

# Doing What Works



A Spatial 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**  
3<sup>rd</sup> Floor, 88 East 1<sup>st</sup> 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 Spatial 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](mailto:reception@19physio.com) Tel 604 - 988 - 5221  
Carmel Murphy: [carmelm@formeergonomics.com](mailto:carmelm@formeergonomics.com) Tel 778 - 838 - 4096



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

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

