

Meditation in Movement - Movement in Meditation

Sunday, February 20- Wednesday, February 23, 2011

A course designed by Jaimen McMillan, the founder of Spacial Dynamics ®, to bring life and a sense of ease and accomplishment into the meditative process. Using six basic exercises developed by Rudolf Steiner, one of the true geniuses of the 20th century, we will see that simple, sequential movements are essential and effective steps to get us progressing along the journey towards personal change and development. In this approach, the body and movement are not denied or forgotten. In fact, they can provide the basis for a meditative life that is conscious, grounded, and enjoyable.



Jaimen McMillan has been training movement educators and movement therapists for over three decades. A registered movement therapist (RTM), he carries a private therapeutic practice, works with people with disabilities, top-level athletes, and movement artists, including actors, dancers, and mimes. He also serves as a movement consultant for businesses in Spacial Ergonomics. He has directed North American Training Programs in Spacial Dynamics ® since 1985, directs the growing trainings in Europe, Canada, and South America, and gives lectures and workshops worldwide. Jaimen writes for health and educational publications, is a contributor to "Zirkus Spielen" and co-authored the book *Fourfold Path to Healing* with Dr. Tom Cowan and Sally Fallon.



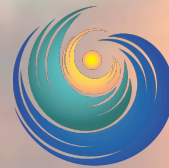
Kasha-Katuwe Tent Rocks
National Monument

We will visit the Kasha-Katuwe Tent Rocks National Monument. During the 14th and 15th centuries, several large ancestral pueblos were established and their descendants, the Pueblo de Cochiti, still inhabit the surrounding area.

Pedagogical and Artistic Workshops

Wednesday, February 23, 2011 2:00-5:00 pm

More information soon available on website.



Santa Fe
Waldorf School

26 Puesta del Sol
Santa Fe, NM 87508

www.santafewaldorf.org

Registration:

AWSNA Member Early Bird (by January 15, 2011): \$125

AWSNA Member Regular (January 15 to February 11, 2011): \$150

General Admission: \$200

Online registration available: www.santafewaldorf.org

Contact: Christine Chen, 505-992-0566

*Sunday, February 20: Conference Registration begins at 5:00pm,
evening Keynote Presentation begins at 7:00pm*

Sponsored by: Tex Mex Can So Rock Region - AWSNA Conference Group