

| Movement Intelligence [MI] Certification — Training Hours  |                      |                      |               |  |                   |                |  | 11.12.12          |             |
|--|----------------------|----------------------|---------------|--|-------------------|----------------|--|-------------------|-------------|
| Participants   | Basic Program        | Advanced Program †   | BFL Segment I | Teacher Training ††                            | Certified TEACHER | BFL Segment II | Trainer Training   | Certified TRAINER |             |
| <b>Bones for Life</b>  |                      |                      |               |  |                   |                |  |                   |             |
| Non-BFL Graduates  | 60<br>[90 Processes] | 60<br>[90 Processes] |               | 30<br>+ 24 Mentoring<br>+ 36 Practice Teaching | 210               |                | 2 Years Teaching (200 Hours)<br>30<br>+ 20 Essay, Report, or Presentation<br>*** | 260               |             |
| <b>Walk for Life</b>   |                      |                      |               |  |                   |                |  |                   |             |
| Non-BFL Graduates  | 48<br>[90 Processes] | 48<br>[90 Processes] | 20            | 24<br>+ 10 Mentoring<br>+ 20 Practice Teaching | 170               | 20             | 2 Years Teaching (200 Hours)<br>30+ 20 Essay, Report, or Presentation<br>***     | 240               |             |
| BFL Basic Program Graduates *  | 48                   | 48                   |               | "  | 150               | 20             | "  | 220               |             |
| BFL Teachers   | 48                   | 48                   |               | 24   | 120               |                | "  | 170               |             |
| BFL Trainers   | 48                   |                      |               | 24   | 72                |                | "  | 122               |             |
| <b>BFL with Chairs</b>   |                      |                      |               |  |                   |                |  |                   |             |
| Non-BFL Graduates  | 48<br>[60 Processes] | 48<br>[60 Processes] | 20            | 24<br>+ 10 Mentoring<br>+ 20 Practice Teaching | 170               | 20             | 2 Years Teaching (200 Hours)<br>30+ 20 Essay, Report, or Presentation<br>***     | 240               |             |
| BFL Basic Program Graduates *  | 48                   | 48                   |               | "  | 150               | 20             | "  | 220               |             |
| BFL Teachers   | 48                   | 48                   |               | 24   | 120               |                | "  | 170               |             |
| BFL Trainers   | 48                   |                      |               | 24   | 72                |                | "  | 122               |             |
| <b>Mindful Eating Training</b>   |                      |                      |               |  |                   |                |  |                   |             |
| Non-BFL Graduates  | 18                   | 18                   | 20            | 24<br>+ 10 Mentoring<br>+ 10 Practice Teaching | 100               | 20             | 2 Years Teaching (200 Hours)<br>30+ 20 Essay, Report, or Presentation<br>***     | 160               |             |
| BFL Basic Program Graduates *  | 18                   | 18                   |               | "  | 80                | 20             | "  | 140               |             |
| BFL Teachers   | 18                   | 18                   |               | 24   | 60                |                | "  | 100               |             |
| BFL Trainers   | 18                   |                      |               | 24   | 42                |                | "  | 82                |             |
| * BFL Basic Program Graduates have completed 60 hours training in the 90 processes   |                      |                      |               |  |                   |                |  | MI Trainer        | 586         |
| <b>GRADUATE PROGRAM: Solutions for Movement Dysfunctions</b>   |                      |                      |               |  |                   |                |  |                   |             |
| <i>Prerequisite for All: 200 Hours (2 Years) of Teaching Experience, and below:</i>  |                      |                      |               |  |                   |                |  |                   |             |
| BFL Teacher (210 hrs)  |                      |                      |               |  |                   | 20 hrs Written | 12 Days, 2 Parts<br>36 + 36  | 92                | 302         |
| WFL/Chairs Teacher (150~170 hrs)   |                      | BFL II<br>20         | BFL III<br>20 |  |                   | 20 hrs Written | 36 + 36  | 132               | 282<br>~302 |
| BFL Trainer ** (260 hrs)   |                      |                      |               |  |                   |                | 36 + 36  | 72                | 332         |
| WFL/Chairs Trainer (220~240 hrs)   |                      |                      | BFL III<br>20 |  |                   | 20 hrs Written | 36 + 36  | 112               | 332<br>~352 |
| ** BFL Trainers graduated prior to 2012 are grandfathered as having completed the SMD Program after submitting a 10~30 page paper or presentation *** to be archived and shared with colleagues online in the Members section of the FMI website |                      |                      |               |  |                   |                |  |                   |             |
| *** Written, audio and/or video  |                      |                      |               |  |                   |                |  |                   |             |
| † Needs to be taken with a Certified Trainer, or Pioneer Trainer; in rare instances, can be completed with DVDs and extra Mentoring (with Trainer approval)  |                      |                      |               |  |                   |                |  |                   |             |
| †† The Teacher Training can be integrated into the Basic and Advanced Programs at the discretion of the Trainer  |                      |                      |               |  |                   |                |  |                   |             |