

Tomatis Home Program

(Upkeeping the benefits)

The Tomatis® Method is not considered to be medical treatment or a diagnostic tool. Practicing the Tomatis® Method is not a reason to stop medical treatment without your doctor's recommendation. The contents of this brochure are for informational purposes only, do not constitute medical advice, and have no contractual value. Only the professionals listed on the website www.tomatis.com are authorized to practice the Tomatis® Method. TOMATIS® is a registered trademark.



General organization of a Tomatis® program



This is a general timeline of your entire program, which can vary depending on the issues and objectives.





Congratulations on completing a round of Tomatis!



According to Alfred Tomatis, the Tomatis program requires upkeep in order to maintain the gains and to continue healing.

Between each round of Tomatis, there is a break, which gradually increases between rounds.

During the breaks, please see below for several home programs that will help you maintain and continue to progress toward your goals.



1) Maintenance with Infinite Headphones

the thrivegroup
THE WHOLE CHILD | THE WHOLE FAMILY

Here are several exercises to do in order to upkeep and really ingrain the positive effects of Tomatis.

1. On one side of the headphones, it has three week's worth of music.
 - a) It's divided into three sections. There is a warm up (to be done before starting Tomatis rounds);
Follow Up Program 1 (Relaxation)
Follow Up Program 2 (Dynamization).
Each of these are 7 days, totalling 21 days.
 - b) Each day is half an hour.
 - c) Each half hour is divided into three 10 minute tracks.
 - d) You'd need to listen to the entire half hour to consider yourself having completed this exercise.
 - e) The first section called warm up is meant to be listened to before you begin round 1 of Tomatis



2) Voice Work



On the Infinity headphones there is a microphone on one ear. The client can talk into the microphone for 10-20 minutes a day.

He or she will use their own voice to self-stimulate and train the audio-vocal loop.

You can read aloud, sing, make sounds, talk and parents can read a story to children who do not yet have access to language.

Your voice should be strong and clear, whilst talking, reading or singing.



POSTURE WHEN TALKING INTO THE MIC



Depending on your posture, the timbre and rhythm of your voice can change significantly. Your listening and your voice are also impacted. Here are some suggestions to optimize your time talking into the mike.

FOR ADULTS

Head: your head should rest comfortably above your spine.
Like you are suspended from a string!

Lips: round the lips forward and avoid straining the back of the neck. *Like you are touching your lips to a microphone.*

Stomach: breathe gently while using your diaphragm to allow your stomach to move in and out slowly.
Like the waves of the sea!



Back: sit straight without over-rounding or pressing too firmly into the chair with the lower back. *As if you have the tail of a kangaroo and you're sitting on it!*

Feet: your feet are flat on the ground and are spaced apart the same width as your hips. *Like being rooted into the ground!*

FOR CHILDREN

The child can imagine that they're a tree. Their feet are the roots reaching into the ground, their back is the straightened trunk, and their head is the foliage.
Mime the rain coming down to water the tree and watch them grow, grow grow!





Forbrain and Soundsory

the thrivegroup
THE WHOLE CHILD | THE WHOLE FAMILY

3) If you own a Forbrain, you could use it for 10-20 minutes per day. You can divide up that time or do it all in one go. Follow the link to purchase your [Forbrain](#), enter code [3A0500905](#) at checkout and receive a 40% discount!

4) [Soundsory](#) -Follow the link, to receive a 10% discount on your Soundsory headset.

5) Listen to classical music for half an hour

6) Playing an instrument for 15-30 minutes per day.



How often should I do maintenance?

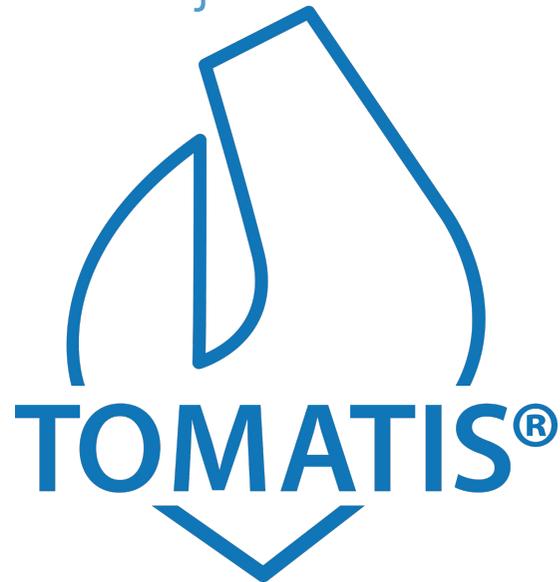
The Thrive Group logo, which includes the text "the thrivegroup" in a lowercase, modern font, with "THE WHOLE CHILD | THE WHOLE FAMILY" in smaller text below it. The logo is set against a white background with a teal border. In the background of the top right corner, there is a blurred image of a person's hands holding a device, possibly a tablet or a specialized audio device.

the thrivegroup
THE WHOLE CHILD | THE WHOLE FAMILY

It's recommended to do these exercises 5 days a week. If that's too much then do it no less than three days a week



In conjunction with



Wishes
you much
success
on your
Tomatis
journey!

www.tomatis.com