



Bernard Thiry:
 Diploma Spacial Dynamics® 1,2,3 (Mouvement Therapy and Instructor)
 Diploma Bothmer Gymnastics®
 Dancer, Teacher and Choreographer at Artchange Strasbourg France



Ursula Schaller:
 Diploma Spacial Dynamics® 1,2,3 (Mouvement Therapy and Instructor)
 Diploma Bothmer Gymnastics®
 Kindergarten Teacher in Luzerne Switzerland



Gabriela Hurter:
 Diploma Spacial Dynamics® 1,2 (Mouvement Therapy)
 Diploma Bothmer Gymnastics®
 Diploma Professional Massage Basel Switzerland



For the first time in France, a study program is starting in March 2017 at Dinsheim sur Bruche France organised by Spacial Dynamics® France.

Curriculum: Movement Therapy with spatially oriented exercises, hands-on techniques, and postural modification, as well as refined methods of movement observation, movement analysis, movement evaluation and movement enhancement.

The studies have 2 parts:

Core studies ① : 2 years, 215 hours

Complementary studies ② : 320 hours

Diploma after ① & ② : Spacial Dynamics® Level 1

Interested?

Contact & informations : sdfrance@sfr.fr

Bernard THIRY:

Mobile: 0033 (0)6.80.13.28.69.

The courses will take place during weekends from friday 9 am to Sunday mid day, in July 5 days.

Themes for 2017:

3-5 March: Posture and the 3 planes

12-14 Mai: Spaces

8-12 July: Musicality & Nature

6-8 October: Anatomy of Freedom

17-19 November: Center and Periphery

Program Details :

www.artchange.fr (rubric Spacial Dynamics®)

www.spacialdynamics.com (USA Website)

Spacial Dynamics® Movements for health

NEW

**Core study
program**

«Space is not a silent void. Space speaks. Its language is movement.»

Jaimen McMillan



how to use this technique?

Spacial Dynamics® graduates are actively applying Spacial Dynamics® principles and methods in a broad range of disciplines such as:

EDUCATION:

Gymnastic and sports in schools
Child development
Festivals based on the greek pentathlon with children
Hands in Peace
Special Needs

THERAPY:

Art therapy
Physiotherapy
Ergotherapy
Ergonomy
Personnel Development
The Eldery

COMMUNICATION:

Business
Team building
Coaching
Executive Leadership
and Organizational
Development

ARTS:

Dance, Music, Theater, Circus

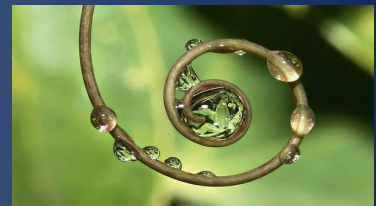


Spacial Dynamics®

Founded in 1985 in New York, USA, Spacial Dynamics® was developed by McMillan's study of the processes of mastery. Modern science is attesting the importance of human movement as an integral part of a healthy lifestyle. Now how about adding some style and integrated movement into your modern life and testing if it makes you feel more human?

MOUVEMENT

Everything you do, think, or create begins with a change of your space. Space is the hidden catalyst of all movement and change. Spacial Dynamics® studies the fluid relationship between human beings and the space around us. It teaches how to optimize that relationship and break the patterns of old behaviors of movement. Thought, intention, and the human body are interconnected through space. We learn to give this surrounding space direction and dynamic. We then move with enhanced ease, grace, aesthetics, and awareness.



CHANGE

Being able to change and adapt are qualities that are vital for any activity. Habits are much easier to create than to change. Habits are formed by repeated movements that are embedded both in the body and in the surrounding spatial gestures/caricatures. Learning to recognize and then change one's spatial movement patterns is key to being able to change any habit. More than ever before, the future will depend upon our ability to change.



REVITALIZATION

Activity can either deplete or invigorate. Spacial Dynamics® teaches how to avoid movements that drain and cause strain, in order to move towards greater strength and revitalization.

