



Certification Weekend Information Package

Thank you for registering for The Groove Method Certification!

Please read the information below to learn about the information you'll need to prepare for the Groove Certification Weekend.

We look forward to playing, creating, exploring and grooving with you!

Creative Director

Director of Development and Education

Location and Directions

The location details for the certification weekend will be posted on www.thegroovemethod.com as soon as they are booked. The details will also be sent to you in an email the week prior to your certification weekend.

Arrive by 8:45AM to get registered. Feel free to come with some tea or yummy hot beverage of choice. Take a few moments to settle in, meet a few people, reconnect with the Groovers you know and meet some you don't.

Make sure to bring

- Comfortable, layered clothing
- Journal to write in and your favourite pen/writing instrument
- Water and snacks for the whole day
- Lunch (bagged, or cash to purchase)
- iPod or CD with 2 or 3 of your favorite songs

Other optional things to bring...

Camera to capture fun moments

Something to sit on

Business cards for networking

Cash if you are interested in purchasing Groove products (DVDs, T-shirts, CDs, etc.)



What to expect during your Groove Certification weekend

...an open and safe learning environment

The two-day certification weekend is more than just a workshop. It is an opportunity for personal development. Founded in best practices for adult education, the weekend will include discussions, journaling activities, small and large group work, and active sessions.

...a lunch break

Each day, a lunch break (45-60minutes) is planned between*. We encourage you to bring your own bagged lunch or to purchase a lunch, when possible. Specific details about the availability to purchase your lunch will be emailed to you in the email the week before your workshop.

We strongly recommend that you do not schedule outside meetings during your lunch break as the exact time of the lunch break is flexible and can change according to the flow of the day

...GROOVIN'

A large section of the weekend includes active sessions where you will be moving and grooving. Bring active wear as well as comfortable clothing to change into for the discussion and group work sections.

...opportunities to practice

Following activities on the foundations of the facilitation of a Groove workout, you will have the opportunity to develop choreography (Groove Moves) and then facilitate one song with the larger group. **Bring 1-2 songs that make you lose your mind. Fast, slow, sexy, fun, goofy, happy.... Whatever. Bring a couple songs you listen to right now that make you want to move in some way. Do not prepare choreography!** Remember to bring your music on an iPod (preferred) or a CD.

Getting into the mental space for your Groove Certification weekend

Becoming a Certified Groove Facilitator is first and foremost an investment in YOUrself! To make this weekend as beneficial for you as possible we strongly suggest that you come with a rested body, an open mind and a willingness to learn, plan, adventure and create!

If you are interested in some books and movies to help you prepare for the training, here are some optional and suggested readings (pick any of the following...only suggestions) 😊

Movies

The Matrix Trilogy, Wachowski Brothers
What the Bleep do we know, Captured light industries
The Secret, Prime Time Productions

Books

The Artist Way by *Julia Cameron*
The Four Agreements by *Miguel Ruiz*
The Power of Now by *Eckhart Tolle*
Movement that Matters by *Paul Check*

