



## Contents of MP Face Instructor Training

1. Targets of the METHOD PUTKISTO FACE SCHOOL PROGRAMME (Later MP Face)
2. Terminology used when instructing MP Face school
3. The elements of MP Face school
4. The exercises of MP Face
5. The teaching concept of MP
6. Anatomy & functionality of the face
7. The role of the MP instructor in terms of MP Face
8. Method Putkisto as a business concept

### Timetable

#### MODULE I - Building your knowledge and skills

Date	Time	Location	Session	Teacher	Duration (h)
<b>INTRODUCTION TO METHOD PUTKISTO FACE SCHOOL</b>					
Sat June 27 <sup>th</sup> 09	12 - 2.30pm	Studio	Introduction: MP Institute and Face School	MP	2 1/2
Sun June 28 <sup>th</sup> 09	3 – 5pm	Studio	Practical I	MP	2
	10 – 12am	Studio	Teaching Method	DT	2
	12.15 -2.15pm	Studio	Practical II	DT	2
	3.15 – 5.15pm	Studio	Breathing	DT	2
<b>EXPANDING YOUR TOOLBOX</b>					
Sat 11 <sup>th</sup> July 09	12 – 2pm	Studio	Connecting the Body and Face	MP	2
	2.45 – 4.15	Studio	The Shoulders and Spine	MP	1 1/2
Sun 12 <sup>th</sup> July 09	4.30 – 6pm	Studio	Practical III	MP	1 1/2
	10 – 12.30pm	Studio	The Face	MP	2 1/2
	12.45 – 1.45pm	Studio	The Shoulders and Spine	MP	1
	2.45 – 4.15pm	Studio	The Shoulders and Spine	MP	1 1/2
	4.30 – 6pm	Studio	Practical IV	MP	1 1/2
<b>Total Additional</b>					<b>22</b>

- To participate in up to four hours minimum of MP Face, as part of your study. These sessions can be taken any time during your training course and must be booked in advanced. Please see enclosed booking form.

#### Optional:



## Method Putkisto Face School Instructor Programme FS5 – 09/10

Timetable Date – 26.02.09

- To assist and follow a longer residential workshop.

### MODULE II - Independent work

Details of all deadlines for your independent work are in attached programme.

- Practical sessions
  - To conduct a minimum of 20 Method Putkisto face school sessions.
  - To maintain a complete record of all sessions taught.
  - To practice the programme on your own face 3 weeks; three times per week min.
- Assistance work
  - To assist and observe minimum 4 hours
  - Keep a record of your observed classes
- Written assignment
  - Preparation of a written assignment
- Preparation and presentation of two Method Putkisto face school sample class

### MODULE III - Deepening your knowledge and demonstrating your progression

Date	Time	Location	Session	Teacher	Duration (h)
<b>DEMONSTRATING and EXPANDING YOUR KNOWLEDGE</b>					
Sat Sept 12 <sup>th</sup> 09	12 -1.30pm	Studio	Practical V	MP	1 1/2
	1.45 – 3.15pm	Studio	The Face	MP	1 1/2
	4 – 6pm	Studio	Biting	MP	2
Sun Sept 13 <sup>th</sup> 09	10 – 12pm	Studio	Upper body and neck stretches	MP	2
	12.15 – 2.15pm	Studio	Expression and Voice	MP	2
Sat Sept 19 <sup>th</sup> 09	3.15 – 5.15pm	Studio	Practical VI	MP	2
	12 – 2.30pm		First Sample session	MP/DT	2 ½
	3 – 5.30pm		First Sample session	MP/DT	2 1/2
Sun Sept 20 <sup>th</sup> 09	10 – 12pm		Business skills	TN	2
	12.15 – 2.15pm		Business skills	TN	2
	3.15 – 4.45pm		Practical VII		1 1/2
<b>Total</b>					<b>21 1/2</b>
<b>PROVING YOUR UNDERSTANDING OF METHOD PUTKISTO FACE SCHOOL PROGRAMME</b>					
Sat Oct 3 <sup>rd</sup> 09	12 – 1.30		Written test	DT	1 1/2
	2 - 6	studio	Face School Review and Diploma work discussion	DT	4
Sun Oct 18 <sup>th</sup> 09	10 – 1pm		Diploma sample session	MP/DT	3
	2 – 5pm		Diploma sample session	MP/DT	3
<b>Total</b>					<b>11 1/2</b>
<b>Total teaching hours</b>					<b>55</b>



## Method Putkisto Face School Instructor Programme FS5 – 09/10

Timetable Date – 26.02.09

### DIPLOMA PRESENTATION

Sun Oct 18<sup>th</sup> 09      6pm onwards      Studio      Diploma presentation

EDUCATION	TOTAL TIME Commitment MPF	
		INDEPENDENT WORK
Module 1	22	Method Putkisto instruction      20
Module 2	21 1/2	Class observation/assistance      5
Module 3	11 ½	
<b>Total classroom education</b>	<b>55</b>	
		MP Practice      12
Class participation (x4)	4h	
<b>Total classroom participation</b>	<b>4h</b>	<b>Total independent work      37h(minimum)</b>
<b>Total time commitment</b>	<b>73 1/4h</b>	

### DIPLOMA PRESENTATION: SUNDAY October 18th 2009 – 6pm

**Place**      Method Putkisto Studio, 56 Derby Rd., London, SW14 7DP

We reserve the right to change dates, times and teachers of this programme, with as much notice as possible given of any changes.