

Spacial Dynamics® in Vancouver



Managing Stress & Avoiding Exhaustion

Friday, February 24, 2012 - 7 pm to 9 pm

Stressful experiences affect us on mental, emotional and physical levels. Learn how our personal space, that is immediately around us, plays a role in exhaustion and burnout. By using practical Spacial Dynamics® movement techniques during the busy day we can change our posture and personal space helping us to respond more effectively to challenging situations – and increase our mental alertness and energy levels.

Registration in advance \$30 (incl. HST) or at the door \$35 (incl. HST)

Introduction to Spacial Dynamics®

Saturday, February 25, 2012 - 9 am to 3 pm

Learn practical movement techniques and activities to change your posture and move in healthier ways with less “wear & tear”. Spacial Dynamics® invites us to consider that we are not only our physical bodies, but also the “personal space” that surrounds each of us - for example, we notice when someone is “in our space”. These practical movement techniques can help us achieve ease of physical movement, increased energy levels and enhanced mental alertness and presence.

Spacial Dynamics® can be applied in a variety of personal, educational, therapeutic and organizational development contexts. If you are an educator, administrator, business leader, or manager; a caregiver, parent, life coach, medical practitioner, or therapist . . . or you want to further your personal development, this program has something for you.

Registration by February 10, 2012 is \$175 (incl. HST) or after \$195 (incl. HST)

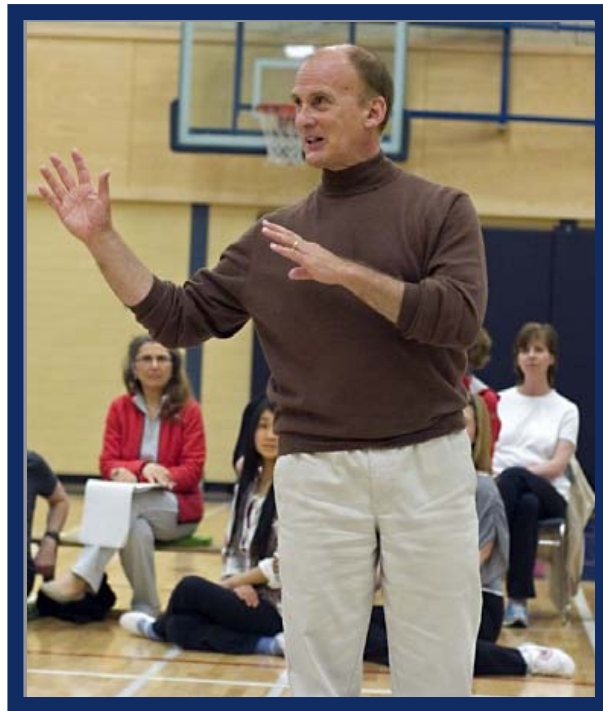


Photo courtesy of Brian Harris Photography

February 24 – 25, 2012
Vancouver Convention Center
(West Building)

Jaimen McMillan, founder and director of the Spacial Dynamics Institute, works worldwide in the field of movement. He will present this unique approach to space and spatial awareness, inviting us to think, feel, and act in creative, effective and exciting ways.



For more information and to register:

www.spacialdynamics.ca
or info@spacialdynamics.ca

Spacial Dynamics Institute

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