



## 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.

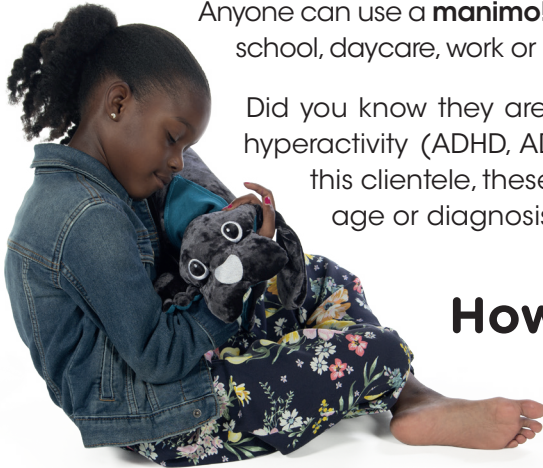
The results are as follows:

- › 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.





## 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.

## Our certifications

Meets CCPSA, ASTM F963, CPSIA, CA65 and CE Safety Requirements



## Our awards





## weighted cat

weights available  
1 kg or 2 kg

composition  
top - 96% polyester, 4% polyurethane  
bottom - 100% polyester  
inside - polyethylene pellets

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

## weighted dog

weights available  
1 kg or 2 kg

composition  
top - 96% polyester, 4% polyurethane  
bottom - 100% polyester  
inside - polyethylene pellets

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



## weighted lizard

weight available  
2 kg

composition  
top - 85% polyester, 15% polyurethane  
bottom - 100% polyester  
inside - polyethylene pellets

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

## weighted turtle



weight available  
2 kg

composition  
shell: top - 95% polyester, 5% spandex  
bottom - 100% polyester  
body: top - 90% polyamide, 10% polyuréthane  
bottom - 100% polyester  
inside - polyethylene pellets

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



manimo 2 en 1  
carapace et corps  
détachable

|                       | <b>PACKAGED DIMENSIONS</b> | <b>UNPACKED DIMENSIONS</b> | <b>CASE PACK DIMENSIONS</b> | <b>PRODUCT CODE</b>         | <b>UPC</b>   |
|-----------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|--|
| <b>LIZARD</b><br>2 kg | 33 x 16,5 x 12,5 cm        | 71 x 38.5 x 6.5 cm         | 52 x 35 x 27 cm             | blue: <b>0185-1-B</b>       | <br>6 28045 30001 7 |
| <b>TURTLE</b><br>2 kg | 33 x 16,5 x 12,5 cm        | 51.25 x 45.5 x 5 cm        | 52 x 35 x 27 cm             | turquoise: <b>3011-1-B</b>  | <br>6 28045 30026 0 |
| <b>CAT</b><br>1 kg    | 30 x 12,5 x 9,5 cm         | 51 x 36 x 5 cm             | 38 x 31,5 x 21,5 cm         | blue: <b>3012-1-B</b>       | <br>6 28045 30033 8 |
| <b>CAT</b><br>2 kg    | 33 x 16,5 x 12,5 cm        | 70 x 45 x 6 cm             | 52 x 35 x 27 cm             | blue: <b>3012-1-B</b>       | <br>6 28045 30034 5 |
| <b>DOG</b><br>1 kg    | 30 x 12,5 x 9,5 cm         | 55 x 42 x 5 cm             | 38 x 31,5 x 21,5 cm         | grey/green: <b>3013-1-B</b> | <br>6 28045 30035 2 |
| <b>DOG</b><br>2 kg    | 33 x 16,5 x 12,5 cm        | 64 x 47 x 6 cm             | 52 x 35 x 27 cm             | grey/green: <b>3013-2-B</b> | <br>6 28045 30036 9 |