

# Back to Health:

a developmental approach to postural education

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Spacial Dynamics Institute  
10 N. Main St  
Mechanicville, New York 12118

"Sit up straight!" "Chest out, stomach in!" Not only do these over-used admonitions not work, they are fundamentally dangerous. The very few who do follow these rules often suffer from being physically sore, socially stiff, and developmentally stuck.

In this course we will present new approaches to dynamic posture, caring carriage, and grace-filled movement. This course has been designed for parents, class teachers, movement therapists, and back sufferers alike. The participants will learn developmental postural sequences using touch, imaginations, rhythms, exercises, physics and even meta-physics to create ever widening spaces into which the individual can move with ease from the cradle and away from the cane. Come learn how to stand up for yourself. Learn ways to help your children, your patients, and yourselves get "Back to Health."

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 credit for this course.

To register, please contact [sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net) or 518-695-6377.

A recommended reading list will be available upon registration.



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