**This is just an outline with many moving parts that are guaranteed to change as circumstances change.**

**First,** it’s important to reserve your space for the class date and location that you want. This portion of the training will be coordinated through me -the instructor.

You will receive more information on the location, amenities, parking, etc. from me.

When class starts you will receive access to the members section of the lymph lessons website which will have the digital documents for reference.

**Second,** you need to sign up for the online theory section of the course. This requires reading, studying, and an exam, all of which should take between 20 – 45 hours to complete. You will be sent a link to create an account and then a password for access to the level one theory.

During the time before training, you can access my support in the form of Zoom meetings, and e-mail.

You can take the online theory test twice.If you need additional opportunities to take the exam this will be available in the form of a paper test to take in person during the course dates.

After class starts you will be sent a second link from the Dr. Vodder School International to access the MLD instructional videos.

**Third,** (or maybe second and a half) you need to obtain your textbook. The registration tab has a link to this on the publisher website but you can use any retailer of your choice.

**Preparing for class:**

We start each day at 8am and finish at 5:30. There is a one-hour lunch time- during this time I will be available for questions and a quick stretch break before we start the afternoon session. Being on time is really appreciated by all classmates.

It is important to bring a set of sheets for your personal use on the massage table. Having a small towel is also really helpful. Wear comfortable clothes and shoes designed for standing (compression socks may not be a bad idea either!).

I will provide a schedule on day one which will give you an idea of what we will be attempting to accomplish each day-this is a REALLY flexible document!

Please remember that I am not always available for instant response to your e-mails. My husband, Kris, will help in any way he can with the “easy” questions in order to speed up response time.

There is a lot of information here and there is probably things that I didn’t think of! You will always be able to ask questions as you figure your way through it!