

# THE HAND COURSE

JAIMEN MCMILLAN

DIRECTOR, SPACIAL DYNAMICS INSTITUTE

OCTOBER 8-12, 2009

MECHANICVILLE, NEW YORK

OCTOBER 30—NOVEMBER 3,  
2009

SAN FRANCISCO, CALIFORNIA



*Auguste Rodin  
The Cathedral*

The hand is a sense organ that can perceive, enliven, invite, and sculpt the Pattern Body in the direction of wholeness. The course is not only for those who want to specialize in a Spacial Dynamics approach to Movement Therapy and gain credit towards a Level II Certification. It is also designed for educators and those who want to deepen their own studies and awaken slumbering possibilities in their gestures, touch, and perception of destiny.

Please bring poems, pictures, sculptures, anecdotes, case histories, gestures, hand clapping or finger games, or skills that have to do with the hand. Recommended reading includes *'The Hand'* by Frank R. Wilson, 1998, Pantheon Books, NY, and *'Hands'* by John Napier, revised edition 1983, Princeton University Press.

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: Movement Therapy credit for this course.

To register, please contact [sdiadmissions@earthlink.net](mailto: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](mailto:sdiadmissions@earthlink.net)

[www.spacialdynamics.com](http://www.spacialdynamics.com)

***The Hand Course***

***October 8-12, 2009 Mechanicville, NY***

***October 30-November 3, 2009 San Francisco(Marin County), CA***

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

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

**Telephone** \_\_\_\_\_ **Cell** \_\_\_\_\_

**Location: Mechanicville** \_\_\_\_\_ **San Francisco** \_\_\_\_\_

**Course Fee: \$500**

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

Please charge my credit card: \$500

MasterCard or Visa number: \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Accommodations**

\_\_\_\_ Upriver House (Mechanicville Only)  
located next to SDI, full breakfast and computer access  
\_\_\_\_ single room (\$75/night)  
\_\_\_\_ shared/double room (\$45/night per person)

\_\_\_\_ Room in a private home \$25/night  
I have stayed with \_\_\_\_\_ and would like to stay there again.

\_\_\_\_ Sleeping-bag space \$15/night  
I have stayed with \_\_\_\_\_ and would like to stay there again.

Pet Allergies? \_\_\_\_\_ Additional nights needed ? \_\_\_\_\_

\_\_\_\_ Making my own arrangements. Nearby motels priced at \$95-125 are listed on attached practical information sheet.

**Transportation:**

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

\_\_\_\_ I will be arriving at the Albany/Portland (circle) airport and want to share a cab

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

Departure Date?time: \_\_\_\_\_

**Please return by October 1st (NY) October 15th (CA) to:**

Kay Zwirn

Spacial Dynamics Institute

129 Hayes Road

Schuylerville, NY 12871

Fax: 518-695-6955 sdiadmissions@earthlink.net

## Practical Information: Mechanicville Location

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

**Transportation/Directions:** Taxi service to and from Albany Airport and the Albany/Rensselaer Amtrak Station costs about \$40, less per person with multiple passengers.

**Capitaland Taxi** (Albany): 518 242-4222. **Rick Phillips Taxi** 518-892-3052. **Lighthouse Taxi** (Mechanicville): 518-664-3223. Please call one day in advance to arrange airport pickup! Then call again when you have picked up your luggage. **Ride Sharing** – 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!

**Driving directions** are as follows:

***From Airport and South:** North on I-87 to Exit 9 to RT 146 East. Follow Hwy. 146 into Mechanicville past where it joins Central Ave., Hwy.32, and Hwy. 4 going North. Just past the CVS Pharmacy on the right, take a right on Park Ave. Take a left onto N. Main St.*

***From North:** South on I-87 to Exit 12 to RT. 67 East and South through Malta into Mechanicville where RT 67 turns right and merges with N. Main Street..*

***From East:** South on I-91 to Brattleboro. Hwy 9 west to Bennington. Hwy 67A north to North Bennington. Hwy 67 west through Hoosick Falls and Schaghticoke before going across the bridge over the Hudson River. Take 1<sup>st</sup> left after driving over the bridge, onto N. Main Street.*

**Lodging Options:** We can arrange housing for you with SDI friends in our community (15-30 minutes away). The Rectory Bed and Breakfast is conveniently located next door to SDI. Sleeping bag space is the most economical and will be either in a private home or at a nearby retreat center. If you wish to make your own arrangements, a list of choices follows.

- Motel Accomodations – All within 10-20 min. drive from Mechanicville.
  - Best Western: 518-371-1811, 617 Plank Road
  - Comfort Inn: Tel: 518-373-0222, 41 Fire Road,
  - Hampton Inn Clifton Park: Tel: 518-373-2345, 620 Plank Road,
  - Post Road Lodge: 518-584-4169 Rt. 9, Ballston Spa
- Bed and Breakfast - The Cottage on the Hudson 93 Hudson Avenue, Stillwater, 3 miles from HUR, enclosed heated pool, \$55 per night, single or double (so, you get 2 for price of 1)  
Call early! 518-664-8780 or [gcook1@nycap.rr.com](mailto:gcook1@nycap.rr.com).
- Cabins- Stillpoint Interfaith Retreat Center: beautiful setting, use of meditation room etc, cabins are winterized., 7 miles from HUR. \$55-\$65/night. Call 518-587-4967.

