

**November 28-December 2, 2007:**

Graduate Course: Bothmer Gymnastics Certification, Hudson/UpRiver Site, Mechanicville, NY.

**November 4-9, 2007:**

IS-9W Fall Session, Boring, OR (near Portland).

**October 30-November 4, 2007:**

IS-8W Fall Session, Boring, OR (near Portland).

**October 26-30, 2007:**

Body Image: Archetype or Archenemy. Public Workshop, Portland, OR. (SDI Graduates will receive credit towards Level II).

Body image is the picture an individual carries of his or her own body. These perceptions and misconceptions of our bodies play important roles in how we act, inter-act, and are re-acted to. Our body image influences the roles we are offered and whose roles we choose to take in every stage of the drama of our lives. This is even more poignant when we consider that our body images are often unconscious. In addition to being at the root of many eating disorders and depressive conditions, poor body image may negatively affect self-confidence, sexual health, and overall personal development. Besides taking a serious look at how modern society contrives to control and manipulate our sense of what is beautiful and desirable for financial gain, we will profit by taking some playful glances at ourselves. In a supportive group environment, we will help each other shed old molds and grow into the skins we are in. In this course we will expose some of the illusions that are sold to us through models and manufacturers of perfected illusion. We will learn exercises and create spaces for ourselves to move from images that confine towards the freedom of the archetype.

For the flyer and registration form, please click [here](#).

**October 19-24, 2007:**

IS-9E Fall Session, Hudson/UpRiver Site, Mechanicville, NY.

**October 12-17, 2007:**

IS-8E Fall session, Hudson/UpRiver Site, Mechanicville, NY.

**October 8-12, 2007:**

Body Image: Archetype or Archenemy. Public Workshop, Hudson/UpRiver Site, Mechanicville, NY. (SDI Graduates will receive credit towards Level II).

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unconscious. In addition to being at the root of many eating disorders and depressive conditions, poor body image may negatively affect self-confidence, sexual health, and overall personal development. Besides taking a serious look at how modern society contrives to control and manipulate our sense of what is beautiful and desirable for financial gain, we will profit by taking some playful glances at ourselves. In a supportive group environment, we will help each other shed old molds and grow into the skins we are in. In this course we will expose some of the illusions that are sold to us through models and manufacturers of perfected illusion. We will learn exercises and create spaces for ourselves to move from images that confine towards the freedom of the archetype.

For the flyer and registration form, click [here](#).

**September 26-30, 2007:**

'The Dynamic Embryo', public conference with Jaap van der Wal and Jaimen McMillan. (SDI graduates can receive credit towards level II certification for this course). Held at the Hudson/UpRiver Site in Mechanicville, NY. For the flyer, please click [here](#).

**September 20-23, 2007:**

Graduate Course, Stuttgart, Germany. For information, please contact Katharina Ungerer at [katharina.ungerer@t-online.de](mailto:katharina.ungerer@t-online.de)

**August 16-26, 2007:**

IS-9 Summer Session, Hudson/UpRiver Site, Mechanicville, NY

**August 5-15, 2007:**

IS-8 Summer Session, Hudson/UpRiver Site, Mechanicville, NY

**July 25-29, 2007:**

Conquering Space, Movement Activities for Middle School. Workshop with Jaimen McMillan, Bonnie Bolz, and Kim LeBas. Mechanicville, NY.

Like clockwork, innocence is replaced by adolescence. Children wake to the alarm and wonder of having new bodies that seem to have minds of their own. The levity they lived with until now is threatened by the incessant drag of gravity. Movement can ease the transition of youth into and then through their teenage bodies. In this course, we will experience that this journey towards themselves is accomplished through a sequence of conquering ever widening spaces.

**July 10-14, 2007:**

Moving Towards an Anatomy of Freedom. Public Workshop and Graduate Course with John Takacs, DO and Jaimen McMillan. Hudson/UpRiver Site, Mechanicville, NY.

The human form is congealed from movement. In this course we will attempt to resuscitate the subject of anatomy by exploring the dynamics of the moving individual in space. Searching to breathe a balance between physical activity and quiet reflection we will experience an enlivened understanding

of the body and the forces which build and sustain it. Learning to move with an enhanced sense of ease and grace will slowly unveil the true secret of human architecture – an anatomy of freedom. For those of you with “anatomy phobia”, we will provide patience, hands-on learning, three-dimensional models, real bones, power point presentations and plenty of movement.

John Takacs and Jaimen McMillan will team up to create this moving approach to human anatomy that will change the way you think about your body forever. SDI graduates will receive Level II credit for this course.

**July 6-10, 2007:**

Bothmer Course I. Graduate Certification Course. Hudson/UpRiver, Mechanicville, NY.

**July 5, 2007:**

IS-2 Reunion. Hudson/UpRiver, Mechanicville, NY.

**June 28-July 2, 2007:**

Moving Towards an Anatomy of Freedom. Public Workshop and Graduate Course with John Takacs, DO and Jaimen McMillan. Portland, OR.

The human form is congealed from movement. In this course we will attempt to resuscitate the subject of anatomy by exploring the dynamics of the moving individual in space. Searching to breathe a balance between physical activity and quiet reflection we will experience an enlivened understanding of the body and the forces which build and sustain it. Learning to move with an enhanced sense of ease and grace will slowly unveil the true secret of human architecture – an anatomy of freedom. For those of you with “anatomy phobia”, we will provide patience, hands-on learning, three-dimensional models, real bones, power point presentations and plenty of movement.

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To download the flyer and registration form, please click [here](#). For more information or to register, please contact Kay at 518-695-6377 or [sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net)

**May 17-20, 2007:**

Graduate Course, Stuttgart, Germany

**April 13-18, 2007:**

IS-9E Spring Session, Hudson/UpRiver Site, Mechanicville, NY.

**April 9-13, 2007:**

IS-6: The Hand. Hudson/UpRiver, Mechanicville, NY.

**March 30-April 4, 2007:**

IS-8E Spring Session, Hudson/UpRiver Site, Mechanicville, NY

**March 23-27, 2007:**

Graduate Course: The Role of Nerves in Movement Reflexes, Hudson/UpRiver Site, Mechanicville, NY. We will begin at 7:30PM on the first night, and end at noon on the last day.

Nerves can spark a daring debate about the mystery of the will when studied in the process of moving. Are the brain and intellect really dictators who command from on high that muscles must contract? What does the flash of wisdom in a reflex arc tell us? Further, by studying the rise in developmental disorders of the reflexes we see why so many people today cannot find their voice and place. By learning movements that can integrate reflexes, we find an enhanced ability to stand on one's own two feet. By examining a wide range of disturbing nervous system disorders we find it just might be time to turn this mechanical model upside down, and come to our senses.

**March 9-14, 2007:**

IS-9W Spring Session, Boring, OR (near Portland)

**March 4-9, 2007:**

IS-8W Spring Session, Boring, OR (near Portland)

**February 28-March 4, 2007:**

Graduate Course: The Role of Nerves in Movement Reflexes, Portland, OR. We will begin at 7:30PM on the first night, and end at noon on the last day.

Nerves can spark a daring debate about the mystery of the will when studied in the process of moving. Are the brain and intellect really dictators who command from on high that muscles must contract? What does the flash of wisdom in a reflex arc tell us? Further, by studying the rise in developmental disorders of the reflexes we see why so many people today cannot find their voice and place. By learning movements that can integrate reflexes, we find an enhanced ability to stand on one's own two feet. By examining a wide range of disturbing nervous system disorders we find it just might be time to turn this mechanical model upside down, and come to our senses.

**February 8-11, 2007:**

Graduate Course, Stuttgart, Germany

**February 2-4, 2007:**

The Fourfold Path to Healing, Conference with co-authors Dr. Thomas Cowan, Sally Fallon, Jaimen McMillan. Ann Arbor, MI. For the flyer and registration form, click [here](#). For more information, please visit [www.fourfoldhealing.com](http://www.fourfoldhealing.com)

**January 27, 2007:**

Give Yourself Space! Workshop with Jaimen McMillan. Cape Ann Waldorf School, MA.

**January 26, 2007:**

Movement in Childhood: The role of sports and free play in healthy childhood development. Lecture with Jaimen McMillan. Cape Ann Waldorf School, MA.