

PUBLIC WORKSHOP

WITH **JAIMEN McMILLAN**

FEBRUARY 2-3, 2018
VANCOUVER, BC, CANADA

BODY IMAGE

IN WHOSE IMAGE?

Body image is the picture an individual carries of his or her own body. Perceptions and misconceptions of our bodies play important roles in how we act, inter-act, and are reacted to. Body image influences the roles we are offered and whose roles we choose to take in every stage of the drama of our lives. This is even more poignant when we consider that our body images are often unconscious. In addition to being at the root of many eating disorders and depressive conditions, poor body image may negatively affect self-confidence, sexual health, and overall personal development.

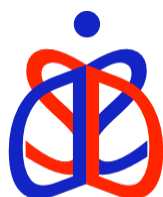
Open to everyone, we will expose the illusions that are sold to us through models and manufacturers of perfected illusion. We will learn exercises and create spaces for ourselves to move from images that confine, towards the freedom that can come when we learn to enliven the bodies that we have.

The workshop begins on Friday , February 2, 2018 at 7:30 pm and continues on Saturday, February 3, 2018 from 9am-5pm at Creekside Community Center, 1 Athletes Way, Vancouver, BC.

Workshop fee is \$200 CAD. Early bird \$175 CAD if before January 5th.

For more information, contact info@spacialdynamics.com or 518-695-6377.

Payment due at the workshop. For credit card payments, in US Dollars, call 518-695-6377.



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