

## **Course Schedule**

### **Day 1**

- 9.00 – 10.30** Developmental Kinesiology, Ontogenesis – Basic Principles  
**10.30 – 11.00** Coffee break  
**11.00 – 12.30** Developmental Stages in the 1<sup>st</sup> year of life – Physiological & Pathological Development  
**12.30 – 13.30** Lunch  
**13.30 – 15.00** Stabilization of Spine, Trunk and Pelvis in Sagittal Plane, Breathing stereotype (ideal and pathological models).  
**15.00 – 15.30** Coffee break  
**15.30 – 17.00** Stabilizing system of the spine: DNS postural tests – assessment principles

### **Day 2**

- 9.00 – 10.30** Basic postural stabilization assessment and treatment principles  
**10.30 – 11.00** Coffee break  
**11.00 – 12.30** Postural stabilization: basic supine positions corresponding with developmental positions assessment and treatment/self-treatment principles: theory and demonstration  
**12.30 – 13.30** Lunch  
**13.30 – 15.00** Postural stabilization: basic supine positions corresponding with developmental positions: hands on workshop  
**15.00 – 15.30** Coffee break  
**15.30 – 17.00** Postural stabilization : basic supine positions corresponding with developmental positions: hands on workshop

### **Day 3**

- 8.30 – 10.30** Postural stabilization : basic prone positions corresponding with developmental positions theory and demonstration: assessment and treatment/self-treatment principles:  
**10.30 – 11.00** Coffee break  
**11.00 – 12.30** Postural stabilization : basic prone positions corresponding with developmental positions: hands on workshop  
**12.30 – 13.30** Lunch  
**13.30 – 15.00** Postural stabilization : demonstration of higher positions corresponding with development between 3-14 months: intro to DNS course B. Final discussion