

Back to Health:

a developmental approach to postural education

Jaimen McMillan

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9 a.m.—1 p.m.

City of Lakes Waldorf School

2344 Nicollet Avenue South, Minneapolis

Cost: \$75

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

In this course we will present new approaches to dynamic posture, caring carriage, and grace-filled movement. This course has been designed for parents, class teachers, movement therapists, and back sufferers alike. The 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. Learn ways to help your children, your patients, and yourselves get "Back to Health."

Jaimen McMillan, internationally recognized presenter and author, is a Registered Somatic Movement Therapist (RSMT) and member of the International Somatic Movement Education & Therapy Association (ISMETA). He was the co-director of the Bothmer Gymnastic School in Stuttgart for 25 years and is the founder of the discipline of Spacial Dynamics® and directs trainings in the US and in Europe.

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