

# Tripudio Movement Systems Registration Information

---



## **Welcome to Tripudio Movement – Dance with joy**

Instructor Training programme Modules 1, 2 & 3 (further details on website)

TMS was developed jointly by Katharina Hesse and Julia Williams in 2011. This programme brings together their joint wealth of experience in both teaching and working in a variety of health care settings over many years and their desire to offer a movement programme that has been developed with the needs of movement instructors, therapists, and health professionals in mind; providing a UK based suitable and safe movement programme for clients and patients. Tripudio is ideal for those that are less able, whether through recovery post illness, chronic disease, cancer or lymphoedema or poor physical ability for any reason, but also a great class for those who just want a gentler form of exercise.

A key to good health is in a healthy free-flowing lymphatic system, whether in response to toxicity in the body or disruption through surgery or other treatment. A healthy flowing lymphatic system will assist many health conditions. We have therefore considered this a vital part of our programme.

The Tripudio Flow, starts and finishes each class, and consists of a flowing sequence of movements which follow principals of the Leduc and other methods of Medical Lymphatic Drainage. The sequence moves freely through finger- tips to toes, encouraging a flow of lymph through the bodies' complex lymphatic system. Gentle pump and release movements direct the lymph in this enjoyable sequence around the body. We have used current research and studies as our guidance when developing TMS paying particular attention to the latest work in fascia fitness to help release restrictions in the body and also scar tissue.

The class utilizes music and movements from many backgrounds and disciplines, providing variety and flexibility to design a class suited to each client group and their needs.

The training programme is in a modular format; it is possible to create your own learning programme, whether for CPD, integrate our ideas into your own programme or ideally to become a Tripudio instructor. When using Tripudio or the Tripudio Flow as part of another class, recognition should be given to its origins.

Contact Julia: 07734511287 for any additional information.

Julia Williams CertEd. Co-Founder TMS – trainer, MLDUK. BLS.

The Garden Studios, 38 North Allington, Bridport, Dorset, DT65DY (postal address)

[juliagardenstudio@gmail.com](mailto:juliagardenstudio@gmail.com) [www.gardenstudiosbridport.co.uk](http://www.gardenstudiosbridport.co.uk)

[www.tripudiomovement.co.uk](http://www.tripudiomovement.co.uk)

# Tripudio Movement Systems Registration Information

---

## THE TRAINING PROGRAMME

**Module 1, now an on-line training, individual or group. Groups - a maximum of 8 participants.**

**Module 1:** teach the lymphatic sequence The Tripudio Flow, how to work 1:1 with your clients with focus on exercises to assist the lymphatic system and also lymphoedema. There will be an introduction to group work and exercise's using a prop.

Lymphatic system and lymphoedema: introduction and exercise intervention.

A brief introduction to the fluid system of the body, with special reference to lymph.

- Physiology, aetiology & prevalence of lymphoedema
- Exercises to help the lymphatic system.
- Contra-indications to exercises.
- One-on-one work with patients/clients.
- Client screening, outcome measures and exit strategies.

**This module** can be taken on its own for 1:1 work or for demonstration in support groups, as part of the training as a Tripudio instructor or as CPD by lymphoedema therapists, occupational or physiotherapists as well as movement therapists and exercise instructors who wish to include elements of Tripudio into their work. Other complementary therapists who work on a one-on-one basis with clients may also benefit from this training. This may include massage or aromatherapists as well as fitness instructors, for example. Those affected by lymphoedema may also be interested to join this course for greater awareness of how to manage their condition.

Module 1 is also suitable for those leading a variety of support groups where introduction to safe exercise would be beneficial. Cancer, Parkinsons, Lymphoedema, Lipoedema for example.

**Exam: practical assessment of the lymphatic exercises.** A written, open book exam to be taken at home answering questions on the material studied, a further home assessment consisting of explaining and teaching the lymphatic flow sequence to two separate people with a brief report. A phone video or zoom session of you teaching the flow.

**Module 1 is offered as an on-line training** with groups of no more than 8 participants. Prior to the training date/s the DVD will be sent for revue and learning the basics of the movements of the flow sequence. Prior to the on-line study day/s the manual will also be sent. For overseas participants or those with difficulty with broadband, we also have further sections of the training available by videos, leaving only the final teaching section to be conducted by zoom as this must be interactive, 2.5hrs.

The full on-line zoom training will be taught over either 2 half days, a total of 4-5 hours **or 1 half day only for individuals selecting video training and for MLD therapists.** The power-point presentation (also available as part of video training) and practice teaching in pairs in the on-line rooms (part 2) will be an integral part of the training in order that you will feel confident to complete your assignment and receive your module 1 instructor certificate. Attendance certificates will be awarded to all participants. A video of you demonstrating the flow will be required with your assignment in order to receive your module 1 instructor certificate or to continue to modules 2 &3. During module 1 we will also cover small mobilisations and some wall work with balls.

# Tripudio Movement Systems Registration Information

---

In order to participate you will need a laptop or iPad or similar, broadband/Wi-Fi and a private space with a chair where you can set your laptop for us to be able to see you for the practical work. We can assist with ideas for this. A 6/8inch Pilates/ over ball will be required.

Training in person for module 1 will be restricted to group bookings and particular training programmes by arrangement. On-line training via ZOOM will take place on a regular basis throughout the year. All training is given by Julia Williams, co – founder or by a qualified Tripudio instructor trainer.

Once registration for module 1 is received the DVD will be sent followed by the other resources at timely intervals to be completed within 1 month followed by zoom session 2.

**Module 1 resources:** DVD or online copy and manual,

Additionally, for module 1 video training.

1. video, power point presentation by video or zoom.
2. Video, detailed training on the flow sequence. Both presented by Julia Williams.
3. Video, ball work and mobilizations.
4. Zoom session , practical .

**Module 2:** learn how to teach a group or class, working with music and movement. There will be an introduction to fascia and focus on class structure, grouping movements for overall well-being. Prior to the training you will be invited to attend on-line classes, it will be a requirement to attend a minimum of 4 Tripudio classes, in person or on-line/ video mix prior to the module 2 training or final zoom session.. These take place regularly via zoom on a Wednesday with Julia Williams, other classes/times are available.

## **From one-on-one to class instructor**

- Class design.
- Theoretical introduction to different types of exercise – mobilizing, stretching, strengthening, cardiovascular.
- Practical: Exercises for upper and lower body. Contra-indications.
- Choreography of individual exercise segments.
- Class choreography.
- Different population and needs.
- Choice of music. How to run a class. Props.
- Training environment: suitable venues, risk assessment, variation of class set-up.
- Running classes on zoom, an introduction

**Modules 1,2&3 together with assignments are required to qualify as a full Tripudio movement instructor.** A provisional certificate will be given following module 1 & 2 training if modules 2 & 3 are not completed at the same time.

**Module 2 Assessment** complete a written open book exam answering questions on the material studied (taken at home or class).

# Tripudio Movement Systems Registration Information

---

**Practical assessment: Write a full lesson plan, deliver a case study;** preparing and delivering your lesson plan to two or more people complete with feedback.  
Send a video of you teaching your lesson plan ..

Observation: Attendance at any exercise class aimed at our population in your area, giving feedback.

## **Module 2 training requirements**

Attendance of a minimum of 4 Tripudio Movement classes with Julia Williams or an agreed instructor, in person or by zoom. (additional charge) available weekly.

Review of the full DVD (supplied module1)

The manual together with a video will be sent in advance of the training for preparation for the practical section, "putting a class together". Home study required prior to training day, minimum 6hrs.

Attendance of 1- day class in person in Bridport Dorset.

Alternative: On-line training via zoom for overseas participants, or due to travel or other restrictions (further information available). On-line training will be via video and zoom and suitable equipment and space will be needed.

Full certificate on completion of assignments

## **Module 3**

Module 3 has become an integral part of the full training, this day leads us into applied anatomy, investigating our training and exploring the flow with a different hat on, looking at our structure, fascia, and effects of scar tissue on movement. This is an interactive day and pulls together what has been learnt in modules1 &2. We also focus on the shoulder and explore how restrictions affect the rest of the body. Breast surgery is discussed.

**All further training modules will be in the form of ongoing study, 4hrs on-line or in person.**

## Tripudio Movement Systems Registration Information

**Enrolling for the programme:** *Each module is taught separately you can therefore complete at times to suit you. Minimum numbers required.*

**Module 1 is only available as on-line training.**

*This course is split between home study (minimum of 6 hours) and on-line training plus Zoom sessions, or full video training and 1 zoom session, part 2 only.*

**Bridport Location The Garden Studios, Bridport, Dorset, DT6 5DG.**

**Module 1 zoom sessions booked in person when course material completed, to be completed prior to commencement of modules 2 and 3.**

**In person refresh/workshop available Friday afternoon prior to course at £50 additional fee .(optional)**

**Module 2 1 day In- person Bridport Dorset – enrolment 4 weeks prior to training is required, pre-event material to be completed and class attendance prior to training day.**

### Training Dates 2023/24

**Module 1 can be commenced online immediately registration received. Module 1 to be completed prior to Module 2. Minimum 4 weeks to complete.**

**Module 1 Dorset assessment/refresh**

**Friday 19<sup>th</sup> May 2023** 2.30pm – 4.30pm

Friday 29<sup>th</sup> September 2023

Friday 1<sup>st</sup> March 2024

**Module 2 Dorset**

**Saturday 20<sup>th</sup> May 2023** 9.00 am – 5.30pm

Saturday 30<sup>th</sup> September 2023

Saturday 2<sup>nd</sup> March 2024

**Module 3 Dorset**

**Sunday 21<sup>st</sup> May 2023** 9.30 am – 4.00 pm

Sunday 1<sup>st</sup> October 2023

Sunday 3<sup>rd</sup> March 2024

**Zoom training: Module 1 completion prior to training days.**

DVD, video instruction, manual, zoom session 1 – lymphatic system/lymphoedema (MLD therapists may receive as a video)

**Zoom session 2 – all.** Practical, all Module 1 movement session, with teaching practice. Practical assessment by recorded video.

**Zoom module 2 zoom sessions will be arranged with small groups by arrangement.**

**Zoom training module 2 –** Video instruction, manual, zoom sessions, power point.

**Zoom Practical session and lesson planning, *minimum numbers required.***

**All participants must attend 4 TMS classes, in person or via zoom/video mix**

**Zoom training module 3 *minimum numbers required, dates by arrangement.***

*Limited course accommodation is available at The Garden Studio Bridport, ask for details.*

# Tripudio Movement Systems Registration Information

## Tripudio Movement Systems Registration Form

Name.....

Address.....

.....

Email: .....

Phone.....**mobile**.....

### Booking information

Dates for in-person training Bridport Dorset only

**Zoom training dates by arrangement. Module 1 completion needed prior to all Mod 2&3.**

**Module 1. Y/N Online...** Zoom dates to be booked individually.

**Friday mod 1 refresher/assessment 2.30-4.30pm In -person ( optional)**

Y/N Date.....

**Module 2 Y/N Date..... 9-5.30pm / online +zoom Y/N**

**Module 3 Y/N Date..... 9.30 – 4pm online /zoom Y/N**

**I wish to pay by**

**BACs J Williams 09-01-28 ac.41927822**

**38 North Allington Bridport Dorset DT65DY**

By invoice from employer.....details.....

**Module 1 refresh/assess £50 Y/N 2 hrs In person** in addition to zoom sessions

**Module 1 Full fee £150 (incl. DVD) 1:1 teaching certificate/ group demonstration.**

**Y/N**

**Module 2 Full Fee £200**

(on-line / or in person Level 1 teaching certificate together with module 1}

**Y/N**

**Module 3 Full Fee £135** Full teaching certificate, completion of all 3 modules

**Y/N**

**Zoom Tripudio weekly classes** available for trainee instructors of all modules, zoom link will be sent. Currently general classes 4.30 pm each Wednesday. **Videos also available.**

**Minimum of 4 attendance prior to module 2 training.**

**4 classes £28**

**Zoom: Book together - 3 modules £450 + classes**

**total £478**

**Bridport Dorset: Full package offer in person training including all materials.**

**3 modules, 4 classes and pm Friday Module 1 review/assess £500**

**Total due**

**£.....**

.....

**Office only:**

**Accepted/ place booked:**

**Course information sent:**



# Tripudio Movement Systems Registration Information

---

## Pre-exercise/course Checklist

Please tick the boxes below

	YES	NO
Do you ever have pains in your chest?		
Do you often feel faint or have dizziness?		
Do you have any cardiovascular disorders, high blood pressure, heart problems, lymphatic conditions? Lymphoedema (if so where) Other?                      details		
Do you have bone or joint problems such as arthritis, osteoporosis, back or knee problems? details		
Do you have any psychological disorders or depression? Details		
Have you had any operations, hospital treatment or injuries in the last 3 years? Or any restrictions following an operation or illness Details		
Are you receiving medication for any condition? If yes, a brief overview of medication:		
Is there anything else we should know about your health? If so, please provide details below, or overleaf: if you have answered yes to any of above please give more details;		
If you have answered yes to any of the above, please check with a medical practitioner whether it is suitable for you to undertake an exercise course and attach a referral letter from your doctor with this application form if appropriate.		

## Exercise History

Do you exercise on a regular basis, or have you in the past? What type of movement do you participate in?

---



---