

get to know them!

manimo are weighted companions that provide proprioceptive sensory stimulation for young and old, with a calming effect on the mind and body.

In anxiety-causing situations or times of stress, they can bring comfort and a feeling of calmness. **manimo** are also known to promote attention and concentration during learning and cognitive tasks.

who is it for?

Anyone can use a **manimo!** Recommended from 3 to 100 years old, it will provide many benefits at home, school, daycare, work or any other place.

Did you know they are often used with children with attention deficit disorder - with or without hyperactivity (ADHD, ADD), autism spectrum disorder (ASD) or anxiety? Originally designed for this clientele, these weighted companions can be of great benefit to everyone, regardless of age or diagnosis.

how does manimo work?

Based on the scientific approach of sensory integration, the **manimo** provides proprioceptive sensory stimulation; in other words, a deep pressure applied on the region of the body where it is placed, which has a calming effect on the central nervous system.

A **manimo** provides comfort in an anxiety-provoking situation, soothes excess energy, helps you concentrate better, and positions your body in a space.

The results are as follows:

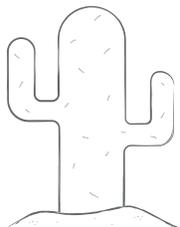
- › Increased body awareness.
- › Manages energy and motor restlessness.
- › Helps with focus and concentration.

how is it used in daily life?



Some examples of its daily use:

- › Reduce motor restlessness and excess energy.
For example: place the **manimo** on the shoulders or on the thighs, which will satisfy the need to move.
- › Optimize concentration during cognitive activities (work, homework, crosswords, etc.)
For example: in a seated position, put the **manimo** on the legs and press it with one hand, as if giving it a massage.
- › Maximize a moment of relaxation or meditation, thanks to full body awareness
For example: put the **manimo** on a part of the body and become aware of the weight of the companion. Observe and feel the benefit that this provides.
- › Helps to clear the mind - perfect for returning to calmness or preparing for sleep.
For example: spread the **manimo** on the chest or hug it against you for a feeling of well-being, conducive to relaxation.



MANIMO[®]

how to clean it?

Simply hand wash gently with cold water and mild soap. Dry it flat.

choose the right manimo

manimo is recommended from 3 to 100 years old. Due to the weight of the companion, 15 to 20 minutes sessions are optimal. The sensory benefits can last between 1 and 2 hours.

The weight of the **manimo** should be approximately 10-12% of the user's weight. Of course, the comfort and person's needs are always a priority.



NEW!



weighted cat

weights available
1 kg or 2 kg



where to use it: on the shoulders, chest or thighs.

NEW!



weighted dog

weights available
1 kg or 2 kg



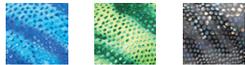
where to use it: on the shoulders, chest or thighs.



weighted lizard

weight available
2 kg

colour options
blue | green | silver



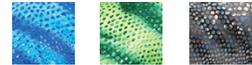
where to use it: on the shoulders, thighs or chest.



weighted frog

weight available
2.5 kg

colour options
blue | green | silver



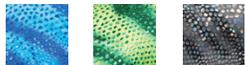
where to use it: on thighs or chest.



weighted snake

weights available
1 kg or 1.5 kg

colour options
blue | green | silver



where to use it: around the neck.



weighted dolphin

weights available
1 kg or 2 kg

cv options
blue | purple



where to use it: on the shoulders or around the hips.



weighted turtle

weight available
2 kg

manimo 2-in-1
shell and body
removable

where to use it: on the shoulders, chest or thighs.

