**Programma Training Dans en de kunst van het bewegen**

The S2M methodology is based on an innovative approach combining marrying physical activity and art in order to enhance health conditions and general wellbeing. S2M created targeted movement programs for groups of people with limited physical activity and cognitive impairment as: elderly, people with chronical movement disorders as Parkinson’s, Multiple Sclerosis, children with physical or mental impairments and S2M offers rehabilitation conditions.

**Day Program**:

9.30  Workshop session 1

Introduction Swith2Move methodology, introducing the Switch2Move methodology and core principles which have been designed to guide the participants to instigate   active fun, enjoyable and beneficial movement sessions for their patients, clients or residence.

How to motivate people to be more physically, mentally and socially engaged. Starting with creative movement approaches

How to stimulate movement, using S2M practices

·      12.30 Lunch Break

·      13.30 Workshop session 2

The **biopsychosocial approach** systematically considers biological, psychological, and social factors and their complex interactions in understanding health, illness, and health care delivery.

The **intrinsic motivational approach**derives from positive psychology concentrating on the **Flow** model coined by Csikszentmihalyi. **Flow** is a state of intrinsic motivation in which a person is fully immersed in what he or she is doing for the sake of the activity itself. It is characterized by a merging of action and awareness, sense of control, high concentration, loss of self-consciousness, and transformation of time.

Tasks and Practical presentations

Rap-up Q&A

17.30 Slot