

Curriculum

International Certification



LEA KAUFMAN
**INTELLIGENT
MOVEMENT**



- Prepare for an exciting personal and professional rebirth in which you will change the way you move, think, and feel.
- Learn to lead profound transformations in yourself and others and make a genuine impact on the world through somatic education.

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The Essence of LK Intelligent Movement



Mind-Body Harmony

Dive into a world where body and mind come together in harmony to awaken your inner potential and transform your life. Created by Lea Kaufman, **LK Intelligent Movement** immerses you in a unique and cutting-edge experience that transcends conventional boundaries.



Somatic Technique

Imagine learning to move intelligently with every step, guided by the **consciousness** awakened within you. This is the power of **LK Intelligent Movement**, a somatic technique that draws from ancient wisdom and rises with the most advanced knowledge of today.



Conscious Movement

Built on the foundations of Dr. Moshe Feldenkrais and teacher Ruthy Alon, Lea Kaufman has woven a tapestry of conscious movement that transcends conventional boundaries. **LK Intelligent Movement** incorporates somatic education, systems theory, psychosomatic therapies, chamanic processes and personal development techniques, as well as teaching and entrepreneurial skills. It's a journey where each piece fits, strengthening your body, clarifying your mind, and opening doors to new possibilities.



Self-Discovery

The essence of **LK Intelligent Movement** lies in the deep connection between mind and body. More than just a technique, it's an exciting journey toward self-discovery and complete well-being. Every movement, every breath, every moment takes you towards the embodiment of consciousness and the transformation of your life on every level.




Our Certification

This certification program not only challenges conventionalism but reconfigures it with a deeply academic yet excitingly human approach. Each study module is a pillar that supports the structure of your personal and professional evolution, propelling you towards a profound understanding and unparalleled practical application of the most cutting-edge somatic method.

Each module is an adventure in itself, a journey of self-discovery in which you unravel the complexities of body, mind, and consciousness. From the foundations of anatomy and systems theory to the dynamics of mindfulness and mind-body interaction, each topic is presented with academic rigor and explored with passion and emotion.

We offer live sessions guided by experts and international instructors that will immerse you in stimulating dialogue, expanding your horizons and connecting you with a global community of passionate learners. Online interactions transcend geographic and cultural limitations, creating an environment that fosters the exchange of knowledge and unique experiences.



Our training goes beyond theory and practice. It's a springboard for personal and professional growth, a path that challenges you to explore your potential not only as a student but as a constantly evolving human being. Teaching and entrepreneurial skills prepare you to not only master the method but also share it with the world and build a career based on consciousness and well-being.

This certification is not just a title but a transformational experience that triggers profound change in every area of your life. From your relationship with yourself to your interaction with others, from your perspective on well-being to your vision of your own potential, every aspect of your being will be enriched and elevated through the LK Intelligent Movement Certification.

So, if you're ready to embark on a journey which is as academic as emotional, both profound and exciting, while being transformative and inspirational, join us in this quest for knowledge, awareness, and evolution. Prepare to embrace a certification that will elevate you to new heights and equip you to lead the conscious movement revolution. Welcome to your transformational journey with LK Intelligent Movement!

Accreditation and Endorsement: A Seal of Excellence.

We are internationally accredited by **IPHM** (***International Practitioners of Holistic Medicine - United Kingdom***)



And endorsed by **TEAB** (***Workshop of Studies in Bioenergetic Analysis, Montevideo-Uruguay***)



The industry experts! That means you're not only getting high-quality knowledge; you're receiving an education that has been endorsed by recognized professionals in the field.

This is not just a stamp of approval; it's a guarantee of excellence. But it's not only seals and accreditations that back us; it's the 20 years of experience from our director, the global renown of our teachers, and the transformational stories of our graduates.

Testimonials



Karey Keith

USA

"Professionally I have tried many modalities of body work, but as I'm aging I want to switch to movement, because it keeps you young and evolving."



Breana Bauman

Mexico

"LKIM has been one of the best investments of my life, it's truly an incredible place to be, so I hope you join us and learn is this marvelous method that Lea has built."



Lorena Bianchi

Germany

"Completing the Certification was the best decision I ever made in my life. I'm really grateful to Lea, because the amount of content, the theory and practice, the exercises are so deep and I learned more during the Certification than in college."



Ernesto Cortés

Turkey

"I started traveling around Latinamerica, Europe and the Middle East practicing and teaching LK Intelligent Movement everywhere I go. This profession has allowed me to travel and share what I know, to make money in the process and to have this lifestyle, it's something I really appreciate and enjoy."



Natalia Calvo

Spain

"Through LKIM I realized what was missing, it wasn't about pushing my body to the limit, but about using it in a kinder way to get to know myself in a deeper way."



Barbara Irwin

USA

"LKIM is well based in science, in our extraordinary brains and in our skeletal system. What Lea has done is put a program together that will help us all realize our potential easily and joyfully."

The 5 Pillars

Each pillar of the certification intertwines to provide you with a comprehensive and balanced education. From anatomy to mindset and from teaching to entrepreneurship, you'll be prepared to lead profound transformations in yourself and others and to make a genuine impact on the world through somatic education.



Curriculum

Module 0: The Initiation

Discover the magic of using your body as a vehicle of consciousness with the book and workshop *'The Bridge to Consciousness'*.

Module 1: Awakening

Explore the role of the body in personal development and the history and systemic thinking of somatic education. Learn the fundamentals of a healthy posture and improve your pelvis and hips.

Module 2: Connection

Discover the power of attention and imagination, learn about spontaneous transformation, and how to mobilize vital energy in your body.

Módulo 3: Emotion and Healing

Dive into the physiology of happiness, address trauma with LK Intelligent Movement, and soften your chest. Explore the profound relationship between emotion and healing.

Module 4: Moving your Body to Change the World

Explore the interaction between biology and culture, learn about human anatomy, and release your neck to integrate feeling and thinking. Understand how your movement impacts your environment.

Module 5: From Pain to Expansion

Learn to address pain through consciousness, discover the secrets of LK Intelligent Movement's teaching methodology, and release your shoulders and upper back. Transform limitation into expansion.

Module 6: The Art of Teaching LKMI

Develop the ability to be present in your classes, create an enriching learning context, and improve breathing and facial relaxation. Become a transformational Practitioner.

Module 7: How to Teach Online

Master the art of teaching online classes, analyze sessions, and expand consciousness through your feet. Learn to express self-love and share LK Intelligent Movement virtually.

Module 8: Express Your Being

Receive personalized supervision and create your first workshop. Perfect your ability to guide others on their journey to body consciousness and transformation.

Module 9: Conscious Entrepreneurship

Take advantage of our entrepreneurship consultations and expand your breath, integrating the entire body. Discover how to lead yourself and others on a path to fulfillment.



Academic Director

Creator of the **innovative LK Intelligent Movement method**, Lea Kaufman is a prominent figure in the world of somatics and conscious education. With a vast background that spans from her role as a Medicine Woman in the Maya tradition to her positions as an author, engineer, actress, dancer, mentor, and entrepreneur, her influence resonates in every corner of the online community, touching the lives of **more than 600,000 people weekly**.

With hundreds of graduated Practitioners from her LK Intelligent Movement technique, Lea has taken her vision and wisdom to more than **25 countries on 3 continents**, expanding consciousness and empowering individuals on their journey to physical and mental well-being.

Lea is the author of two successful books and an restless producer. Her second book, **'The Bridge to Consciousness,'** released in August 2022, quickly climbed to the top of the sales chart on Amazon.es in just 3 days. Her first book, **'Empower Your Body,'** was published in January 2015 by the Spanish publisher Sirio, becoming a bestseller and garnered attention from the literary industry.

Lea's passion is reflected in her commitment to human understanding and the potential of every individual. She has studied with prominent scientific and spiritual teachers, forging deep knowledge that she now generously shares. Over the past 20 years, she has directed her energy towards both her own personal growth and supporting others in their quest for well-being.

Her close and authentic approach sets her apart, and her presence has the power to reveal hidden truths and depths. From Uruguay to Spain, from Guatemala to Bali, and from Colombia to Vietnam, Lea has explored the world in search of knowledge and tools that inspire meaningful transformation. **Her work draws from diverse disciplines**, including somatics, shamanism, sacred dances, the fourth way, the Mayan spiritual path, cultural biology, systems theory, and more, converging into her distinctive approach, the LK Intelligent Movement Method.

Lea Kaufman has been featured in Hispanic media as an influential voice in conscious well-being and personal empowerment. Her legacy endures as a beacon of wisdom and a catalyst for change in the lives of those seeking a path of self-discovery and transformation."

Academic Faculty

Our team of professionals is highly qualified and committed to academic excellence. All members of the academic faculty have extensive experience and specialized knowledge in LK Intelligent Movement and related disciplines. We work together to provide you with the highest quality education and prepare you to achieve your professional and personal goals.



Valentina González
Venezuela

Psychotherapist in Gestalt, LK Intelligent Movement instructor, assistant trainer in the Feldenkrais method, licensed in therapeutic massage.



Alan Questel
United States

Educational Director of Feldenkrais® Professional Training Programs. Author of Creating Creativity - Embodying the Creative Process, and Creator at Pregnant Pauses - Movement for Moms

Guest Lecturers

Our guest lecturers are international experts in their fields. Each one of them has extensive experience and knowledge in their field, allowing them to effectively share their body of work with our students. We believe that having international lecturers enriches our community and provides a global perspective on the practice of LK Intelligent Movement.



Dr. Stephen Porges
United States

Distinguished academic scientist at the Kinsey Institute, Indiana University Bloomington, and Professor in the Department of Psychiatry at the University of North Carolina at Chapel Hill in North Carolina. His research intersects psychology, neuroscience, and evolutionary biology. Through his development of the Polyvagal Theory, Porges is uncovering how the autonomic nervous system controls the reactions and behaviors of individuals affected by a wide range of traumatic experiences, including sexual assault and intimate partner violence, bullying, and trauma associated with reproductive system diagnoses and treatment. He also documents both the effects of trauma on people's ability to form intimate relationships and the development of new treatments to reverse its effects.



Lisa Johnson
UK

Lisa Johnson is a multi seven-figure business strategist who makes 90% of her money through passive or semi-passive income streams. In one launch alone during the global pandemic in 2021 she made £2.5m in a week - earning £1m in the first hour of sales!



Diorella Pugliese
Argentina/Canada

Entrepreneur, passionate about online businesses and education online. I have been working in the education industry for more than 10 years helping authors to spread their messages through courses online and workshops. I worked for companies like Mindvalley, Educatemia and nowadays my own consulting company. I trully believe the only thing that can change the world is educating people to expand their minds.



Dr. Romie United States

Dr. Romie is a board-certified physician, award-winning wellness speaker, and the founder of “brainSHIFT at Work.” She brings together over 20 years of authority in neurology, integrative medicine, and mindfulness to not just deliver programs, but create cultural change.



Jennifer Longmore United States

Founder of the #1 Akashic Record Training School in the world, has built a thriving 8 figure business around all things consciousness. She loves coaching other conscious entrepreneurs to reach 7 and 8 figures with their spirit-led missions to create the new earth! She is also a serial entrepreneur, investor, and board advisor to various conscious apps in her 'spare' time.



Patricia Lohan Ireland

Creator of PowerHouse Feng Shui and Author of *The Happy Home: A Guide To Creating A Happy, Healthy, Wealthy Life*. She helps entrepreneurs make their homes & businesses magnetic to money, luck, and blessings. She shows you what they don't teach in business school, what lies between the lines, your top-secret tool for success.



Sami Wunder Germany

Leading international dating and relationship coach who specializes in helping high-achieving women attract and keep romantic love. Her comprehensive approach shows her clients how to embrace strong relationship boundaries, while still emanating an inviting feminine energy.



Prema Gaia United States

Message clarity mentor, story alchemist and master copywriter for purpose-led entrepreneurs. She supports thought-leaders and changemakers in creating magnetic web copy and compelling origin stories that help leverage their work for exponentially greater impact, income and reach.



Emma Van Heusen United Kingdom

Emma runs a very successful Facebook Advertising Agency as well as being a Facebook Ad and Business Coach.

Her agency specializes in working with Coaches who are looking to scale their business with Facebook Ads and a solid funnel strategy and her clients are Worldwide.

Professional Opportunities with LK Intelligent Movement

As a graduate of the LK Intelligent Movement Certification, you will open the door to a world of professional opportunities that will allow you to transform lives and make a significant difference in various areas.



Health and Wellness Centers

You can offer both individual and group classes in health, wellness, and fitness centers. Your deep knowledge in somatic education will allow you to guide people towards physical and emotional recovery.



Open Your Own Studio

If you dream of running your own wellness and transformation space, this certification will provide you with the skills and knowledge to establish and manage your own studio, creating a learning and growth environment.



Corporate Wellness Programs

Companies are increasingly recognizing the importance of their employees' well-being. As a graduate, you can design and deliver wellness programs in businesses and institutions, promoting health and consciousness in the workplace.



Performing Arts and Sports

If you are passionate about performing arts or sports, this certification will allow you to bring your knowledge and experience to these fields. You will help artists and athletes improve their performance and physical well-being.



Universities and Educational Centers

If you want to share your somatic education knowledge with future generations, you can become a lecturer at universities, schools, and educational centers, contributing to the comprehensive education of students.

What You'll Receive with our Certification

Your journey towards personal and professional transformation is not only filled with profound knowledge and exceptional skills but also with invaluable gifts that will enrich your experience and propel you towards success on all levels. Upon completing the LK Intelligent Movement Certification, you will receive:



9 Training Modules

Support during your **personal process**

116 LK Intelligent Movement sessions

36 exclusive mini-lessons

32 theoretical videos

36 video explanation and analysis of the lessons

18 live online advisory sessions

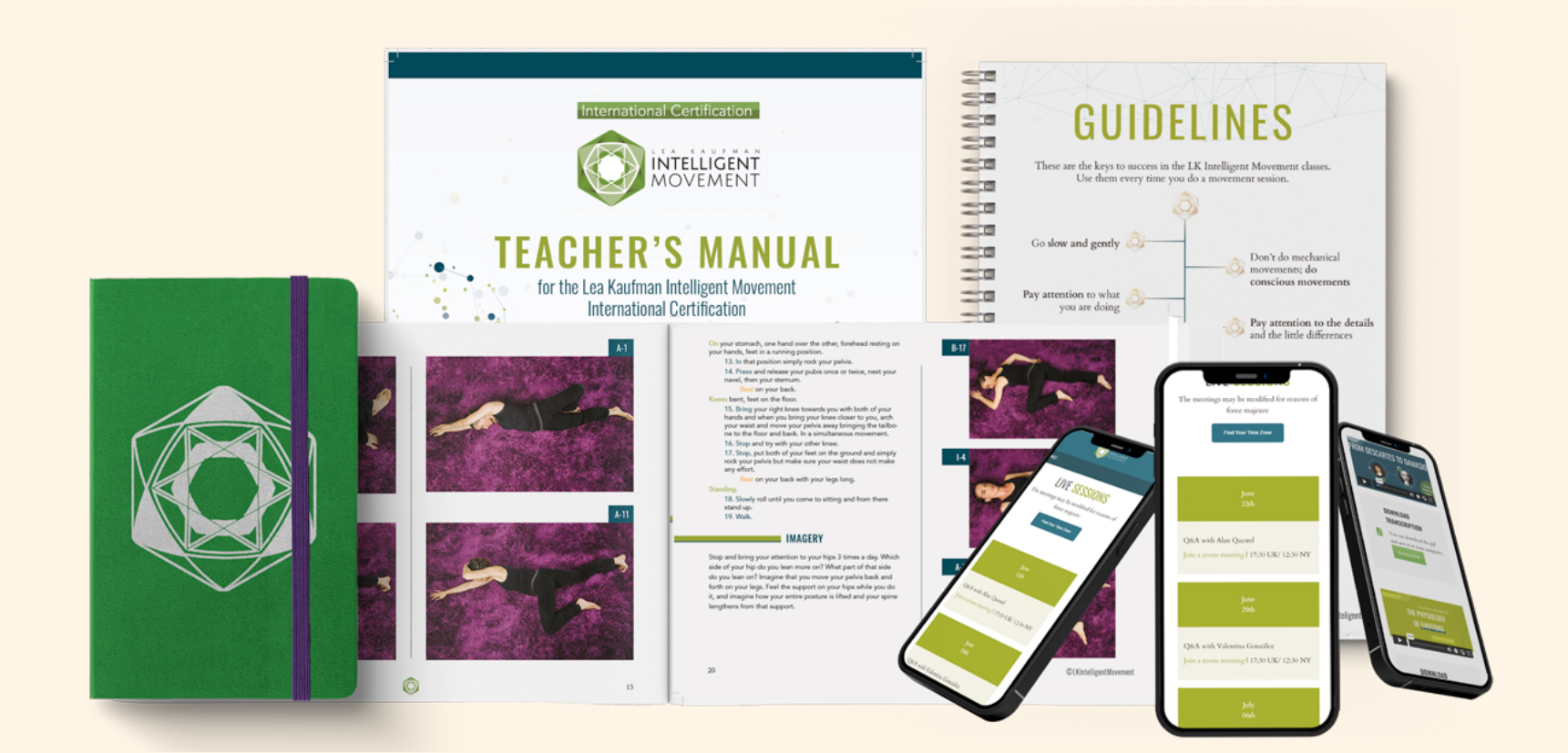
Masterclasses with international lecturers

Hard-copy Manual with Photos:
A visual and practical resource that will complement your learning.

Welcome Session
Join us live to connect with a member of our academic team


In addition, you will receive personalized support and have access to masterclasses with international experts. Become a pioneer with cutting-edge technique, transform your confidence into solid knowledge and expansive skills, open doors to new opportunities and professional growth, and feel supported and prepared to lead change in your community and the world.

Exclusive Bonuses



As a recognition of your hard work and dedication, we offer you a series of exclusive bonuses that will enrich your experience and help you achieve success on all levels. In addition to the deep understanding and exceptional skills you have gained throughout the certification, you will receive:

6 Extra Months of Access to our Online Platform: Keep learning and growing with extended access to the platform and its updates.
Listing in our Certified Practitioners Directory: Gain visibility as a certified professional on the LK Intelligent Movement website.
Book and online Workshop: “The Bridge to Consciousness”
Workshop: “The four secrets to living in well-being”
Workshop: “Where does my pain come from”
Extra Movement Sessions: Deepen your practice with additional sessions focused on hands, knees, and spirals.
Downloadable Content: At the end of the Certification you will receive downloadable audio sessions, mini-lessons and explanation videos.
Sales and Entrepreneurship Training: Learn effective strategies to promote your services and create successful projects.
Masterclass: “How to Grow a Loyal Audience” by Lisa Johnson
Masterclass: “Feminine Energy Practices For High-Achieving Women To Attract & Keep Healthy Romantic Love” by Sami Wunder
Masterclass: "BrainSHIFT: 3 Steps to Break the Stress-Success Cycle" by Dr. Romie Mushtaq
Masterclass: “How to use Feng Shui to amplify success in your wellness practice” by Patricia Lohan
Masterclass: “The 4 Most Powerful Ways To Use The Akashic Records To Thrive In Your Purpose” by Jennifer Longmore
Masterclass: “How transforming your mindset and the way you use your words in your business & personal life can transform your life” by Prema Gaia
Masterclass: "Finding Your Niche" by Emma Van Heusen



Benefits of being a Certified Practitioner in LK Intelligent Movement

Professional Level

Discover your power as a pioneer in a cutting-edge technique. Transform your confidence into solid knowledge and expansive skills. Open doors to new opportunities and professional growth. Feel supported and prepared to lead change in your community. Awaken your creativity and enjoy deeper empathy with your students and clients. Turn your career into an authentic expression of your purpose. Learn how to engage with organizations and be listed as a professional on the LK Intelligent Movement website. Practice a profession that truly changes lives.

Behavioral Level

Open the doors to openness and receptivity. Act in alignment with your values and thoughts. Face difficult situations with calmness and self-love. Cultivate a more loving bond with yourself and others. The Certification in LK Intelligent Movement is not just an educational program; it is a journey of empowerment, expansion, and discovery. Every resource and bonus will support you in your personal and professional growth, providing you with the tools and inspiration to make a difference in your life and the lives of others.

Physical Level

Improve your posture and coordinate your movements with fluidity. Gain flexibility and stability in your body. Become an expert in every corner of your anatomy. Free yourself from pain and restrictive bodily habits.

Mental Level

Awaken clarity and creativity in your mind. Learn to observe your thoughts without being dominated by them. Experience a calmer and judgment-free mind.

Consciousness Level

Connect with the wisdom of your body to make healthier decisions. Embrace self-awareness and develop a strong inner authority. Leave self-deception behind and experience a deeper presence in your life.

Emotional Level

Discover a new level of centering and acceptance. Find inner harmony and balance. Develop the ability to flow with emotions and gain serenity. Learn to regulate your emotions from your body and reclaim sensitivity as strength. Join a community of support and genuine appreciation.

The investment for the Certification is one payment of 11999U\$D or 12 monthly installments of payments of 1083U\$D.

We offer financing options.

We reward those who take action and are committed to well-being.

I WANT TO APPLY

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