



Verband für Spacial Dynamics® Europa e.V.

## **A new Spacial Dynamics® Level I training will start in September 2023.**

### **Take the next step! Join the group!**

The Level I program trains students in the principles of Spacial Dynamics®. For almost 40 years, this training has benefited adults in their personal and professional lives: businesspeople, teachers, therapists, artists, athletes, medical and social workers, counsellors, parents, grandparents, and many others have experienced a gain in their health, social life and individual development. Spacial Dynamics® can certainly be described as a forward-looking new social impulse.

### **The most important prerequisites for participation in this program include:**

- The desire to move and develop; to take the next step.
- The desire and ability to implement and persevere through an individual program of study that includes practicing and developing skills, implementing creative projects, inner research, and experience.
- Interest and openness to actively explore the ideals of the multidimensional human being primarily through movement but also intellectually.

It is not necessary to be actively involved in sports to participate in the program. The participants come with very different experiences, abilities and from an age group between 20 and 80 years. They are all united by the desire to engage in space-based movement. Each person is encouraged to engage in the activities to the extent they wish to be challenged.

### **The goals of the Level I program are:**

- To experience and improve the quality of their own movement.
- To develop a sense of movement and its effect on self and others;
- To gain an understanding of the anatomy of movement.
- To recognize the role of movement in spatial development from childhood into adulthood.
- To be able to experience, learn and apply the principles of Spacial Dynamics® in any activity;

- The ability to recognize, understand and correct problems due to incomplete or disturbed physical-spatial coordination.
- Improving presence in social situations, when presenting, speaking and working in leadership or public roles;
- The ability to teach and apply Spatial Dynamics principles in any activity - from individual exercises to group dynamic team building activities.
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### **The team of trainers**

- **Susanne Wanke**, Spatial Dynamics® trainer, therapist and member of the mentoring circle; Waldorf class and movement teacher, from Murr / Baden Württemberg, Germany
- **Klaus Lander**, Spatial Dynamics® trainer, therapist, and member of the mentoring circle; master hairdresser; from Renningen / Baden Württemberg, Germany
- **Marita Tulloch**, Spatial Dynamics® Trainer, Therapist and Mentor Circle Member; retired Waldorf classroom and movement teacher, from North Vancouver, Canada
- **Les Tulloch**, Spatial Dynamics® Trainer, Therapist and Mentor Circle Member; Marine Biologist, from North Vancouver, Canada.

**Completion of a Level I training program qualifies** participants to offer lay courses and workshops. Further training is required to become a Certified Movement Therapist or a Spatial Dynamics® Trainer.

### **Curriculum**

#### **Training Start: 07-10 September 2023**

in Ludwigsburg, Freie Walddorfschule, Fröbelstraße 16, 71634 Ludwigsburg, Germany

**The training** takes place **part-time**, in **5 extended weekends per year over 4 training years**.

On **successful completion**, after attending the required course weekends and completing the necessary number of hours, a Level I certificate is awarded.

#### **Exercises and techniques used during training:**

The exercises used to learn and integrate the human relationship to dynamic space are as varied as the interests of the people themselves.

The focus of this training program is on moving together in genuine interpersonal interaction.

Movements from the following different disciplines are performed and studied to experience, understand and in turn apply their underlying dynamics:

- Spacial Dynamics® exercises
- Hands On – techniques
- Bothmer® Gymnastics
- Athletics
- Archery and Dance
- Posture exercises
- Ball Games
- Basics of acrobatics
- Classroom activities
- Circus arts and juggling
- Movement observation and analysis,
- Teaching methods, therapeutic techniques,
- Group dynamics,
- Spatial ergonomics and remedial applications.

**The course is based** on the ideas and practical applications of thinkers such as M.C. Escher, Edward T. Hall, Viktor Schauberg, Theodor Schwenk, George Adams, Ita Wegman and Rudolf Steiner.

### **Training's Location**

is the Freie Waldorfschule Ludwigsburg, Fröbelstraße 16, 71634 Ludwigsburg, Germany

### **Tuition fees/conditions**

The tuition fees are 1,600.00 € per year = 320.00 € per course weekend (for details see the training and financing contract. Attending a course to "get to know" it is possible by arrangement with the trainer team. Contact: Marita Tulloch [marita.tulloch@spacialdynamics.eu](mailto:marita.tulloch@spacialdynamics.eu)

### **Account details**

Association for Spacial Dynamics Europe e.V.,  
Volksbank Breisgau Nord eG, Germany  
Account no. 13357706, sort code 680 920 00,  
IBAN: DE36 6809 2000 0013 3577 06  
BIC: GENOD E61EMM

The training year begins in September and ends in May of each year.

The **training fees** as agreed in the training and financing contract are due before the first course of the respective year (see corresponding form).

Trainees are responsible for their own **accommodation and meals**. (Advice on nearby hotels and guest houses can be requested).  
Participation in the Spacial Dynamics® Level I training requires normal physical and mental health and resilience.

For your **application**, please fill out the following form and send it to:

Marita Tulloch

3280 Robinson Road

North Vancouver, BC

V7J 3E9, Canada

**Email:** [marita.tulloch@spacialdynamics.eu](mailto:marita.tulloch@spacialdynamics.eu)      **Phone:** \*1 604 655 1176

We would be very pleased to receive an **attached recent photo** in your application package.

**Application form:**

See the following page





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**Dates for the year 2023/24 in Ludwigsburg:**

September	07 - 10, 2023
November	09 - 12, 2023
January	18 - 21, 2024
March	14 - 17, 2024
May	09 - 12, 2024

In order to receive certification as a Spacial Dynamics® practitioner, all courses or at least 520 contact hours of training and the course fees paid in full as agreed.

In the event that a training unit cannot be given due to urgent prevention or illness of the training leaders, this training unit will be made up.

Date and place:.....

Signature of participant:.....

Please complete and sign the contract and send it to:

**Marita Tulloch**      **Email:** [marita.tulloch@spacialdynamics.eu](mailto:marita.tulloch@spacialdynamics.eu)