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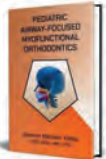


# 1-4 SEPTEMBER

## SINGAPORE

Before world sleep congress 2025

### Pediatric Airway-Focused Myofunctional Orthodontics Mini-Residency



An autographed copy of the book will be made available to attendees for an additional **USD165**.

## INTRODUCTION OF DR. GERMAN RAMIREZ-YÁÑEZ

DDS, MDSC, MS, PHD, FRCDC

Dr. Ramirez graduated in 1983, obtaining his DDS degree from the Javeriana University in Colombia. Afterwards, he completed a Pediatric Dentistry Diploma in Mexico. Dr. Ramirez interest includes guiding craniofacial growth and development in children. Thus, he trained in Orthodontics in Brazil, as well as completed a Master of Dental Sciences and Doctoral degree (PhD) in Oral Biology in Australia. He also holds a Mater degree focusing in Craniofacial Pain and Sleep Apnea from Tufts University in Boston, USA. Planas' direct tracks.

Beside his extensive experience treating children, Dr. Ramirez has been an academic in USA and Canada. He became a fellow of the Royal College of Dentist of Canada in 2012 and recently moved to Ontario, where he practices, while continue associated with the Faculty of Dentistry, University of Manitoba in Winnipeg, Canada. He is also a fellow of the Royal College of Dental Surgeons of Ontario and a member of the Ontario Dental Association and the American Academy of Pediatric Dentistry.

He is a member of the editorial board of the Journal of Dentistry and Oral Health and the Journal of Orthodontic Science and Practice. He is the author of the book "Early Treatment of Malocclusions: Prevention and Interception in Primary Dentition", as well as co-author of the book "The Trainer System: A myofunctional approach to treat malocclusions" Cranio-Cervico-Mandibular system and how the craniofacial structures are modified by functional appliances.

Dr. Ramirez and his wife Fabiola have two boys who recently graduated as engineers at the University of Toronto. During his free time, Dr. Ramirez lectures nationally and internationally on his area of expertise training his colleagues on how to address those developing problems at an early age. He is advocated to preventing before treating.



**DR. GERMAN RAMIREZ-YÁÑEZ**

DDS, MDSC, MS, PHD, FRCDC

**PRICE:** Rate for 4 days - **USD 3,500**  
Early bird rate - **USD 3,250 till 30 June**  
Group of 3 rate - **USD 3,000**

Modules 1&2

**1-4**

SEPTEMBER  
2025

**Module 1:** Early Treatment of Malocclusion: Prevention and Interception of Primary and Mixed Dentition with Hands-on Session on Planas' Direct Tracks.

**Module 2:** Integration of ALF and Myobrace and Munchee System with Orofacial Myology- hands-on course.

#### GET IN TOUCH WITH US

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Singapore 427664

# MODULE 1

DATE

1-2

SEPTEMBER  
2025

Early Treatment of Malocclusion:  
Prevention and Interception of Primary and Mixed  
Dentition with Hands-on Session on Planas' Direct Tracks.

## Objectives:

- To envision craniofacial growth and development as a life-long process.
- To recognise the association between craniofacial structural and functional disturbances with sleep and breathing disorders.
- To learn how to treat a developing malocclusion in primary and mixed dentition with the Planas' Direct Tracks (PDTs).
- To improve your skills based on your clinical observations.
- To understand the importance of integrating Orofacial Myology in your practice to improve your results when treating malocclusions and sleep and breathing disorders.
- To integrate Orofacial Myology in your practice to improve nasal breathing and tongue posture.

### Schedule:

#### Day 1

07:30 am – 08:00 am Registration  
08:00 am – 10:30 am Insights in Craniofacial Growth and Development.  
10:30 am – 10:45 am Break  
10:45 am – 12:45 pm Craniofacial structures and its association with the airway.  
12:45 pm – 01:30 pm LUNCH  
01:30 pm – 03:30 pm Unilateral Posterior Crossbite: Selective grinding and Planas' Direct Tracks (PDTs) to correct it at an early age.  
03:30 pm – 03:45 pm Break  
03:45 pm – 05:00 pm Anterior Crossbite: Selective grinding and Planas' Direct Tracks (PDTs) to correct it either in primary or mixed dentitions.  
05:00 pm – 07:00 pm Distocclusion associated with Deep bite: Improving the maxillo-mandibular and vertical relationships with the Planas' Direct Tracks.

07:00 pm Adjourn

#### Day 2

07:30 am – 08:00 am Registration  
08:30 am – 10:30 am Dentists and Orofacial Myologist working together for better treatment results.  
10:30 am – 10:45 am Break  
10:45 am – 12:45 pm How to improve Nasal breathing and tongue posture with Orofacial Myology aka Myofunctional therapy  
12:45 pm – 01:30 pm LUNCH  
01:30 pm – 03:00 pm Hands – on practice. Building the Planas Direct Tracks  
03:15 pm – 05:00 pm Hands – on practice. Building the Planas Direct Tracks  
05:00 pm – 07:00 pm Participants' cases. Clinical Discussion  
07:00 pm Adjourn

# MODULE 2

DATE

3-4

SEPTEMBER  
2025

Integration of ALF and Myobrace and Munchee System  
with Orofacial Myology - hands-on course.

## Objectives:

- To comprehend the differences between Obstructive Sleep Disordered Breathing (OSDB) and Obstructive Sleep Apnea (OSA).
- To expound the consequences of mouth breathing, as a chronic problem, on the patient's general health.
- To understand a developing malocclusion causes breathing issues, which becomes a health problem in your patient.
- To recognize the structural and functional problems in your patients to make a complete diagnosis.
- To understand the modus operandi of the Archwire-Light-Force (ALF) appliance.
- To envision how to integrate various treatment systems to achieve better results.

### Schedule:

#### Day 3

07:30 am – 08:00 am Registration and Breakfast.  
08:00 am – 10:30 am Obstructive Sleep Disordered Breathing (OSDB): The pathway to Obstructive Sleep Apnea (OSA).  
10:30 am – 10:45 am Break  
10:45 am – 12:45 pm Tongue dynamics and its anatomy: Working with 18 muscles!  
Why is the tongue the best palatal expander!!!  
12:45 pm – 01:30 pm LUNCH  
01:30 pm – 02:30 pm Craniogenesis and OSDBs: Connecting the dots.  
02:30 pm – 02:45 pm Break  
02:45 pm – 05:00 pm The Archwire-Light-Force (ALF) appliance: A slow developing system.  
How to work with the ALF appliance: Hands-on  
05:00 pm – 07:00 pm Participants' cases. Clinical Discussion  
07:00 pm Adjourn

#### Day 4

08:30 am – 10:30 am When and how to measure on the lateral cephalogram: recognizing a Bi-Maxillary retrusion! Identifying a Hypo- versus a Hyper-Divergent patient with cephalometrics  
10:30 am – 10:45 am Break  
10:45 am – 12:45 pm PDTs, Myofunctional appliances and the ALF appliance: Three systems working together to produce better results and give a better airway to your patient.  
12:45 pm – 01:30 pm LUNCH  
01:30 pm – 02:30 pm How to combine the GR Maxillary Expander with the other techniques in your practice. Simoes Network 3 with Equiplan for anterior crossed bite.  
02:30 pm – 02:45 pm Break  
02:45 pm – 05:00 pm Lip's seal and lips strengthening exercises. Swallowing exercises.  
05:00 pm – 07:00 pm Other resources in Orofacial Myology to improve the treatment results  
07:00 pm Adjourn