

Health Maintenance – Everyday Exercises

Adèle Waldmann, Bärau, CH

RELEVANCE

Conceived as preventive medicine, these exercises are suitable for various groups of society, including dancers and others and may be used in self-care and stress management.

In Eurythmy and Eurythmy Therapy, the archetypal sounds of speech and music (incl. interval, rhythm, pitch, melody etc.) are made visible through specific movements (see Steiner, R., 2015, and Steiner, R., 1984). The therapeutic value is based on the premise “every movement has an organic effect” (see Steiner, 2003).

Anthroposophic Medicine (AM) has a holistic view of man as a threefold entity of body, soul and spirit and the human soul capacities of thinking, feeling and willing as basic to all human activity (see Husemann, F., Wolff, O. (1987), Steiner, R. (2003), R. Steiner and Wegman, I. (1967) and Kienle (2006)). AM (and its therapies, including Eurythmy Therapy (ET)) is remarkably effective and economical whilst enjoying widespread patient satisfaction (see Kienle, 2006).

ARRANGEMENT

The ME Method (basic method for a phenomenological study of movement and its effects) facilitates the following arrangement:

- a) Visual and verbal description of a movement sequence
- b) Repeating the sequence
- c) „Hearing“ the resonance
- d) Articulating the resonance

PURPOSE

- A) To introduce basic principles of movement in “everyday exercises”
- B) Deepen the interdisciplinary discourse
- C) Increase health while reducing medical costs
- D) Test the acceptance of the ME method and the exercises
- E) Test the interest for future research

Workshop Content:

Health Maintenance – Everyday exercises

- 1) Sitting: Here or there?
- 2) Ways of walking: Just legs? Just walking?
- 3) Centripetal and Centrifugal movement: Which arms?
- 4) Compositions

Kurzbiografie des ersten Autors: Adele Waldmann grew up and studied Architecture and Eurythmy in South Africa. Emigrating to Europe, she studied Social Care, Eurythmy in the Workplace and Eurythmy Therapy. The practical application of complementary healthcare methods and anthroposophy in working and caring for adults with special needs were the focus of her private and professional life for 22 years and a crucial background for her therapeutic practice. Currently, she works with two general practitioners and an orthodontist.