

Anthroposophic Body Therapy – Annual Report 2015

International Association for
Anthroposophic Body Therapy – IAABT
at the Medical Section, Dornach-Switzerland

Rhythmical massage therapy as developed by Dr med. Ita Wegman

Anthroposophical physiotherapy

Oil dispersion bath therapy

Bothmer® gymnastics

Loheland gymnastics

Chirophonetics

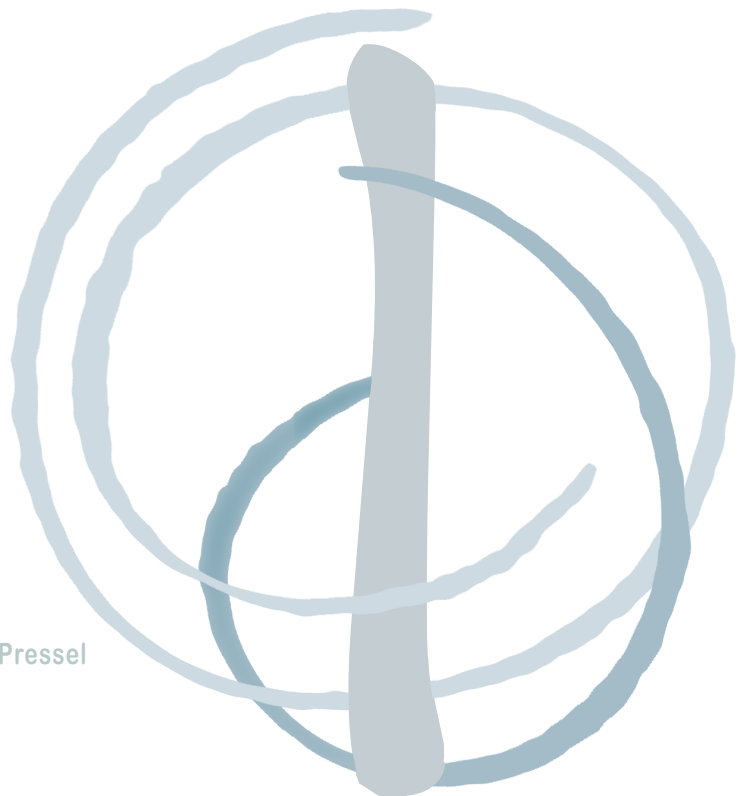
Spacial Dynamics®

Craniosacral therapy

Anthroposophical acupuncture

Christel Heidemann meridian therapy

Massage as developed by Dr med. Simeon Pressel



IAABT

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Association for Spacial Dynamics® Europe | Massage as

developed by Dr med. Simeon Pressel – Elma Pressel |

International specialist conference of anthropo-

sophic body therapy "From devitalisation to

revitalisation" – Rolf Karges

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IAABT

Editorial

Dear Reader,

With this document you have before you the first separate annual report of anthroposophic body therapy. Many body therapy methods are already included in this document and we hope that more will join in the coming years.

As you will see, it is a feature of anthroposophic body therapy that many, partly very diverse methods are incorporated in a single field, namely "Anthroposophic Body Therapy". What they have in common is that all of them take as their direct starting point the physical body of the human being: through touch, through movement, as well as through outer methods such as compresses and baths, and that all of them have their basis in the anthroposophical image of the human being.

At the present time, not all of the forms of therapy listed in this report have yet obtained the status of having been recognised by the Medical Section as an anthroposophical therapy. Many are on the way there and still need to cross one or two bridges before such recognition can be granted. It is the desire and goal of the International Association for Anthroposophic Body Therapy (IAABT) to offer a common umbrella for all these methods while at the same time supporting them in their independence and diversity as well as helping and supporting them on their path to recognition as an anthroposophical method of therapy. The aim is thus to let a productive dialogue come about between colleagues which has as its ultimate goal always to promote the wellbeing of our patients.

The IAABT itself is still a very young and developing association. Even if it does not yet have many members, its current membership already comes from twenty different countries from all over the world. Established in September 2011, it significantly builds on the honorary work of committed co-workers.

Anyone who wishes to become involved is very warmly welcome!

Editorial

The year 2015 was marked for anthroposophic body therapy by two major events: the first international specialist conference for anthroposophic body therapy at the Goetheanum and the annual conference of the Medical Section which this year focused on external treatments.

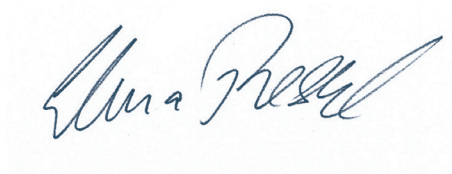
One-hundred-and-fifty therapists from all over the world came to Dornach for the specialist conference from 30 April to 3 May to discuss "Obtaining balance – From devitalisation to revitalisation". Participants came from eighteen countries on all five continents. The conference focused on fatigue illnesses and possibilities of treating them using AM body therapy methods. Intensive work took place in eighteen working and seminar groups; five lectures were framed and rounded off by two concerts and singing as developed by Werbeck-Svärdström.

Participants particularly praised the good atmosphere and warmth. The conference was an all-round success – we look forward with confidence to 2017 when the next conference will take place from 27 to 30 April. A publication containing all the lectures as well as reports from the various working groups is in preparation.

Many body therapy methods were also represented at the annual conference in September: namely all those which can be seen in the context of external treatments – massage, baths, chiophonetics, to name but a few.

The following will give you a direct insight into the work of eleven different therapeutic methods which see themselves as belonging to anthroposophic body therapy. Authors are exclusively responsible for the content of their texts.

With warm greetings on behalf of the IAABT Council

A handwritten signature in black ink, appearing to read 'Elma Pressel', is displayed within a light gray rectangular box.

*Elma Pressel – International Coordination of Anthroposophic Medicine / IKAM
Section for Anthroposophic Body Therapy*

Rhythmical Massage Therapy as developed by Dr med. Ita Wegman

by Unda Niedermann, Aoine Landweer-Cooke and Ricarda Meyer

Rhythmical massage therapy on display

The demonstrations, working groups and presentations at the 2015 specialist conference and the annual conference of the Medical Section at the Goetheanum entitled “The dignity of the human body – External treatments in the practice and research of Anthroposophic Medicine” illustrated the method of rhythmical massage therapy in the diversity of applications of Anthroposophic Medicine. The current research results were shown both in the poster exhibition and in the contributions.

For example, Charlotte Allmer MSc presented “Rhythmological synopsis in theory and practice” and Dr phil. II (P), Dipl. Biol. Ana Paula Simões-Wüst, Klinik Arlesheim, spoke about the prospective study “Rhythmical massage therapy: efficacy and mode of action”. Particularly instructive was the “Rhythmical massage therapy as developed by Dr med. Ita Wegman in practice and research” working group and the discussion with the researchers (Liliane Ammann Albertin, med.masseuse EFA, Marbach, CH; Dr rer. nat. Daniel Krüerke, head of clinical research, Arlesheim, CH; Dr phil. Ana-Paula Simões-Wüst, researcher, Arlesheim).

Change of method representative

At the meeting of the International Forum Rhythmical Massage Therapy Training (IFRMTT) in September 2015, Aoine Landweer-Cooke, Ireland, and Ricarda Meyer, Switzerland, were elected as method representatives. The process of handing over the method representation for rhythmical massage therapy from Unda Niedermann to Aoine Landweer-Cooke and Ricarda Meyer will run until autumn 2016. For many years Unda Niedermann bore responsibility both for the professional coordination of physiotherapy (today IAABT professional coordination) in the Medical Section and for representing the method of rhythmical massage therapy.

As method representatives we see our task above all as being to support the communication between the Medical Section, the IFRMTT and our colleagues all over the world. This consists primarily of enabling the flow of information between the professional coordination and the Medical Section, its organs, professional associations and training centres, and the colleagues in their locations worldwide. On the other hand it can also consist of bringing the initiatives of individual people into contact with one another and taking them up.

The contribution of the method representatives will consist above all of creating networks and acting as an intermediary between the Goetheanum and the periphery – the professional associations, therapists and training centres. Until autumn 2016 we will deal with enquiries between the three of us and undertake activities jointly.

Anthroposophical Physiotherapy

by Stephan Thilo and Jaqueline Piper

Physiotherapists have been coming together for more than 35 years to advance anthroposophically-based physiotherapy. Alongside regular physiotherapy conferences, there have been various working meetings in smaller groups to pursue this subject. Anthroposophical physiotherapy identifies itself as the professional group of state-recognised physiotherapists who continuously extend their work diagnostically and therapeutically on the basis of the anthroposophical image of the human being.

So far the work on such an extension has still been strongly determined by individual methods (various massage and movement methods, as well as external treatments). But the goal is to develop the identity of anthroposophical physiotherapy beyond the current methods and strengthen it through overarching qualifications. A working group met at the 2015 annual conference of the Medical Section which worked on this subject among other things: the various movement methods of Bothmer gymnastics, Loheland gymnastics and Spacial Dynamics were looked at in practice and examined in their therapeutic possibilities. The many years of work of our Dutch colleagues in particular provided rich soil on which this work was able to grow.

For the future, the focus will now be on detailed profession-specific basic research as well as on work on the methodological process to come closer to this goal. We will furthermore endeavour to respond to the interest of physiotherapists working in conventional medicine to train in Anthroposophic Medicine without necessarily having to tie themselves to one of the existing methods. Here we also see an opportunity to expand the external presence of Anthroposophic Medicine and to extend conventional medicine correspondingly also in the field of physiotherapy.

Oil Dispersion Bath Therapy

Report on the activities in 2015 of the International Association for Oil Dispersion Bath Therapy as developed by Werner Junge

The association, which because of its long name we can also refer to in short by its German acronym IVÖ, pursues a number of goals: its fundamental concern is the curricular teaching of the medical bath as it was developed by Werner Junge with his wife Franziska in the 1950s and taught worldwide. This is done through introductory seminars which in the past year were held several times by Reinhold Schön in Bad Boll, Berlin and Budapest. Practical courses are also offered in various cities in which for one week interested persons experience the bath and undertake initial exercises. In 2015, one course was organised each in Bad Boll and Bad Wörishofen. Reinhold Schön practiced the oil dispersion bath at the IPMT in Lviv in Ukraine. Tiny Reinink started a practical course in Portugal which will be continued in 2016 as a training course.

Such a certificate course is offered in four modules in two years. In Germany four participants are currently training on the Oxalis course. Our training courses are named after the medicinal plants used in the bath. The Oxalis course started in 2014 with practical courses in Alfter (Gabriele Bäumler-Warning as trainer) and Hamburg (Catharina Bormann as trainer) and continued with our group of lecturers in Düsseldorf in 2015 with the basic course and advanced course.

Carola Firl and Dr Markus Krüger from the Ulm Independent Nursing Practice trained two nurses in this outpatient practice to become nursing specialists in oil dispersion bath therapy who received their certificates in November 2015. The manager of this nursing practice, Jacqueline Goldberg, is already an oil dispersion bath therapist. This nursing course was carried out in cooperation with the Association for Anthroposophical Nursing.

Our efforts to bring oil dispersion baths to public awareness in our medical environment were realised through lectures by Dr Markus Krüger in the Filder Clinic, at the IPMT in Thailand and by Dr Albrecht Warning at the oncology conference in Havelhöhe, Berlin. We also attended the physiotherapy conference in May and had the opportunity during the medical annual conference in September in Dornach to provide an experience of the therapeutic qualities of the bath by means of a case vignette from the Filder Clinic (Dr Markus Krüger) and a bath experience in the working groups (Beate Motte).

Oil Dispersion Bath Therapy

In 2015 we started to prepare a training and information film about oil dispersion baths. Specialist packs, brochures and articles in specialist journals will provide everyone who is interested in the subject with literature. The aim is to replace these shortly with a textbook.

Our association is working hard to embed this therapy in the "health policy scene". Through DAMID, and in particular Ms Barbara Wais, the "diplomatic activities" of Beate Motte (located as a therapist of our association in Berlin Mitte) resulted in new opportunities regarding agreements on financing in the integrated care contract. It was possible to arrange the reimbursement of costs with the health insurance funds grouped in BKK-VBU.

On occasion of our general meeting of members we offered advanced training for our members.

All of these things are looked after, organised and held together by our chief executive Ingrid Bihl who has her office in Düsseldorf and is available there by telephone on Mondays to provide information and respond to enquiries:

fon +49 211 - 92 94 50 or sekretariat@oelundwasser.de

Loheland Movement Training

by Sabine Podehl

Loheland gymnastics offers a way of learning to understand movement as an element of life in that it makes the relationship of human beings to space and time the focus of interest.

In it they discover basic laws as they perform gymnastics. Being guided by the conditions of the human movement organism communicates clarity about these things and insight into the given order. In the field of dynamics for example, they come into contact with the qualities of rest and movement, heaviness and lightness; in the field of statics with dimensions, planes and spherically radial principles of form; in the field of respiratory rhythm with the relationship between inner and outer.

In all these fields they become familiar with the importance of movement as an element which mediates between polarities and understand themselves as the controller of their movement. It is human beings themselves who by virtue of their own free will can create balance, mediation and transformation.

Further information at www.Loheland.de

<http://www.loheland.de/index.php?id=akademie-weiterbildung-gymnastik&L=1%27A%3D0>

Bothmer® Gymnastics

by Stephan Thilo

The highlight of the Bothmer year is undoubtedly the annual intensive week in the summer. This year we were the guest of the Wuppertal Waldorf school which with its wonderful building full of nooks and crannies has everything we needed to work with 170 people. An international group of Bothmer students, gymnasts who have completed their training and interested novices worked together for a week with much joy and enthusiasm. The intensive week is open to all who are interested in movement and Bothmer gymnastics and will take place again this summer in Germany.

Another important meeting point of the Bothmer gymnasts is the annual autumn conference of the International Professional Association for Bothmer Gymnastics. It offers workshops on specific subjects of Bothmer gymnastics over the course of a weekend. It is a specialist conference but is also open to everyone with an interest in the subject and to this end also offers introductory courses. The subject of this year's conference was: the physical body and its spiritual origins. Dr Callegaro's lectures offered intensive work material for the practical courses. A quote from Count Fritz von Bothmer fits well here:

"It might sound paradoxical to feel oneself outside the body in physical exercises. Feeling oneself in space, experiencing spatial forces whose focus is the body, which pervade and form it – that seems to be one way to overcome the abstract, mechanical part of physical exercise and ascend to the spirit again."

The year 2015 was full of anniversaries for Bothmer gymnastics:

- In September 2005, we started the first training courses in Bothmer gymnastics as part of Bothmer Movement International. Bothmer Movement International was founded as an association and seeks collaboration between the existing training centres and the new group of teachers and their courses. In these past 10 years, certificate courses were held in 22 training centres in 17 different countries.
- Second, the Hungarian Bothmer gymnastics training course celebrated its twentieth anniversary at the start of October with a festive ceremony in Budapest.
- And third, the first training course for Bothmer gymnastics started in Britain in 1985 in response to many requests so that we can look back on 30 years of Bothmer gymnastics in Britain.

Bothmer® Gymnastics

Alongside the growing range of courses offered in Bothmer gymnastics and an increasing number of training centres, the second course for Bothmer gymnasts working in therapy concluded in summer 2015. After a two-year in-service training period in Kassel, the course concluded at this year's summer intensive week in Wuppertal. The field of therapeutic possibilities of Bothmer gymnastics extends from individual support in schools through support groups, special needs, individual and group work with children as well as adults to the extension of physiotherapeutic work.



Our goal is that people should increasingly be trained in their own countries and if possible their own language. We therefore look with gratitude to the meanwhile worldwide community which, drawing on the sources of the movement, work for the physical, mental and spiritual development and healing of human beings.

Further information / contact / newsletter, etc. at:

www.bothmer-movement.eu

Spacial Dynamics®

by Dieter Bigler and Christina Spitta

At the start of August, more than 200 guests from 25 countries celebrated *the 30-year existence* of Spacial Dynamics® as well as the sixty-fifth birthday of its founder Jaimen McMillan in the Spacial Dynamics Institute in upstate New York (US).

The *SD method* comprises a constantly growing body of movement therapeutic exercises and techniques as well as age-appropriate educational exercises and activities which are applied worldwide in the fields of therapy, special needs education / education, performance enhancement, business leadership and the world peace movement.



The moving person is seen in this context as a flowing continuum of body, surrounding space and attentiveness/presence.

In 2015 a new 4-year *basic training course* (Level Ib) started in Ludwigsburg; in Budapest Level Ib celebrated its conclusion (see picture). Other Level I training continued near Venice, in Mechanicville (NY), Portland (Oregon), Vancouver (Canada), Austin (Texas) and in Argentina; in China there were preparatory courses for the start of a Level I in 2016.

Internationally *Level II courses* (for SD specialisation in therapy, education (recognised by ISMETA) or general) were offered i.a. on the following subjects: anatomy of freedom, the six subsidiary exercises, early childhood, meditation, womenspace, SD and contact dance as well as “dancing through the grades”.

Spacial Dynamics®

There were introductory courses in Basel for example (www.gabriele-hurter.ch) or at the Filder Clinic near Stuttgart. SD was represented with two courses, "Recreation through SD" and "Moving the six subsidiary exercises", at the international specialist conference for anthroposophic body therapy (of the IAABT) at the Goetheanum in May, similarly at the medical conferences in Kassel and Bad Boll, "Teach the Teacher in Anthroposophic Medicine" and the international annual conference of the Medical Section in Dornach in September.



In addition, courses in "Business leadership" were offered internationally. At the invitation of Dr med. Christian Larsen (developer of Spiral Dynamics), it was additionally possible to present Spacial Dynamics® at the Spiral Dynamics congress in Zurich in September.

It was also possible successfully to conclude the data entry of two international studies on SD movement therapy (retrospective and prospective) at the ARCIM Institute near Stuttgart and publish first results as a poster.

www.spacialdynamics.com / www.spacialdynamics.eu

Chirophonetics

Conference report of the “Chirophonetics – therapy through speech and touch”

working group – by Stefan Rex

International specialist conference for anthroposophic body therapy in interdisciplinary dialogue
30 April 2015 – 3 May 2015

Obtaining balance: From devitalisation to revitalisation

About 20 people took part in the Chirophonetics working group. Since half of them were chirophonetics therapists, it was possible for everyone new to the subject to experience chirophonetics on themselves in every event alongside the lectures.

In order to make this experience clearer, we conducted a small experiment: participants were asked to lie comfortably in a prone position on a couch and were then given one smooth, long, lateral massage stroke from the shoulders to the feet by the therapist, the first time round in silence. Then the stroke was repeated but this time the therapist sounded a long U. After a short pause to allow the impression to sink in, the participants described the difference they experienced approximately as follows: *“It was only a very short treatment but I felt it very intensely. The warm touch and vibration of the hands made my breathing deeper, it was a resonance into a harmonious spiral. The treatment very quickly reached a very tensed up place in me. Without the sound everything remained superficial, it was pleasant but had no effect on me.”*

Here we could clearly see speech as the crucial resource in chirophonetics when compared to slow stroking massage. The person feels directly addressed through the treatment; they hear and feel with their whole organism. They become inwardly mobile through the sounds and the action of the associated sound qualities. The astral body (through the imitative resonance of the muscles in hearing), the etheric body (through the etheric resonance in speech comprehension) and the I (through the sense of touch and the perception of warmth of the touching hands) are addressed. When we touch the person in chirophonetics, a feeling arises in them of “I am” or “I am of value” – a first step in recreating ourselves.

Chiophonetics

In this way chiophonetics has its starting point in our psychological state. It looks at the state of the person and the sounds which might help them to progress in their development to find peace and possible pain reduction. The newly acquired perception of the body and the experience of the sounds can lead to new soul experiences which the body can follow. The soul of the person is set in motion. It is this nascent will, not the one already executed, which is effective here.



Further information:

www.chiophonetik.de

www.schweiz-chiophonetik.ch

www.chiophonetique.ch

www.chiophonetik.at

www.chiophonetica.it

Massage according to Dr med. Simeon Pressel

by Dorothea Friemel and Jülia Pressel

Following the death of Dr med. Simeon Pressel in 1980, the massage developed by him experienced a strong centrifugal movement which led to its diffusion all over the world. As in all living processes, the spread of the massage "introduced" new and other qualities into the way it was practised and partly also into the theory. This process led to great apparent differences in its understanding and implementation.

Since then 35 years have passed and a centripetal movement has become evident: People are together seeking to return to the source of this healing impulse, to concentrate on the essential aspects, work together and start by this means to clarify, understand and bridge apparent differences.

In this spirit the Professional Association for Massage as Developed by Dr med. Simeon Pressel has been initiated in Germany. Thus we would like to refer here once more to our still young professional association. It was established on 17 May 2014 and is registered with the Kassel register court. It has its registered office in 34128 Kassel, Immenhäuser Strasse 16. Many colleagues who work with massage as developed by Dr. Pressel have waited for many years for this impulse and its implementation and have repeatedly motivated and supported us with suggestions and enquiries.

The wish for the establishment of a professional association arose out of the desire to bring the various streams which developed after the death of Simeon Pressel back into a common one, to reflect on our common original impulses and set ourselves common goals. These goals can be found in the statutes.

We are pleased about the many members who have a lively interest in contributing to the development of our professional association and want to contribute by taking responsibility in various already existing or newly to be founded initiatives and working groups, about which we will report briefly below.

The massage was represented within an interprofessional working group at the international specialist conference at the end of April 2015 with Unda Niedermann for rhythmical massage therapy and Elma Pressel for massage as developed by Dr med. Simeon Pressel. In the course of the working group, it was possible to work out in some depth common features and differences. There was a great deal of encouragement from the participants as an important signal for good, unprejudiced collaboration among colleagues across methodological boundaries.

Massage according to Dr med. Simeon Pressel

A comparable working group took place at the 2015 annual conference in September with Birgit Schopper for rhythmical Einreibungen (oil rubs), Fausto Nuzzo for rhythmical massage therapy and Elma Pressel for massage as developed by Dr S. Pressel. Here, too, the numerous participants could experience common features and differences in theory and practice as well as collaboration among colleagues.

At this annual conference three demonstration groups for massage as developed by Pressel were also held (by Jülia Pressel) with the goal of discussing and illustrating the background and



procedures. It was possible to explain to numerous participants the intention of this therapy and its forms of expression with their foundation in the planetary qualities.

One of the case vignettes in the plenary session of the annual conference dealt with a patient who was supported by the massage for many years of his life. Dr Gabriele Albrecht and Elma Pressel described the broad range of application of this massage, including the various ways it works. Thus it became clear, among other things, how in a biography an incarnating intervention took place in connection with a crisis and how, in another instance, a releasing process was beneficially set in motion a few days before the death of the patient.

Massage according to Dr. med. Simeon Pressel

At the 2015 annual conference there was an open-hearted exchange among colleagues during the discussion with practical reciprocal massages among members of the various streams beyond right and wrong. These meetings had something of the healing nature of Whitsun about them and a new approach could be sensed.

Another initiative is collecting reports from patients who are still alive about the time when Simeon Pressel was practising as well as from former participants in his courses to obtain a better understanding of the source of this treatment. Discussions with former patients and course participants have already taken place. Their reports about his original way of working and approach were recorded in writing and worked on to come closer to the archetype of this therapy.

Additional contact persons to collect reports are requested to contact us (see below for Jülia Pressel's address).

And last but not least, additional working groups were formed to work on the further training guidelines of this therapeutic method.

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Christel Heidemann Meridian Therapy

by Barbara Küper-Frerich

Key words: Plant colour silk on meridian points; diagnosis and therapy monitoring through examining disturbance changes at meridian points in reflector zones of the connective tissue in the back; harmonisation of the effects of planetary forces; restoring the order of living processes.

Our work in 2015 was characterised by

- study of the works character of the work of Christel Heidemann;
- researching the tracks of the therapy in the human biophoton field;
- intensively networking our areas of work in Germany and the Netherlands;
- developing a surgery for consultation on Christel Heidemann meridian therapy;
- designing the “face” of the therapy: a new Internet presence will go live this spring at **www.christelheidemann-meridiantherapie.de**

Further information:

Christel Heidemann Academy

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Dutch Office: Cees Tjeerdema, fon +31-(0)515-232119, cteeerdema@home.nl

www.meridian-und-farbtherapie.de

www.farbmeridiantherapie.de

www.meridiaantherapie.nl

www.meridiaankleurentherapie.nl

www.verband-meridianfarbtherapie.de

Anthroposophical Acupuncture

work report of the IAAA – by Eef Jansen

In 2011 the International Working Group for Anthroposophy and Acupuncture (IAAA) was set up by Theresa Trouwee – an initiative which was welcomed by Dr med. Michaela Glöckler.

The IAAA seeks correspondences in the starting points of Anthroposophic Medicine and Daoist philosophy which forms the foundation of classic acupuncture. Our concern is to combine these two systems with one another.

It is particularly important to interpret the Chinese teaching of the five elements correctly in order to connect them with the four Aristotelian elements. Thus the four human constitutional elements can also be introduced into the Chinese model.

In this way the associated acupuncture points become tangible in the context of the connections between the human constitutional elements.

The threefold structure can also be found in Chinese thinking and is equally reflected in the acupuncture points: elemental level, energetic level, cosmic level – comparable with the nervous and sensory system, rhythmical system, and metabolic and limb system.

We contributed to the medical annual conference in 2011 with a poster presentation on this subject. In the following years we explained our theories in two workshops, always in connection with the respective theme of the annual conference: heart, Asian medical systems, etc.

The posters can be obtained from info@ifumaastricht.com

Craniosacral Therapy

Annual report of the working group for craniosacral therapy (CST)

IAN-CST (International Anthroposophic Network for Craniosacral Therapy)

by Birgit Schopper, Rozanne Hartmann and Michael Kokinos

During the IAABT conference in Dornach in 2015 a small group of craniosacral therapists met with the impulse to establish this network for craniosacral therapy. It is our concern to establish a forum in which anthroposophy and craniosacral therapy can meet one another.

Thus a document was prepared as a first step which was sent out with the newsletter of the Medical Section. This document can be requested from us if interested (see email address).

A meeting of members took place at the annual conference of the Medical Section in September 2015. It was an occasion to get to know one another. There was a lively exchange of views between the participants who had come from a wide range of countries such as Australia, Argentina, Spain, Ireland, Great Britain, USA, Russia, Germany and Switzerland. There was joint work on a number of subjects which are intended to provide the basis for future work.

They include:

- Rhythm (collection of reports from rhythm research, anthroposophical writings, etc.)
- Embryology (origin of the formative forces and their relationship with CST)
- Sending out the writings of the great empirical founders of osteopathy and CST.
- Creation of a page within the IAABT website.

Our email distribution list currently contains 70 members who are interested in this subject.

The next meeting is scheduled to take place during the annual conference of the Medical Section in September 2016.

In addition we would like to organise a professional group meeting at the next international specialist conference for body therapy.

Contact:

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schopp.bi@bluewin.ch

Conclusion

We welcome feedback of any kind about this report!

Positive comments are gratifying and provide motivation to continue the work, critical comments help to improve future projects.

If you are interested in further information about the International Association for Anthroposophic Body Therapy, you can find it at

www.iaabt-medsektion.net

If we have kindled your interest with this report and you have further questions, write to us at

info@iaabt-medsektion.net

We would be pleased if interest in the work of body therapy can be kindled in this way and would like to draw your attention here already to our next conference at the Goetheanum:

International specialist conference
for anthroposophic body therapy

at the Goetheanum/Switzerland
from 27 to 30 April 2017

