

# Feet, a Healthy Foundation for Life

## An Introduction into Spiraldynamik®

Canberra Workshop: December 13, 2008

### *An introduction workshop with Maike Brill*

Discover the fascinating and ingenious construction of your feet: This masterpiece of evolution is made for life long stability – step by step. The main reasons for our foot problems are chronic overuse or misuse, which result from wrong coordination and wrong weight bearing. Gain back resilient elasticity and dynamic stability.

Because this workshop will focus on prevention and therapy it is suitable for runners, dancers, people who do yoga or just like to walk etc. Basically for anyone who wants to do something for their feet.



*Maike Brill is a German trained physio/ massage therapist, a movement trainer, singer and Integrative Vocal Trainer*

Maike is the first therapist to bring Spiraldynamik® to Australia. Spiraldynamik® is a three dimensional movement concept, which aims to achieve anatomically healthy movement. It was developed by the Swiss doctor Christian Larsen and the French physiotherapist Yolante Deswarte. Christian Larsen himself describes it as "a three dimensional user's manual for the human body". With the physiotherapist Christian Heel he opened the "Institut für Spiraldynamik" in Zurich/ Switzerland<sup>1</sup>. There Spiraldynamik® is now part of the foundation for anatomy studies in physiotherapy and medicine. It is useful in therapy, for rehabilitation of all orthopaedic conditions, in training and tuition - dance, athletics, art, yoga and music.

**when:** December 13, Saturday 2pm – 5pm

**where:** Mahamudra House 104 Wattle Street, opposite Tilley's Divine Cafe

**costs:** \$60/\$50 limited numbers

**For bookings and more information contact:**

Maike Brill

Centre for Body and Vocal Health, 74 Longstaff St, Lyneham

Website: [www.maikebrill.com.au](http://www.maikebrill.com.au)

Email: [contact@maikebrill.com.au](mailto:contact@maikebrill.com.au)

Phone: 6161 7362

Please wear comfortable clothes and bring a mat, and an elastic therapy band (stockings are a good substitute).

<sup>1</sup> Spiraldynamik® website: [www.spiraldynamik.com](http://www.spiraldynamik.com)