

a Leg to Stand On...

therapeutic and developmental study
of the feet and legs



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Spacial Dynamics Institute

10 N. Main Street, Mechanicville, New York 12118

“To be swept off your feet.” “To lose the earth beneath your feet.” “To be weak-kneed.” “To not have a leg to stand on.” These, and many well-worn phrases, show clearly that the feet and the legs play supportive roles in physical, as well as emotional, social and personal development. In this course, we will study the structure and proper positions of the feet and the legs, as well as explore new movement and expressive and sensory possibilities. We will study examples of injuries, illnesses and pathological conditions that entrap, limit, and even shackle a person. We will see how the improbable and labile architecture of our limbs can provide an enlivening basis for balance and movement, and perhaps, most importantly, for being able to: “Take that next step!”

We begin at 7:30 pm on the first night and end at 12:00 noon on the last day. Tuition for this session is \$500. Graduates receive Level II: Movement Therapy credit for this course.

To register, please contact sdiadmissions@earthlink.net or 518-695-6377.



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