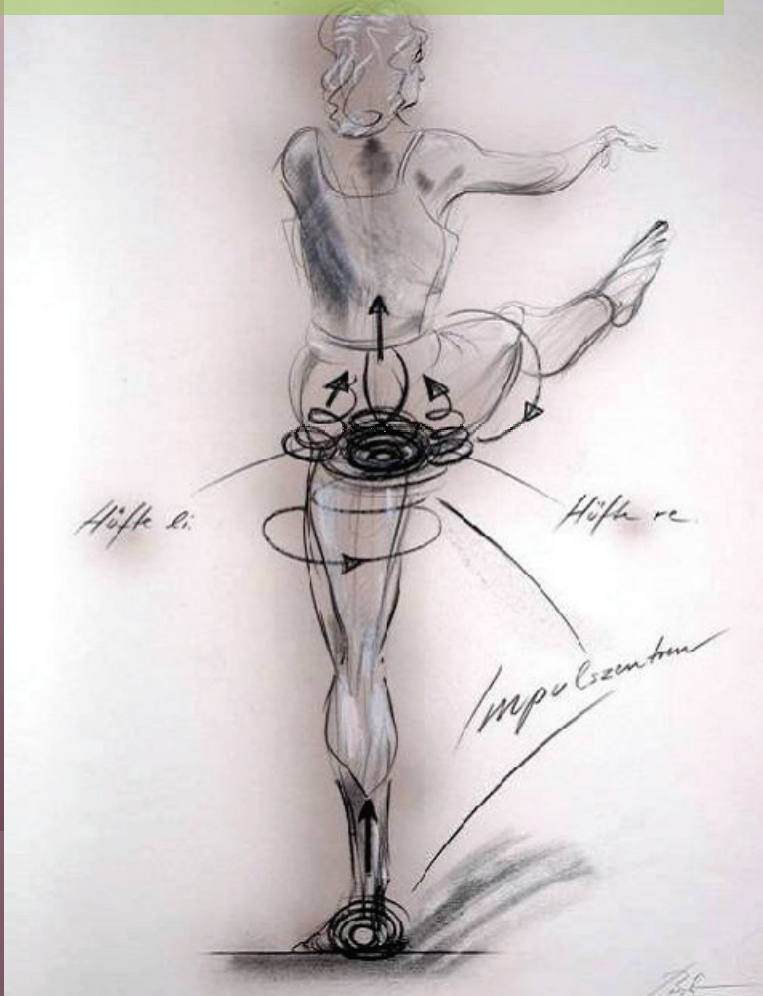


Introduction to the concepts of *Spiraldynamik*®



The Workshop

In this workshop you will learn the basic principles of Spiraldynamik® theory and practice. We will discuss the spine, neck, pelvis, shoulders, ribcage, feet and knees, and head-to-toe coordination. You will learn to improve your coordination and techniques to avoid injuries and long term damage. Individual problems or questions can be addressed during the course.

when: March 20th, Saturday 9.30am – 5pm
where: Mahamudra House, 104 Wattle Street,
Lyneham, ACT (opp. Tilley's Devine Café)
costs: \$200 limited numbers

For bookings and more information contact:

Maike Brill
Centre for Body and Vocal Health,
Email: contact@maikebrill.com.au
Phone: 6161 7362

Please wear comfortable clothes and bring a mat.

What is Spiraldynamik®?

Spiraldynamik® is a three dimensional movement and therapy concept – a user's manual for the human body. Knowledge and understanding of three dimensional anatomy and its function will help you to use your body as a healthy foundation for life, with resilient elasticity and dynamic stability.

The teachers:

Patricia Schmid: solo dancer for 15 years with various companies in Germany and Switzerland. ballet mistress for 10 years at Darmstadt State Theatre Dance Company and for St.Gallen Contemporary Dance Company.



Today she is a free lance dance teacher, choreographer and director. She has been working with Spiraldynamik® for

10 years and holds an advanced teacher's diploma. She regularly teaches courses for dancers, movement teachers and also for clients at the Spiraldynamik® Med Centre in Zurich .

Maike Brill: singer and therapist, she is the first to combine Spiraldynamik® and Integrative Body & Vocal Training®.



She is a German trained physio-/massage-therapist, a movement trainer, singer and Integrative Vocal Trainer, and has been working with Spiraldynamik® since 15 years. She has her own clinic "Centre for Body and Vocal Health" in Canberra.

Suzanne McCarty: Fully certified Pilates instructor since 2000. Pilates teacher trainer for Pilates System Europe®.



Gyrokinesis® trainer since 2002. Professional Ballet dancer with the Vienna Volksoper and State Opera Ballets for 12 years in Austria. Study of Spiraldynamik in Austria. Owner of Beyond Movement Studio in Coffs Harbour NSW teaching Pilates, Gyrokinesis and Ballet.