

Movement Intelligence [MI] Certification — Training Hours								2.27.12	
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 [90 Processes]	60 [90 Processes]		30 + 24 Mentoring + 36 Practice Teaching	210		2 Years Teaching (200 Hours) 30 + 20 Essay, Report, or Article	260	
<b>Walk for Life</b>									
Non-BFL Graduates	48 [90 Processes]	48 [90 Processes]	20	24 + 10 Mentoring + 20 Practice Teaching	170	20	2 Years Teaching (200 Hours) 30 + 20 Essay, Report, or Article	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 [60 Processes]	48 [60 Processes]	20	24 + 10 Mentoring + 20 Practice Teaching	170	20	2 Years Teaching (200 Hours) 30 + 20 Essay, Report, or Article	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 + 10 Mentoring + 10 Practice Teaching	100	20	2 Years Teaching (200 Hours) 30 + 10 Essay, Report, or Article	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 (209 hrs)						20 hrs Written	12 Days, 2 Parts 36 + 36	92	
WFL/Chairs Teacher (150~170 hrs)		BFL II 20	BFL III 20			20 hrs Written	36 + 36	132	
BFL Trainer** (259 hrs)							36 + 36	72	
WFL/Chairs Trainer (220~240 hrs)			BFL III 20			20 hrs Written	36 + 36	112	
** BFL Trainers graduated prior to 2012 are grandfathered as having completed the SMD Program after submitting a 10~30 page paper to be archived and shared with colleagues online in the Members section of the FMI website									