

Bothmer Certification Courses

with Jaïmen McMillan

October 13-16, 2011

January 6-9, 2012

Bothmer. There was a time when you didn't know what these exercises were trying to say to you. If they speak to you now, come, and become fluent. For years many of you have been clamoring for a chance to steep yourselves in these elusive exercises, learn them all by heart, and even have a video of yourselves getting corrections in the Bothmer exercises to take home with you in the end to practice. Now you can.

This course is open to graduates of the Spacial Dynamics Institute who have reached at least a Level I. The hard work you did on the Bothmer exercises every day over a period of at least 5 years has brought you within the reach of certification as a Bothmer Gymnast.

"What if I want to improve my ability in the Bothmer exercises and tap into the meditative quality that comes from moving over long periods of time in silence?" Come. We will. Perhaps you DO want both the challenge of improving the quality of your movement and having your movement put to the test. Now you can have it. We have packaged this pair of advanced intensive modules in twin courses in such a way that you can go through the Bothmer exercises in the fall (**October 13-16**), practice for a couple of months, and come back (**January 6-9**) to deepen your ability and understanding, get the finishing touches and, if you choose, take a shot at the certification exam.

We will start at 7:30 pm on the first night and conclude at 12:00 noon on the last day. Tuition for each session is \$500. SDI graduates will receive Level II credit for this course. This Bothmer Certification is a prerequisite for proceeding onto Level III.

Spacial Dynamics Institute, Inc.

129 Hayes Road Schuylerville, NY 12871

518-695-6377 Fax: 518-695-6955

sdiadmissions@earthlink.net

www.spacialdynamics.com



Bothmer Course I October 13-16, 2011

Course Location: *Spacial Dynamics Institute 10 N. Main St. Mechanicville, NY 12118*

Name: _____

Address: _____ E-mail: _____

Telephone: (day) _____ (eve) _____

Course Fee: \$500

Check Enclosed check # _____ (check payable to SDI)

Charge my credit card: MC or Visa only # _____ Exp. _____

Transportation:

I will have a car I will be arriving at the Albany airport and want to team up for a cab or limo

Flight info: Arrival Date /Time _____ Airline/Flight # _____ From _____

Please return by October 1st to:

Kay Zwirn Spacial Dynamics Institute 129 Hayes Road Schuylerville, NY 12871
Fax: 518-695-6955 Email: sdiadmissions@earthlink.net

Practical Information

We will share information we have about who is arriving when so you can share a cab. If you have a car or are renting one and are willing to bring others from the airport, please let Kay know! Taxi service to and from Albany Airport and the Albany/Rensselaer Amtrak Station costs about \$40. **Capitaland Taxi** (Albany): 518 242-4222. **Rick Phillips Taxi** 518-892-3052. **Lighthouse Taxi** (Mechanicville): 518-664-3223.

Lodging options in the area include:

River House Bed and Breakfast

2 S. Main St. Mechanicville (next to SDI) 518-541-2070 riverhouse2@yahoo.com
\$75 per night single, \$35-\$45 per person shared/twin beds, includes full breakfast

Stillpoint Interfaith Retreat Center

Stillpoint Rd, Stillwater (7 miles) 518-587-4967 www.stillpointretreatcenter.com
beautiful setting, use of meditation room, kitchen, sleeping bag space and tent camping \$15 per night,
guest rooms and cabins \$ 50-75 per night

Gallardo Apartments Main St. Mechanicville (across from SDI)

or 518-361-0905 or davidagallardo@yahoo.com shared , kitchen, \$25 per person per night

Home of the Viccarone's 913 Waterford Rd. Mechanicville (2 miles)

518-664-7909 sviccarone@marykay.com
\$25 per night private room, \$35 per night guesthouse