



InstruMix Instructor Training Outline

4 Hour - Live Zoom Training

- 30 min - Education on the brain and body and how it responds to music and movement
- 30 min - How to teach InstruMix classes to people with physical disabilities
- 30 min - How to teach InstruMix classes to with people with dementia or Alzheimer's
- 7 min - BREAK
- 30 min - InstruMix experiential activity
- 30 min - How to choreograph a song
- 7 min - BREAK
- 45 min - Marketing resources and strategy

2x per Month - Online Support Meetings

Twice a month via zoom, you will have access to mentors and other InstruMix instructors. These meetings are designed to give you personalized help with anything you need along your journey!

1 Month - Module Based Online Training

4 weekly modules
(Designed to be completed in 1 month)

Module 1

- Making your playlist
- Assisted Living Training Video
- 3 Choreography Videos

Module 2

- Organizing your marketing materials
- Memory Care Training Video
- 3 Choreography Videos

Module 3

- Making phone calls
- Skilled Nursing Training Video
- 3 Choreography Videos

Module 4

- Booking Facilities
- Independent Living Training Video
- 3 Choreography Videos