the The Six Stages Of Movement Function
- How does your Touch Create Functional Movement?
 - Life Forces
 - Functional Vision
 - Transitional Movement
 - 7 Rotational Milestones
 - Functional Movements
- What is the Hanging Technique?
- How do you bring the body to the floor?
- Structure and How it Affects Movement
- Hands-on Learning

This is a limited live access to Michelle M. Turner. In 2024 she will be concentrating on live hands-on segment training to Movement Lesson™ in her Phoenix clinic.

LOCATION:

We are happy to have a wonder place to offer sessions for your child at:

Langlee Community Centre
Marigold Drive
Galashiels TD1 2LP

October 7-8, 2023

From 9:00 AM to 5:00 PM

You are welcome to bring your child for practice. Please bring help as we are not set up for individual sessions for children.

This workshop is for parents and professionals.

PRICE BREAKDOWN

OFFER

PRICE

LIVE TRAINING ACCESS

\$300.00 USD

- **2-DAY LIVE** TRAINING WITH MICHELLE TURNER
- **HANDS-ON TRAINING** LEARNING HOW TO INITIATE, STIMULATE, AND ENHANCE OPTIMAL DEVELOPMENT WITH THE MOVEMENT LESSON™ TOUCH
- **CERTIFICATION**
- **BONUS** ACCESS TO ALL THE POWERPOINT PRESENTATIONS AND THE **MOVEMENT LESSON™ BEGINNER'S TOUCH WORKBOOK**

RECORDED TRAINING ACCESS

- **UNLIMITED** ACCESS TO THE RECORDINGS OF THE **MOVEMENT LESSON™ BEGINNER'S TOUCH** (WHEN EDITED)

AVAILABLE FOR PURCHASE AFTER EARLY 2024

MOVEMENT LESSON™ PARENT/PROFESSIONAL TRAINING



Movement Lesson™ is a unique movement science that utilizes gentle rotational touch to initiate, stimulate, and enhance functional movements in the body. Using principles of life forces, functional vision, transitional movements, and 7 rotational milestones, functional movements are created, made better, and optimized in an individual based on their movement structure.

The premise of Movement Lesson is to teach an individual how to move within and through gravitational stimuli. Meaning, that for an individual to have functional movements, their body must learn how to oppose gravity through rotational movements.

This extraordinary science helps infants, children, adults, and the elderly with functional movements and acute to chronic pain with a non-invasive approach to all the systems in the body (skeletal, muscular, nervous, etc.).

Currently, one in six children needs services in private and school-based programs, and the parameters that define a child's developmental success are constantly changing when they shouldn't be. Hundreds of thousands of adults are suffering with chronic pain and limited movement without a solution to improve movement when they shouldn't be. Athletes and high performers are not recovering from their injuries.

It is my mission is

- to lessen the severity of special needs by defining the movement process every baby and child should experience and maintain for optimal development
- to catch the children that fall through the cracks and give them a better chance at a successful future,
- to help adults move without or with significantly less pain and suffering
- to help athletes of any sport and other high performers recover more completely and keep doing what they love without expensive and possible detrimental surgeries

LEARN MORE

ABOUT MICHELLE AND MOVEMENT LESSON™



I desperately wanted my son to say 'Mommy' and walk towards my arms, but that wasn't happening. My son went from a happy, healthy, and active toddler to having the abilities of a three-month-old baby. I felt confused, stuck, discouraged, and hopeless. My son has had over 26 surgeries and Doctors weren't giving me hope. I tried one therapy after the next, and discovered movement sciences and I called it, Movement Lesson™.

FOLLOW MOVEMENT LESSON



<https://www.youtube.com/movementlesson>



<https://www.movementlesson.academy>



<https://www.instagram.com/movementlesson/>



<https://www.facebook.com/movementlesson/>



ABOUT MICHELLE M. TURNER

Michelle M. Turner is a pediatric Movement Specialist who has developed the Movement Lesson program for infants and young children to adults. The goal of her modality is to promote the development of gross motor skills, through rotational milestones, such as sitting, crawling, and walking, in a fun and interactive way. Her personal goal is to have a worldwide program that offers parents and professionals immediate evaluations for their child's milestone momentum as an established movement healthcare.

Movement Lesson™ typically consists of a series of sessions that are designed to be playful and engaging for young children. Each lesson can focus on a specific gross motor skill, such as rolling, crawling, or standing, through weight transfer and transitional movements. ML™ also offers movement integration with vision, development, medical trauma, and diagnoses. Parent training and involvement are crucial to helping the whole family to be involved in a series of home-based activities and exercises that help the child practice and master the skill.

One of the key features of the program is that it is designed to be adaptable to the individual needs and abilities of each child not the diagnosis. The lessons are structured in a way that allows the practitioner or caregiver to adjust the difficulty level and provide additional support as needed, ensuring that the child is challenged but not overwhelmed.

In addition to developing vision, fine and gross motor development, the Movement Lesson™ program also has a number of other benefits for young children. It can help improve vision, balance, coordination, and body awareness, as well as social skills and self-esteem. A person's vestibular system works in conjunction with the visual system and the somatosensory system. This includes the sense of touch and proprioception, or awareness of the position and movement of the body and is the key reason to introduce Movement Lesson™. It can also be a fun and enjoyable way for children to learn and explore their environment.

Overall, the Michelle M. Turner Movement Lesson™ program is an effective and engaging way to promote the development of gross motor skills in infants and young children. It is a valuable resource for therapists and caregivers looking for ways to support the physical development of young children.

MOVEMENT LESSON™ + YOUR CHILD



PERSONAL ASSESSMENT

Our team will conduct a thorough assessment of her vision, movement, and cognitive responses that include all unique abilities and challenges to create goals for the week and home program. These assessments serve as the foundation for creating a customized plan that addresses their specific needs.



INDIVIDUALIZED TREATMENT

Using a combination of hands-on techniques, movement exercises, sensory integration, and cognitive stimulation, we will tailor the sessions to your child's developmental goals. Each session is designed to engage and empower your child, building upon their strengths and supporting them in areas of growth.



COLLABORATIVE APPROACH

We recognize that parents and caregivers play a vital role in their child's development. Therefore, we actively involve them in the process, providing guidance, education, and support to implement movement strategies at home. Together, we form a collaborative partnership to ensure the best possible outcomes for your child.



PROGRESS MONITORING

Throughout the intensive sessions, we closely monitor her progress, tracking their milestones, and celebrating their achievements. We provide regular feedback, guidance, and adjustments to the treatment plan to ensure continuous growth and development.



MOVEMENT LESSON™ + YOUR CHILD



SUPPORTIVE ENVIRONMENT

Our clinic is designed to create a warm, welcoming, and safe space for your child to explore, learn, and grow. We prioritize creating a positive and nurturing environment, fostering a sense of trust, comfort, and engagement. Videos of the session will also be provided for her home-based progress.

MOVEMENT LESSON™ INTENSIVES

A typical Movement Lesson™ involves a 55 minute session with the client fully clothed. There is no written assessment or manipulations of the system as found, for example, with chiropractic care. A ML™ is based upon the principles of rotation and responsive touch for optimal development. A ML™ is based on working with the function of human anatomy through movement and touch: how the skeletal system can move efficiently to allow the opportunity for the brain to process and learn. As your child learns foundations in movements, ML™ will aid to strengthen circulatory function, coordination, movement efficiency, and to improve other body functions. The application of a gentle touch applied with rotation allows a system to act or feel as if they are doing the movement. Gentle touch creates neuro-pathways within minutes of application.

- INDIVIDUAL SESSIONS
- LASER NEUROMUSCULAR STIMULATION
- ASTRO THERAPY
- ZOOM CONSULTATION
- FULL MOVEMENT ASSESSMENT

