



Out of Breath:

*Asthma and
breathing disorders*

*Jaimen McMillan and
Dr. John Takacs, D.O.*

*November 5-8, 2010
Takacs Clinic, 5909 SE Division St.
Portland, Oregon 97206*

In this lively and interactive course we will take to heart the modern frightening phenomenon of the loss of ease in breathing. Asthma, wheezing, respiratory disorders, sleep apnea, snoring, even the inability to come to rest and find rhythm in daily life all show us that we are a society that is out of breath.

Teaming up to combine over 60 years of experience in treating breathing disorders, Dr. John Takacs D. O. and Jaimen McMillan, RMT, will address anatomical, medical, exercise, emotional, spatial and meditative aspects of breathlessness.

If you are a parent of a child who suffers from asthma, come learn how to team up with your doctor and movement therapist to plot a course towards your child's leading a fuller life. If you are challenged by breathing difficulties yourself, or are an educator looking for ways to help your students, or a therapist looking for new techniques for your patients, or just feel that you need a "second wind", come learn how to move and create the spaces you need to "catch your breath."

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. This course is open to everyone. SDI graduates receive Level II credit .

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



Spacial Dynamics Institute, Inc.

129 Hayes Road, Schuylerville, NY 12871

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

sdiadmissions@earthlink.net www.spacialdynamics.com