



## About the Institute Of Motion (IoM)

The Institute of Motion is a new educational and collaborative resource for Fitness Professionals featuring webinars, DVDs, mentorships, online courses, program design, articles, and consultancy and lecture engagements, among other offerings.

At the Institute of Motion, we investigate and scrutinize emerging views of human design, function, and performance then we put this knowledge into programs and tips for practical use by Fitness Professionals.

Michol Dalcourt, the Director of Institute of Motion, is an industry-leading expert in human design and movement. He is a prolific educator and author, the inventor of the fitness tool ViPR and co-founder of PTA Global. Michol has given hundreds of international lectures, has been a featured speaker at most of the world's top fitness conferences, and his techniques have been adopted by some of the top international fitness certification bodies. He is also an adjunct professor at the University of San Francisco.



**IoM**  
INSTITUTE OF MOTION



Perform Better Australia invites you to spend 3 days exploring where the inspiration of new ideas might take you!

**November 7-9, 2015**

Crowne Plaza Resort  
Surfers Paradise Gold Coast, Australia

**SIGN UP NOW. Space is limited.**

Questions? Contact us at:  
[workshops@perform-better.com.au](mailto:workshops@perform-better.com.au)  
[perform-better.com.au](http://perform-better.com.au)  
Phone: 07-3219-2966

**PERFORM  
BETTER!**  
AUSTRALIA



Fitness and health professionals, trainers, coaches: Find out more about this exciting CEC-accredited event visiting our website by scanning the QR code to the left.



**IoM**  
INSTITUTE OF MOTION



**Perform Better Australia**  
is proud to host

**THE IOM 3-DAY  
MENTORSHIP**

**LEVEL 1**

# REDISCOVER MOVEMENT

## Program Features:

Spark Motion software  
and 3 month FREE  
subscription

IoM App 2-week FREE trial

Training on:  
IoM Methodology,  
IoM Program Design,  
Spark Motion Software

IoM Trainer Certification  
with 15 CEC's

Lunch, morning and  
afternoon tea, IoM T-shirt  
and IoM Bag

Beach Workouts, ViPR  
Sessions, Guest Speakers

Network with the  
Industry's Best and time  
to liaise with IoM Faculty

**November 7-9, 2015**  
**Crowne Plaza Resort**  
**Surfers Paradise**  
**Gold Coast,**  
**Australia**



**IoM**

**INSTITUTE OF MOTION**

Join **Perform Better Australia** for the IoM 3-Day Intensive Mentorship, Level 1

**The Institute of Motion investigates and scrutinizes emerging views of human design, function, movement and performance.**

The 3-Day Intensive Mentorship Program provides a unique opportunity for fitness and health professionals, coaches and trainers to gather in a magnificent tropical setting to learn practical movement analysis and correction methodologies directly from the IoM researchers.

## Learn IoM Methodology

Become intimate with IoM's own Methodology, the anchor to everything we do. Study the intersection of Muscle, Fascia, Bones, Nervous System and the forces/ properties at work in a truly whole, integrated system

## Apply IoM Program Design

Learn the 6 Steps of IoM Program Design, the tool kit you need to use the IoM Methodology

## Become Adept at Assessments

Take a step ahead of your competitors by adopting the most recent Spark Motion Technology

## Activities/Special Features

Enjoy sunshine filled beach workouts with an option to surf, networking with the industry's most respected and admired trainers, lunches and dinners with IoM faculty.

*"The 3-Day Intensive Mentorship Program provides unique opportunities to share our research and methodologies one-to-one in a great setting with fitness trainers and coaches who all share the same recognition that understanding movement is the key to performance" – Michol Dalcourt*

