

# *Body Image*

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**Jaimen McMillan**

**April 25-28, 2012  
Mechanicville, New York**

Body image is the picture an individual carries of his or her own body. These perceptions and misconceptions of our bodies play important roles in how we act, inter-act, and are re-acted to. Our body image influences the roles we are offered and whose roles we choose to take in every stage of the drama of our lives. This is even more poignant when we consider that our body images are often unconscious. In addition to being at the root of many eating disorders and depressive conditions, poor body image may negatively affect self-confidence, sexual health, and overall personal development.

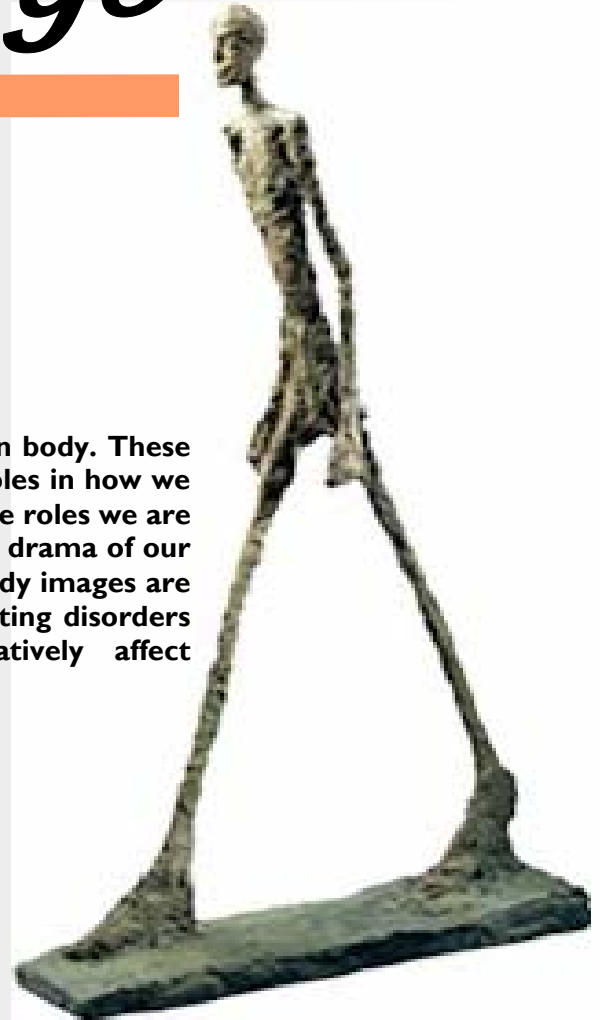
Besides taking a serious look at how modern society contrives to control and manipulate our sense of what is beautiful and desirable for financial gain, we will profit by taking some playful glances at ourselves. In a supportive group environment, we will help each other shed old molds and grow into the skins we are in. Participants are invited to bring a selection of photos of themselves, as well as from favorite actors and actresses, books, poems, videos and songs that have contributed to the forming of the puzzle of their self-imaging.

This course is open to everyone and designed for teachers, therapists, and concerned parents. We will expose some of the illusions that are sold to us through models and manufacturers of perfected illusion. We will learn exercises and create spaces for ourselves to move from images that confine towards the freedom of the archetype. We will begin at 7:30 pm on the first night and conclude at 12:00 noon on the last day. Tuition for this course is \$500. SDI graduates will receive Level II credit.

For more information and to register, contact  
[sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net) or 518-695-6377.



Spatial Dynamics Institute, Inc.  
129 Hayes Road, Schuylerville, NY 12871  
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**Body Image April 25-28, 2012**  
**Spacial Dynamics Institute Mechanicville, NY 12118**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

Telephone: (day) \_\_\_\_\_ (eve) \_\_\_\_\_

**Course Fee: \$500**

Check Enclosed \_\_\_\_\_ check # \_\_\_\_\_ (check payable to SDI)

Please charge my credit card: \$500 ( )  
MasterCard or Visa number: \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature: \_\_\_\_\_

**Transportation:**

\_\_\_\_ I will have a car \_\_\_\_ I will not have a car

\_\_\_\_ I will be arriving at the Albany airport and want to share a cab

Arrival Date /Time \_\_\_\_\_ Airline/Flight # \_\_\_\_\_ From \_\_\_\_\_

**Recommended Accommodations:**

**River House Bed and Breakfast** 2 S. Main St. Mechanicville (next to SDI)  
518-541-2070 riverhouse2@hotmail.com \$75 per night single, \$45 per person shared/twin beds,  
includes full breakfast

**Stillpoint Interfaith Retreat Center** Stillpoint Rd, Stillwater (7 miles) 518-587-4967  
[www.stillpointretreatcenter.com](http://www.stillpointretreatcenter.com) sleeping bag space in meditation room \$15 per night,  
small guest rooms and cabins \$ 50-75 per night

**Gallardo Apartments** Main St. Mechanicville (across from SDI) or 518-361-0905  
or [davidagallardo@yahoo.com](mailto:davidagallardo@yahoo.com) , shared apartments with kitchen, \$25 per person per night

**Best Western** 617 Plank Road Clifton Park ( 20 minute drive) 518-371-1811

**Please return by April 15th to:**  
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129 Hayes Road  
Schuylerville, NY 12871  
Fax: 518-695-6955 sdiadmissions@earthlink.net