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Austin Waldorf School
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Reflexes: Prisons or Portals

When we begin life in the womb and as infants, reflexes serve the role of helping to stay alive through pre-ordained movements. In healthy development, these reflective movements weave together overtime with acquired movements to form habits and patterns which allow us not only to re-act, but to act freely.

Through the lack of healthy movement opportunities in modern day stationary life styles, children are not weaving the threads of their innate movement patterns together in ways that make sense to them. Many problems in school (ADHD, behavior, learning, social) have spatial components that leave the child un-centered, at loose ends... a victim of an onslaught of sensory bombardment and subsequent automated, yet unconscious reactions. Come join us as we study the reflexes, their purposes, how to recognize them in their disguises, and how to coordinate them into movement skills that help children conduct their lives in a way that makes sense.

This course is open to the public. We begin at 7:30 pm on the first evening and conclude at 12:00 noon on the last day. Tuition for the 3 day session is \$350. SDI graduates receive Level II credit.

For more information and to register, contact
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