



Moving through Trauma

Jaimen McMillan

Director, Spacial Dynamics Institute

March 18-20 2011

**Marin Waldorf School
San Rafael, California**

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 course, we will experience techniques for escaping the trauma trap. Trauma will be exposed as the state of being caught in viscous circles of self-defeating spaces. No quick fix, this course 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 surroundings will be experienced. Creating new spaces for ourselves and others sets the stage to be free to move through trauma. This course is open to everyone. SDI graduates will receive Level II credit.

Our schedule will be Friday 7:30-9pm, Saturday 9am-9pm, and Sunday 10am-5pm.
Tuition for this course is \$350.

Please contact sdiadmissions@earthlink.net or 518-695-6377
for information and to register.



Spacial Dynamics Institute
129 Hayes Road Schuylerville, NY 12871
518-695-6377 518-695-6955(fax)
sdiadmissions@earthlink.net