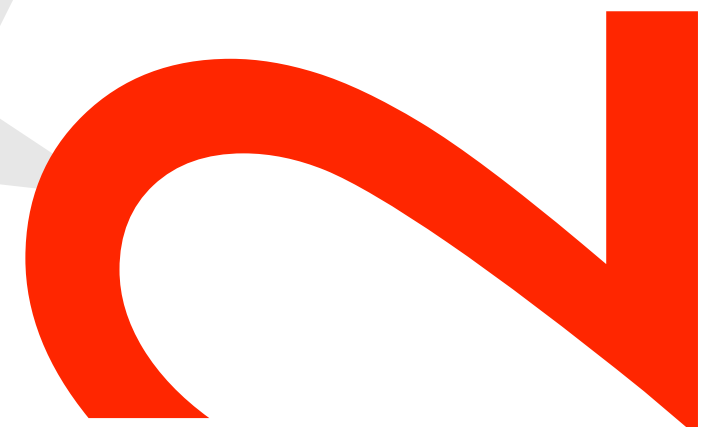
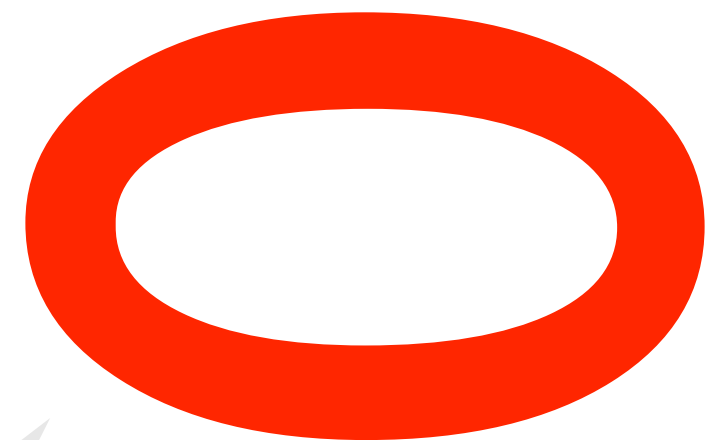


DELÍRIO® **TRIBE MONITOR TRAINING**

OVERVIEW | Level I Curriculum
An invitation-only learning journey!



RESUMEN OFICIAL

INTRODUCCIÓN / DELÍRIO® TRIBE MONITOR TRAINING

Gain the **knowledge and confidence** to help ¡DELÍRIO-holics! get the most exciting and effective workout of their life... **every single time!**

Learn choreography, exercise essence and correct biomechanics of movement. Learn how to effectively create an atmosphere of **inclusion** and **motivate** participants to dance without reservation. As an aspiring Delírio Tribe Monitor, you will learn how to **energize** the Tribe communication style with **your own flavor** and **utilize group dynamics** to ensure every class participant enjoys a **personalized teaching moment** with the Tribe Monitors in every class!

Delírio Tribe Monitor Training is an **invitation-only program!** You've been selected for a variety of stand-out traits, your fierce dedication and **potential** to become **Delírio Certified Instructors!**

READY?!

OBJETIVOS / DELÍRIO® TRIBE MONITOR TRAINING

Delírio Tribe Monitor Training provides a **balanced mix of theory, small group and practical experience** to help you master the fundamental moves, learn class management and basic group fitness teaching principles.

- Learn how to create an atmosphere of **inclusion**, increase interaction amongst participants and contribute to effective **team-based** communication **dynamics**
- Explore basic **exercise science** principles: heart rate, biomechanics, range of motion
- Practice **effectively guiding Delírio-holics** through more intense movement
- Break down **fundamental African movements** and explore the stabilization and mobilization required to achieve them
- Understand how to **cue and correct** movement effectively for general populations
- **Co-teach** 2 Delírio Foundational Choreographies

TOTAL IMMERSION / DELÍRIO® TRIBE MONITOR TRAINING

Delírio Tribe Monitor Training is an **intense challenge designed to stretch you beyond your limits!** It's as much about learning about yourself as it is about learning the course material.

FRIDAY 18h00-23h00

SATURDAY 14h00-23h00

SUNDAY 14h00-23h00

MONDAY 18h00-20h00



CHANGE IS ONLY ACHIEVED WHEN WE HAVE
THE COURAGE TO DARE GREATLY!

CORE VALUES INCLUSION ~ GRIT ~ TEAMWORK ~ EXCELLENCE ~ RESPECT

DO SOMETHING BIG THIS YEAR!

Reserve your spot for the next training!
Space limited!

☀️ New Year “Goal-Getter” Special until 2 February 2018! 🌟

Ready to organize a training **in your city?!*** Get a personalized coaching session w Laurie, creator of Delírio® and high performance trainer.

deliriodance.com

deliriodance@gmail.com

[@laurie_pillow](https://www.instagram.com/laurie_pillow)

*Minimum 6 people