



Pretty Girl Syndrome

**Good Looks:
a necklace
or a noose?**

A workshop for parents, educators, and therapists

with **Jaimen McMillan**,
RSMT, founder of Spacial Dynamics®,
a unique approach to health and wellness through movement

Friday, January 22nd

6:30 - 9:00 pm

through

Saturday, January 23rd

9:30 am - 1:00 pm.

**Louden Nelson Community Center
301 Center Street Santa Cruz, CA 95060**

Every society tries to sell the idea that there is one particular way to look. Those who have, or can attempt to buy these characteristics are promised position, privilege, and power. Our children look to us to introduce them to the wonders and beauty of the world. By drawing their attention to their physical bodies too early, we are blinding them to wonder by telling them that they are one of the “beauties of the world”. Even well meant praise can become a prison. Many people who suffer from depression, nervousness, sleeplessness, chronic fatigue syndrome and fibromyalgia as youths and adults were often captive in prisons of perfection as children. In this course we’ll take a good look at the phenomenon of body image. We will explore ways to create a new idea of beauty, thus unlocking new personal possibilities, and even a new social model.

**Suggested donation of \$65 is recommended, sliding scales will be considered.
Call Nicole Anderson at 831.454. 8443 or email waltnicole@yahoo.com.**



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