

SLINGS MYOFASCIAL TRAINING® FOUNDATION LEVEL

Slings Myofascial Training is a continuous education system that has been designed in a modular fashion, with a predetermined education pathway. Each module is a self-contained course; when put together they form the complete Slings Myofascial Training education. The education pathway is set out in two parts: Slings Myofascial Training Foundation Level & Slings Myofascial Training Advanced Level.

The Slings Myofascial Training Foundation Level (certificate of completion) comprises the following modules and assessment:

- Anatomy Trains in Motion
- Slings Essentials
- Slings Online Theory Assessment
- Slings in Motion I (Slings Diploma series) or Slings in Motion Blend (short series)

Anatomy Trains in Motion and Slings Essentials can be completed as regular [face-to-face courses](#) or [online courses](#).

The [Slings Online Theory Assessment](#) is a milestone in your Slings education pathway and not only a prerequisite for your "Certificate of Completion: Slings Myofascial Training Foundation Level" but also a part of the Slings Diploma. You can do the Slings Online Theory Assessment any time after completing Slings Essentials and before the Slings Diploma course. Access and buy the Slings Online Theory Assessment here: www.art-of-motion-academy.com.

Once you have successfully completed the first three modules as well as the Slings Online Theory Assessment, you are granted the following qualification:

CERTIFICATE OF COMPLETION

Slings Myofascial Training Foundation Level

TITLE

Slings Myofascial Training Teacher Foundation Level (SMT Teacher Foundation Level)

GET YOUR CERTIFICATE OF COMPLETION

Send your certificates of all foundation level modules (see list above) to welcome@art-of-motion.com.

You will receive your certificate of completion "Slings Myofascial Training Teacher Foundation Level" from art of motion.

USEFUL LINKS

Slings Community: [Promote your classes with ready to use marketing texts](#)

Teach & Promote Slings classes: [Factsheet Slings trademark use](#)

CONTACT US

If you need more information or have questions, we are happy to help.

Send us an email to: welcome@art-of-motion.com.