

Tripudio Movement Systems Registration Information



Tripudio - 'Dance' or 'leap with joy'

Welcome to Tripudio Movement – Dance with joy

Training programme Modules 1 & 2 optional module 3 (details on website)

TMS has been developed jointly by Katharina Hesse and Julia Williams. 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 designed for those that are less able; whether through recovery post illness, chronic disease, cancer or lymphoedema or poor physical ability for any reason.

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 Flow, starts and finishes each class, and consists of a flowing sequence of movements which follow principals of the Leduc method 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 to become a Tripudio instructor.

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Module 1: learn the lymphatic 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 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 beauty therapists, for example. Those affected by lymphoedema may also be interested to join this course to teach them how to manage their condition.

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 warm-up to one person with a brief report.

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.

From one-on-one to class instructor

- Class design.
- Theoretical introduction to different types of exercise - 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.

This module is mandatory to qualify as a **Tripudio level 1 instructor**. It can also be taken as CPD by anyone teaching movement, such as exercise instructors who wish to include elements of Tripudio into their work. Completion of the exam for module 1 and 2 will lead to level 1 certification. **Exam: practical assessment** (two exercise segments a written, open book exam answering questions on the material studied (taken at home). Attendance at any one class aimed at our population in your area. A case study; preparing and delivering one lesson to two or more people.

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Enrolling for the programme

Each module is taught separately you can therefore book 1 module at a time or 1, 2 or 3 together. On Completion of modules 1&2 and following completion of the assignments and assessment instructors will be listed on the accredited instructors list on the TMS website and issued with an instructor certificate.

[Training dates 2018 / 2019](#) [Instructor - Julia Williams](#)

London **Dimson Lodge, 141 Battersea Church Road, Battersea, SW11 3NR.**

London – June 2018

Module 1	Friday 22 nd June 2018	2.00 pm – 8.00pm
Module 2	Saturday 23 rd June 2018	9.00 am – 5.30pm
Module 3	Sunday 24 th June 2018	9.00am – 4.00pm

London – November 2018

Module 1	Friday 16 th November 2018	2.00 pm – 8.00pm
Module 2	Saturday 17 th November 2018	9.00 am – 5.30pm
Module 3	Sunday 18 th November 2018	9.00am – 4.00pm

London – February 2019

Module 1	Friday 22 nd February 2019	2.00 pm – 8.00pm
Module 2	Saturday 23 rd February 2019	9.00 am – 5.30pm
Module 3	Sunday 24 th February 2019	9.00am – 4.00pm

Dimson Lodge has easy access from Clapham Junction and Victoria stations with direct bus service, many other routes – please contact for assistance. Parking available on site

Bridport **The Garden Studios, 38 North Allington, Bridport, Dorset, FT6 5DY.**

Bridport – March 2018

Module 1	Friday 23 rd March 2018	9.30am – 4.30pm
Module 2	Saturday 24 th March 2018	9.00am – 5.30pm
Module 3	Sunday 25 th March 2018	9.30am – 4.00pm

Bridport – September 2018

Module 1	Friday 21 st September 2018	9.30am – 4.30pm
Module 2	Saturday 22 nd September 2018	9.00am – 5.30pm
Module 3	Sunday 23 rd September 2018	9.30am – 4.00pm

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

Contact Julia: 07734511287 for more information.

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

The Garden Studios, 38 North Allington, Bridport, Dorset, DT65DY

juliagardenstudio@gmail.com

www.gardenstudiosbridport.co.uk

www.tripudiomovement.co.uk

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Registration Form

Please print clearly

Name.....

Address.....

.....

Email:

Phone.....mobile.....

Booking information

Module Dates & Location

Module1..... Location.....

Module 2..... Location.....

Module 3..... Location.....

I wish to pay by BACs/ I enclose a cheque payable to Julia Williams
J Williams 09-01-28 ac.41927822

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

Cheque details.....

Module 1 Full fee £125 or discounted price (cons/student £95) £

Module 2 Full Fee £125 or discounted price (cons/student £95) £

Module 3 Full Fee £125 or discounted price (cons/student £95) £

Book 2 modules £225

Book 3 module £340

Total due £.....

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Office only:

Accepted/ place booked:

Course information sent:
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Julia Williams TMS The Garden Studio 38, North Allington, Bridport Dorset DT65DY

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Pre-exercise/course Checklist

Please tick the boxes below	YES	NO
Do you ever have pains in your chest?		
Do you frequently feel faint or have dizziness?		
Do you have any cardiovascular disorders, high blood pressure, heart problems, lymphatic issues, lymphoedema (if so where).Other? detail		
Do you have a bone or joint problems such as arthritis, osteoporosis, back or knee problems? detail		
Do you have severe mental illness? Detail		
Have you had any operations or injuries in the last year? Detail		
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: if you have answered yes to any of above please give 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 a body-work 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?
