



Little Yarra Steiner School, 205 Little Yarra Road, Yarra Junction VIC Australia

22 September – 1 October 2017

Tone Eurythmy Therapy Course with Jan Ranck

**A professional course for Therapeutic Eurythmists and Medical Doctors open also to Eurythmists, Music and Art Therapists and Interested Parties (space permitting)
The 56 course hours qualify as AnthroMed Professional Development Hours (PDHs)**

Inspired by Rudolf Steiner's indication that tone eurythmy therapy should be developed in addition to speech eurythmy therapy, the eurythmist Lea van der Pals and the medical doctor Margarete Kirchner-Bockholt worked together in the late 1950's to develop a sequence of exercises in connection with the diseases discussed in Rudolf Steiner and Ita Wegman's book *Extending Practical Medicine*. The areas covered include rheumatism, dermatitis, central and peripheral congestion in the systemic circulation, pulmonary circulation abnormalities, diabetes, albuminuria, conditions of overweight and underweight, gout and arthritis. This course, which includes a review of all of the elements of tone eurythmy, was taught for many years by Lea van der Pals within various eurythmy therapy courses, and the effectiveness of the exercises was shown in practice.

Jan Ranck was a student of Lea van der Pals and is a colleague of her successor in this field, Annemarie Baeschlin. She was involved with compositional and editorial suggestions for their publication *Ton-Heileurythmie*, Verlag am Goetheanum 1991, published in English in 2009 as *Tone Eurythmy Therapy* by the Medical Section at the Goetheanum. Born in the USA, she studied music and comparative arts at Indiana University in Bloomington. She accompanied the London Stage Group on their 1976 USA tour and went on to study eurythmy at the Eurythmeum in Dornach, where she subsequently served as a teacher. In 1984 she joined the faculty of The London School of Eurythmy. She left there to complete her training in eurythmy therapy in Stuttgart in 1989, moving afterward to Israel, where she is currently the founding director of the Jerusalem Eurythmy Ensemble (1990) and the Jerusalem Academy of Eurythmy (1992). She is also an instructor in the Jerusalem Waldorf Teacher Bachelor Program in David Yellin Academic College, and a guest teacher in various venues worldwide, including the Goetheanum and the MA Program in Eurythmy held in Emerson College and Spring Valley. She is the representative for Israel in the International Department of Eurythmy Therapy ("Eurythmy Therapy Forum") and has held the course in Tone Eurythmy Therapy at various venues on the British Isles and in the USA.

The course begins Friday Sept 22 at 7.30pm and ends Sunday Oct 1 at 6.30pm.

For further information please contact: lsarah@netspace.net.au phone: 0410 823 967

Jan is a profoundly patient teacher... With her stringent guidance in attending to our experiences in the instrument and a healthy dose of humour she led us through specific focus to intensive engagement and new experience. Her artistry always tended towards clarifying the soul within the instrument and she guided us to mastering ourselves in the movement. – Glenda Monash, Eurythmy Therapist. USA

I definitely recommend to any physician who is interested in practicing anthroposophical medicine to partake in such a course. All physicians present...felt that we were much closer to being able to understand both our patients in their suffering and anthroposophy ...as a consequence of the course. -Ross Rentea, MD, USA

I cannot remember when I have laughed so much, possibly as a result of not only Jan's wonderful inclusion of humour in her teaching, but also of the health-giving effect of the exercises. -Elizabeth Carlson, Eurythmist, UK