



Posture

Public Workshop with **Jaimen McMillan**

February 6-7, 2015

Friday 7:30 -9:00 pm

Saturday 9:00 am – 4:00 pm

Creekside Community Centre
Olympic Village,
Vancouver, BC

“Sit up straight.” “Chest out, stomach in.” Not only do these over-used admonitions not work, they are fundamentally dangerous. The few who follow these rules often suffer from being physically sore, socially stiff, and developmentally stuck.

This workshop will present new approaches to dynamic posture, attentive carriage, and grace-filled movement and is designed for parents, teachers, therapists, and back sufferers alike. Participants will learn developmental postural sequences using touch, imaginations, rhythms, exercises, physics, and even meta-physics to create ever-widening spaces into which the individual can move with ease from the cradle and away from the cane. Come learn how to stand up for yourself.

This workshop is open to everyone.

Workshop begins Friday evening 7:30- 9:00 pm and continues Saturday at 9am -5pm.

Course fee is \$175 plus GST \$183.75 (Early Bird Pay by 12/15 \$150 plus GST \$157.50).

Register at www.spacialdynamics.com info@spacialdynamics.com 518-695-6377.



Spacial Dynamics Institute

info@spacialdynamics.com (518)-695-6377 129 Hayes Rd. Schuylerville NY 12871

Posture February 6-7, 2015

Course Location: Creekside Community Centre, Vancouver, BC

Name: _____

Address: _____

Email: _____

Phone: _____

Course Fee: \$183.75

_____ Check Enclosed check # _____ (payable to SDI)

_____ I will pay via PayPal. Go to www.spacialdynamics.com and click "pay tuition" and note course.

_____ Charge my credit card: Mastercard and Visa only.

Credit card # _____ Expiration Date: _____

Signature: _____

Please return registration form to our business office:

**Kay Zwirn
Spacial Dynamics Institute
129 Hayes Road
Schuylerville, NY 12871**

~~~~~

**Practical Information**

**Lodging options** close by are: