



Doing What Works

A Spacial Dynamics Approach to the Forces at Play in Work
Public Workshop
with
Jaimen McMillan & Carmel Murphy

April 10 & 11, 2026



Friday, April 10, 2026
7:00 - 8:30pm

Mario's Gelato Conference Room
3rd Floor, 88 East 1st Ave
Vancouver



Saturday, April 11, 2026
9:00am - 4:30pm

Creekside Community Centre
1 Athletes Way
Vancouver



There is nothing quite as satisfying as doing what works! But what if everything you were told about how things are done well, was not only wrong, but was actually the opposite of how things work? What if one of the major causes of tiredness, pain, and even injury is doing things incorrectly?

Carmel Murphy, ergonomist, will team up with **Jaimen McMillan**, founder of Spacial Dynamics®, to lead a participatory workshop where we will examine 12 of the most common activities we do every day. We will experience the dynamics of how results are actually accomplished. Participants in this interactive workshop will take home a toolbox of practical ideas, effective techniques, and increased postural awareness they can apply in all they do! Come and join us in these hands-on explorations of the forces at play in work.

Course Fee: \$150 CAD Early Bird \$135 CAD by FEB 20 Payment: e-transfer

For more information and registration:

Jane Williams: reception@19physio.com Tel 604 - 988 - 5221
Carmel Murphy: carmelm@formeergonomics.com Tel 778 - 838 - 4096



Carmel Murphy is a Level III Spacial Dynamics Trainer and a Certified Professional Ergonomist who has practiced and taught ergonomics for over 25 years.

Jaimen McMillan developed the discipline of Spacial Dynamics® and has decades of experience in helping people move more efficiently in every conceivable situation.

