

## Past Calendar of Events 2006:

### December 1, 2006:

Leading the Child Through Space, lecture and presentation with Jaimen McMillan. 7:30PM, Great Barrington Rudolf Steiner School, auditorium. 35 West Plain Road, Great Barrington, MA 01230.

Education requires the adult to lead. Discipline comes from the ability of the child to follow. The teacher can learn to lead the child through space. In this workshop participants will look at the role of movement in the spatial development that takes place from child to adult, at the relationship between movement and learning, and at some of the problems that stem from incomplete or interrupted physical-spatial coordination.

Participants will work and play together to experience and understand a progression of movements that fulfill the needs of the growing child. We may be surprised to discover that these activities can also be therapeutic and integrating for the average "deprived" adult as well. Bring comfortable clothes and shoes to move, laugh, and learn in!

For information, please call the school at 413-528-4015.

### November 18, 2006:

Presentation with Jaimen McMillan, 7:00PM, Hawthorne Valley Waldorf School, Ghent, NY. Jaimen will share his experiences with the International Hands in Peace Festival near Beijing, China. He will also speak about Spatial Dynamics, sports, and competition. For more information, please contact the school at 518-672-7092.

### November 5-10, 2006:

IS-9W New Training Program in Spatial Dynamics begins! Boring, OR (near Portland) For more information, please contact Spatial Dynamics Institute at phone/fax 518-665-0082 or email [sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net)

### November 1-5, 2006:

The Movement in Steiner's Six Subsidiary Exercises, public workshop with Jaimen McMillan. Level II credit course for graduates. Portland, OR.

Rudolf Steiner, the initiator of Anthroposophy, presented six steps as a basis for setting off on a path of self exploration and self development. Although these meditative suggestions are widely known, many have difficulty in practicing them. Besides the challenge of finding quiet amidst the distractions of every day life, another reason for this difficulty may be that these practices are being done incompletely. It is often overlooked that these indications are also very subtle movement exercises.

Gathering indications of Rudolf Steiner from several different sources, Jaimen McMillan will present an approach to these meditative practices that imbues them with the life that they were meant to have. Applying exercises from the discipline of Spatial Dynamics, we will learn to create and perceive finer and finer movements. The finest movement is the point of dynamic stillness. Using our enhanced sense of refined movement, we will explore the progression of these six steps and see that they really do proceed along a path, and that walking that path is an important part of our development. This course, for beginners and those more advanced, promises to bring your meditative life into movement.

### October 27-November 1, 2006:

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

**October 20-25, 2006:**

IS-9E, New Spacial Dynamics Training Program begins! Hudson/UpRiver Site, Mechanicville, NY. For more information, please contact Spacial Dynamics Institute at phone/fax 518-665-0082 or email [sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net)

**October 13-18, 2006:**

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

**October 8-12, 2006:**

The Movement in Steiner's Six Subsidiary Exercises, public workshop with Jaimen McMillan. Level II credit course for graduates. Hudson/UpRiver Site, Mechanicville, NY.

Rudolf Steiner, the initiator of Anthroposophy, presented six steps as a basis for setting off on a path of self exploration and self development. Although these meditative suggestions are widely known, many have difficulty in practicing them. Besides the challenge of finding quiet amidst the distractions of every day life, another reason for this difficulty may be that these practices are being done incompletely. It is often overlooked that these indications are also very subtle movement exercises.

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

**October 4-8, 2006:**

Bothmer Gymnastics Certification Course 2, Hudson/UpRiver Site, Mechanicville, NY.

**September 29- October 1, 2006:**

Think Like Water, Move Like Thought. Public workshop with Michael D'Aleo and Jaimen McMillan. Hudson/UpRiver Site, Mechanicville, NY.

How often have you had the feeling that you were hopelessly stuck-- only to discover that what was tripping you up was you, yourself? Not only can our own movement habits be obstacles, but often our very way of thinking itself can imprison us. In this weekend course, we will experience thought as movement on a very fine level. Learning to move in new ways also opens up doors to new ways of thinking. Learning to think in new ways, can free us to move on.

Michael D'Aleo is an engineer. Jaimen McMillan is a mover. While working together at Sunbridge College, they discovered their worlds were connected by their love and appreciation of water. In this course, you will learn that observation of matter matters. You will learn that observation can become a movement that brings the flow into science, the science into flow of movement. You will see that true science, living movement, and living thinking will bring us to the heart of the matter.

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

**September 21-24, 2006:**

Graduate Course, Stuttgart, Germany

**August 14-24, 2006:**

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

**August 12, 2006:**

Graduation Performance. Movement choreography, juggling, acrobatics and more. 7:00PM.  
Hudson/UpRiver Site, Mechanicville, NY.

**August 2-13, 2006:**

IS-6 Final Session. Hudson/UpRiver Site, Mechanicville, NY

**July 26- August 8, 2006:**

Summer Camp III for Teenagers. For more information, please contact SDI at 518-695-6377 or [sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net).

**July 19-23, 2006:**

Artemisia Conference: 'The Mystery of Movement', Portland, OR. Keynote speakers: Jaimen McMillan, Ross Rentea, Siegwand Elsas, Paul Kalnins. Many practical workshops. For more information, please see the [brochure](#), visit [www.artemisia.net](http://www.artemisia.net) or call 503-235-9067.

**July 10- 23, 2006:**

Summer Camp II for Teenagers. The full brochure is available [here](#). The registration forms are available [here](#). For more information, please contact SDI at 518-695-6377 or [sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net).

**June 28- July 2, 2006:**

Bothmer Gymnastics Certification Course I for Graduates, Hudson/UpRiver Site, Mechanicville, NY. We will begin at 7:30PM on the first night, and end at noon on the last day.

**June 22-26, 2006:**

Child's Play. Games for Grades 1 through 8 and How to Teach Them. Hudson/UpRiver Site, Mechanicville, NY.

Come and learn that child's play is serious stuff. It is the key to creativity, wholesome body image, healthy social interaction, and most of all joy! Using the techniques of Spacial Dynamics, learn what games to play in each grade and be able to offer alternatives to sport and fierce competition. You will learn ways to begin games and choose teams, how to support classroom learning, how to foster inclusivity and weave a healthy social fabric in the class, and get children involved in creating their own games. Each participant will take home a packet of games for grades 1-8. Come, join us, and play your heart out!

For the flyer, please click [here](#). The registration form can be found [here](#).

For more information or registration, please contact SDI at 518-695-6377, fax: 518-695-6955 or email [sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net)

**May 18-21, 2006:**

Graduate Course "The Back" for Graduates, Stuttgart, Germany. For information and registration, please contact K. Ungerer at phone/fax: (+49)-711-264961.

**May 13, 2006:**

A Leg To Stand On. Participatory workshop. 11:00-12:30PM.

We will explore the feet and knees in their ideal form, function, and gesture, and learn Spacial Dynamics® techniques and exercises for common ailments. We will take a look at how to 'wear' the knees and feet so they don't wear out. This workshop may be of interest to people with foot and knee problems as well as those looking for hints on how to move most advantageously with their feet and knees. Please wear comfortable clothing and bring socks to keep your feet warm. (While Spacial Dynamics is can be done wearing shoes, we will honor Bloom's no-shoes policies for the studio) \$15 Held at Bloom, 153 Regent Street, Saratoga Springs.

For more information, please call Cordula at 518-665-0082, x203

**May 10, 2006:**

"The 6 Subsidiary Meditation Exercises", Workshop with Jaimen McMillan. 6-9PM. Enchanted Desert School, Tucson, AZ.

Rudolf Steiner, the initiator of Anthroposophy, gave six steps that he presented as a basis for setting off on a path of self exploration and self development. Although these meditative suggestions are widely known, many report their difficulty in practicing them. Besides the challenges of finding quiet amidst the distractions and hectic of every day life, another reason for this difficulty may be that these practices are being done incompletely. It is often overlooked that these indications are also very subtle movement exercises.

Gathering indications of Rudolf Steiner from several different sources, Jaimen McMillan will present an approach to these meditative practices that imbues them with the life that they were meant to have. Applying exercises from the discipline of Spacial Dynamics, we will learn to create and perceive finer and finer movements. The finest movement is the point of dynamic stillness. Using our enhanced sense of refined movement, we will explore the progression of these six steps and see that they really do proceed along a path, and that walking that path is an important part of our development. This course, for beginners and advanced meditators alike, promises to bring your meditative life into movement.

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

**May 7, 2006:**

Introduction to Spacial Dynamics. 2:00-3:00PM Held at Bloom, 153 Regent Street, Saratoga Springs. This workshop is part of 'Blooming', celebrating Bloom's first anniversary with a series of free classes and workshops May 5-7, 2006. Please wear comfortable clothing and bring socks to keep your feet warm. (While Spacial Dynamics is mostly done wearing shoes, we will honor Bloom's no-shoes policies for the studio) Instructor: Cordula Feuerstack. For more information, please visit [www.dancingbloom.com](http://www.dancingbloom.com) or call Cordula at 518-665-0082, x203

**May 4, 2006:**

Surviving Parenting and Teaching. Lecture and participatory workshop with Jaimen McMillan. 7:00PM, Cincinnati Waldorf School.

Raising children has never been more challenging. The old methods of disciplining simply do not work. They may even make matters worse. Parents, who are simply applying what they have experienced in their day, feel lost, surprised, and hurt by the reactions of their children. In addition, yesterday's tried and proven teaching methods leave both the children and educators perplexed. New models are necessary to reach the children and youth of tomorrow.

In this lecture and participatory workshop with Jaimen McMillan, parents and teachers will share what has worked for them, and examine what has not worked. Then, using the discipline of Spacial Dynamics, we will learn techniques to create spaces to meet the children in new ways. Through simple

movements and interactive exercises we will see that space is more than the abstract distance that separates us, but can become a substance that can connect us. We will experience that creating the dynamic we long for may indeed involve changing ourselves. Come prepared to share, think, move, and laugh! Child-raising-- a struggle? A challenge? You bet! Come and learn not only how to survive your roles, but how to even enjoy them!

For more information, please contact Cincinnati Waldorf School, 745 Derby Road, Cincinnati, OH 45232, phone: 513-541-0220 x13, email: [marketing@cincinnatiwaldorfschool.org](mailto:marketing@cincinnatiwaldorfschool.org)

**April 29, 2006:**

“Space to Play!”, Workshop with Jaimen McMillan. Hudson/UpRiver Site, Mechanicville, NY. For information, please call SDI at 518-665-0082, or email [sdioutreach@earthlink.net](mailto:sdioutreach@earthlink.net).

"Come out and Play!" Remember the days when sports were not everything, and children's time was not so over-booked? When you went over to your friend's house, just to play? WE sensed something important was going on back then, and we were right. Play rises above other activities. It is the creation of a space in which new activities can take place... a world of untold possibilities. Forming play-space is a continuation of the very act of creation itself.

In this participatory workshop we will become again as children. As adults, we will glimpse the wisdom woven into these games and movement activities. Bring comfortable clothes to laugh, learn, and move in. "Come on. Come out and Play!"

**April 28, 2006:**

"Movement in Childhood: The role of sport and free play in healthy childhood development." Lecture with Jaimen McMillan. Held at the Sports Center of Skidmore College in Saratoga Springs, NY. Co-Sponsored by the Waldorf School of Saratoga Springs. For information, please call 518-584-7643.

In today's hectic world, our children are in danger of losing the space of free play. As teachers and parents we are faced with choices relating to orienting our children's activities. How do we choose? What do we base our decisions on? Jaimen McMillan is an internationally recognized Spatial Dynamics expert, and will help us experience the 'space' created through games, exercises, and spatially oriented movement activities for setting the boundaries for healthy life.

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

**April 26, 2006:**

Surviving Parenting and Teaching. Lecture and participatory workshop with Jaimen McMillan. 7:30PM, Chicago Waldorf School.

Raising children has never been more challenging. The old methods of disciplining simply do not work. They may even make matters worse. Parents, who are simply applying what they have experienced in their day, feel lost, surprised, and hurt by the reactions of their children. In addition, yesterday's tried and proven teaching methods leave both the children and educators perplexed. New models are necessary to reach the children and youth of tomorrow.

In this lecture and participatory workshop with Jaimen McMillan, parents and teachers will share what has worked for them, and examine what has not worked. Then, using the discipline of Spatial Dynamics, we will learn techniques to create spaces to meet the children in new ways. Through simple movements and interactive exercises we will see that space is more than the abstract distance that separates us, but can become a substance that can connect us. We will experience that creating the dynamic we long for may indeed involve changing ourselves. Come prepared to share, think, move, and laugh! Child-raising-- a struggle? A challenge? You bet! Come and learn not only how to survive

your roles, but how to even enjoy them!

Questions regarding sports, competition, and martial arts will also be addressed.

For information, please contact Chicago Waldorf School, 1300 W. Loyola, Chicago, IL 60626, phone: 773-465-2662 ext. 8323, email: [ashaffer@chicagowaldorf.org](mailto:ashaffer@chicagowaldorf.org)

**April 23, 2006:**

Introduction to Spacial Dynamics. 3-5PM Held at Bloom, 153 Regent Street, Saratoga Springs. Please wear comfortable clothing and bring socks to keep your feet warm. (We will honor Bloom's no-shoes policy for the studio.) Instructor: Cordula Feuerstack. \$20  
For more information call Cordula at 518-665-0082, x203

**April 19, 2006:**

Give Yourself Space! Lecture and participatory workshop with Jaimen McMillan. Pine Hill Waldorf School, Wilton, NH. 7:00PM. For the flyer, please click [here](#).

Hectic schedules. Packaged lives. Anger and isolation. Nervousness, even fear. Our worlds seem to spin out of control, and many feel more and more compressed.

Spacial Dynamics® is an internationally trademarked movement discipline which can help both children and adults create the spaces they need to meet the onslaught of challenges from the modern world. Through games, exercises, and spatially oriented movement activities one can learn to set living borders- not walls, but spaces to live and unfold in.

You don't have to be an accomplished athlete to come- just willing to explore a very potent force for personal change, education, and therapy- the very Space around you.

For more information, please contact Jackie Davis at 603-654-5875 or email: [jackie@americanyouthcircus.org](mailto:jackie@americanyouthcircus.org)

**April 5-9, 2006:**

'The Head and Neck', Graduate Course, Hudson/UpRiver Site, Mechanicville, NY. We will begin at 7:30PM on the first night and end at noon on the last day.

**March 31-April 5, 2006:**

**IS-6 Spring Session, Hudson/UpRiver Site, Mechanicville, NY**

**March 24-29, 2006:**

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

**March 17-19, 2006:**

Fourfold Path to Healing Conference with co-authors Jaimen McMillan, Sally Fallon, and Thomas Cowan. Vancouver, BC. For information and registration, please visit [www.fourfoldhealing.com/conference.htm](http://www.fourfoldhealing.com/conference.htm), contact the Conference Coordinator, Lydia Nahold at 604-921-7303, email: [lydia\\_n@direct.ca](mailto:lydia_n@direct.ca), or download the flyer [here](#).

**March 14, 2006:**

Presentation with Jaimen McMillan, Summerfield Waldorf School, CA.

**March 13, 2006:**

Surviving Parenting and Teaching: Giving yourself Space! Lecture with Jaimen McMillan, Sacramento

Waldorf School, 7:30PM.

**March 11-12, 2006:**

Moving Through Trauma, workshop with Jaimen McMillan. Portland, OR. For information and registration, please contact the SDI office at 518-665-0082 or [sdioutreach@earthlink.net](mailto:sdioutreach@earthlink.net). The full brochure is available [here](#).

Countless people suffer from the paralyzing effects of trauma. For them, trauma doesn't lie in the past, but lurks, ever present, overshadowing their hopes for moving on. In this lecture and participatory workshop with Jaimen McMillan, we will experience techniques for escaping the trauma trap. Trauma will be exposed as the state of being caught in vicious circles of self-defeating spaces. No quick fix, this workshop is for those who want to begin the work of breaking the patterns of the past and choosing new gestures that support their goals. Novel ways of living in our bodies and new ways of interacting with our surrounding will be experienced. Creating new spaces for ourselves and others sets the stage to be free to move through trauma.

**March 11, 2006**

Leading the Child Through Space, workshop with Jaimen McMillan. Cedarwood School, Portland, OR. 9:00AM-1:00PM.

Education requires the teacher to lead. Discipline comes from the ability of the child to follow. The teacher can learn to lead the child through space. In this workshop participants will look at the role of movement in the spatial development that takes place from child to adult, at the relationship between movement and learning, and at some of the problems that stem from incomplete or interrupted physical-spatial coordination.

Participants will work and play together to experience and understand a progression of movements that fulfill the needs of the growing child. We may be surprised to discover that these activities can also be therapeutic and integrating for the average 'deprived' adult as well. Bring comfortable clothes and shoes to move, laugh, and learn in.

Cedarwood School, 3030 SE 2nd Ave., Portland, OR 97201, 503-234-1477

**March 10, 2006:**

Surviving Parenting and Teaching, lecture and participatory workshop with Jaimen McMillan. Cedarwood School, Portland, OR. 7:00PM.

Raising children has never been more challenging. The old methods of disciplining simply do not work. They may even make matters worse. Parents, who are simply applying what they have experienced in their day, feel lost, surprised, and hurt by the reactions of their children. In addition, yesterday's tried and proven teaching methods leave both the children and educators perplexed. New models are necessary to reach the children and youth of tomorrow.

In this lecture and participatory workshop with Jaimen McMillan, parents and teachers will share what has worked for them, and examine what has not worked. Then, using the discipline of Spatial Dynamics, we will learn techniques to create spaces to meet the children in new ways. Through simple movements and interactive exercises we will see that space is more than the abstract distance that separates us, but can become a substance that can connect us. We will experience that creating the dynamic we long for may indeed involve changing ourselves. Come prepared to share, think, move, and laugh! Child-raising-- a struggle? A challenge? You bet! Come and learn not only how to survive your roles, but how to even enjoy them!

Cedarwood School, 3030 SE 2nd Ave., Portland, OR 97201, 503-234-1477

**March 5-10, 2006:**

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

**March 1-5, 2006:**

'The Head and Neck', Graduate Course, Portland, OR. We will begin at 7:30PM on the first night and end at noon on the last day

**February 9-12, 2006:**

Graduate Course "The Foot and Leg" for Graduates, Stuttgart, Germany. For information and registration, please contact K. Ungerer at phone/fax: (+49)-711-264961.

**February 3 and 4, 2006:**

"The 6 Subsidiary Meditation Exercises", Workshop with Jaimen McMillan. Ecole Rudolf Steiner de Montreal, Montreal, Quebec.

Rudolf Steiner, the initiator of Anthroposophy, gave six steps that he presented as a basis for setting off on a path of self exploration and self development. Although these meditative suggestions are widely known, many report their difficulty in practicing them. Besides the challenges of finding quiet amidst the distractions and hectic of every day life, another reason for this difficulty may be that these practices are being done incompletely. It is often overlooked that these indications are also very subtle movement exercises.

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**January 26, 2006:**

**"Movement in Childhood: the role of sport and free play in healthy childhood development"**, lecture with Jaimen McMillan. 7:30PM, Kimberton Waldorf School, Kimberton, PA. In today's hectic world, our children are in danger of losing the space of free play. As teachers and parents we are faced with choices relating to orienting our children's activities. How do we choose? What do we base our decisions on? Jaimen McMillan is an internationally recognized Spatial Dynamics expert, and will help us experience the 'space' created through games, exercises, and spatially oriented movement activities for setting the boundaries for healthy life.

**January 20 and 21, 2006:**

**Surviving Parenting and Teaching**, Lecture and Workshop with Jaimen McMillan.

Lecture begins at 8:00PM on Friday night, workshop 9:00AM-1:00PM on Saturday. Toronto Waldorf School, 9100 Bathurst Street, Thornhill, L4J 8C7.

Child raising a struggle? Teaching a challenge? Come and learn how to not only survive your roles, but to enjoy them! Raising children has never been more challenging. Old methods of disciplining simply do not work. Indeed, they often make matters worse. Parents who apply what they experienced in their own childhood feel lost, surprised, and hurt by the reactions of their children. Likewise, yesterday's proven teaching methods leave both the children and educators perplexed. New models are necessary

to reach today's children.

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