

## Application

Therapeutic Eurythmy is a movement therapy that is offered in hospitals, clinics, schools and private practices throughout the world. It supports the treatment of many conditions in both children and adults\*, including: allergies, asthma, anxiety, arthritis, autism spectrum disorders, back and postural problems, cancer, cardiac support, convalescence, dental irregularities, depression, developmental disabilities, diabetes, digestive disorders, emotional issues, vision defects, stress and fatigue, trauma recovery, women's health issues.

### For children,

common conditions treated are: constitutional anomalies, speech development delays and disorders, attention disorders (ADD, ADHD), emotional disorders, poor memory, learning difficulties in reading and math, dental anomalies, enuresis, and developmental delays in motor skills, speech, etc.

### Rehab Eurythmy Therapy

is applied for all ages and helps relieve pain and increases mobility.

\* Eurythmy therapists work in conjunction with medical / anthroposophic doctors and Waldorf teachers, whenever possible.

~ Testimony ~

"It is amazing to see how she develops and strengthens her inner self through therapeutic eurythmy. I cannot thank you enough for this!" (parent of a child, age 9)

"I noticed each time that the child returned with calm and radiant energy to engage in the classroom activities after therapeutic eurythmy sessions." (class teacher of a student, age 7)

"The therapy sessions lead me into a peaceful mind and body status. Exercises are both powerful and soothing." (cancer patient, age 61)



For a therapist in your area, please visit:

[eurythmytherapy.org](http://eurythmytherapy.org)

or email to

[athenacorrespondence@gmail.com](mailto:athenacorrespondence@gmail.com)



**ATHENA**

Association for Therapeutic Eurythmy in North America  
in connection with the Medical Section, Dornach, Switzerland

# Therapeutic Eurythmy



- ❖ Restoring health and balance through movement for all ages
- ❖ Individualized programs are client-centered and process-oriented
- ❖ Comprehensive therapeutic treatment respects the autonomy of the client
- ❖ Ideal for children, providing learning, emotional and developmental support

## Background

Therapeutic Eurythmy is a proven modality within the framework of Anthroposophic Medicine. It's developed by Rudolf Steiner and Dr. Ita Wegman in cooperation with the school eurythmists of the first Waldorf School, based on the movement art of eurythmy. Since the first "Eurythmy Therapy Course", given to physicians in 1921, it has been continuously applied and further developed worldwide by physicians and eurythmy therapists.

## Movement that Speaks to Body and Soul

*Eurythmy* means "harmonious movement". It is based on the recognition that certain archetypal movements or gestures correspond with specific sounds of speech and music. In therapeutic eurythmy (TE) the 'sound gestures' of eurythmy are enhanced and repeated. When they are taken up by the individual, they can vitalize, calm or otherwise affect bodily and emotional conditions.



## Behavior and Learning

Behavior and learning challenges often result from functional organ weakness or imbalance in the forces of thinking, feeling, and willing. Self-esteem, attentiveness, and confidence in social life are often gained through TE. The aspect of fine tuning the three-fold nature of human being is the basic parameter of sensory integration in school eurythmy, especially in early childhood education.



Exercises like 3-part walking, rhythmic stepping, and working with copper rods and copper balls help to overcome unconscious bodily movements, including the primitive reflexes, bringing more conscious control and command of feet, arms, hands and fingers.



## Body-Mind Sensing

Repetition and practice of therapeutic eurythmy stimulates and fine tunes a healthy sensing of our body. The caring mood of the practitioner and the introduction of many of the activities through playful imagination help to calm the sympathetic (fight-flight) nervous system. The vestibular (balance), sensory-motor (proprioception and bilateral integration) and tactile systems are stimulated and worked up through its practice. Through integrating these four basic body senses in connection with higher cognitive processing, *neuro-pathway development* is fostered. The individual becomes an active participant in developing new and healthy body-mind patterns.

## What to Expect

Each treatment session may last 20 to 60 minutes each (dependent on age, program, and setting). Following each session is a brief period of rest that helps maximize the therapeutic effect. A series of 7 to 14 sessions is usual and can be repeated as needed.



[7-year-old boy case study] In the course of the Therapeutic Eurythmy treatment-continued for some years- there was a striking improvement. It was clearly apparent that little by little his etheric body was growing and developing. I am convinced that without such help the child would never have been able to take his place in normal class." –Dr.Eugen Kolisko