

EDUCATION IN VITALEURYTHMY

– FOR EURYTHMISTS AND EURYTHMY THERAPISTS

INTRODUCTION	Vitaleurythmy is a movement program used for prevention of and as a treatment for stress. The program is suitable for adults and for young people in school.
DESCRIPTION	The education aims to provide eurythmic tools to prevent and treat stress. Increased ability to be mindful and deepened body contact are seen as important goals. Vitaleurythmy connects to modern stress research and works to develop attention, the ability to lead oneself, promote personal well-being and the joy of life. It can also be used to support team processes. Vitaleurythmy works with the four elements, the solid, the liquid, the airy and the hot in the eurythmic movement. These elements are integrated into the eurythmic movement of language sounds and opens up for their healing and build-up effect. Vitaleurythmy is exercised in groups. The education provides inspiration and exercises for courses, teaching and therapy.
LEARNING OBJECTIVES	After completing the course, the student will be familiar with themes and working methods in Vitaleurythmy and have tested them. Students should be able to use exercises and make programs that meet the needs of different clients.
LANGUAGE	The teaching will be in English (some parts are also explained in German).
COURSE SESSIONS	The education is given in five modules from autumn 2018 to autumn 2019. The modules consist of four weekend sessions and a whole week. Module I: 21-23 September 2018 Module II: 23-25 November 2018 Module III: 1-3 February 2019 Module IV: 8-13 April 2019 Module V: 6-8 September 2019

**TIMES FOR THE
MODULES**

Module I, II, III and V: starts at 17:00 on Friday and ends at 12:00 on Sunday.

Module IV: Starts on Monday 9:00 and ends at 12:00 on Saturday.

**MODULES
CONTENT**

Module I, 21-23 September 2018. Content:

- Introduction to the main subjects of the education
- Ability to increase mindfulness
- Working with the "Kraftfeld" of the sounds
- Methodology and teaching techniques (action-learning)

Module II, 23-25 November 2018. Content:

- Main subject: Communication
- Teaching groups
- Three ways to perceive and learn
- Hospitation and intervision

Module III, 1-3 February 2019. Content:

- Stress and recovery
- "the five Inner boosters": Powering and permissive inner forces
- Healing power and resilience
- Inner development, personal mastery

Module IV, April 8-13, 2019 (weekly event). Content:

- Presentation of the concepts of participants
- Teaching methods in groups and group-dynamics
- Deepening the Kraftfeld-work of the sounds
- Portfolios
- Deepening of theoretical and eurythmic themes as required

Module V, 6-8 September 2019. Content:

- Personal mastery: Internal development, attention and meditation
- Presentation of student portfolio
- Final review of the main themes for the education
- Certification
- Outlook of the continued cooperation in the Vitaleurythmy network

**EXAMINATION
AND CERTIFICATE**

Certificate as Vitaleurythmist is given after approved examination. For an approved examination is required:

- Completed and approved portfolio
- Participation in all modules (if any module is missed, we try to offer you the opportunity to participate in the module when the module is given at Alanus University in Germany or during any future education in the Nordic countries).

TEACHERS**Christiane Hagemann**

was born in 1957, and works in Hamburg as a freelance eurythmist and eurythmy therapist. She has been teaching adult-education courses in eurythmy for over thirty years. She was a member of the Hamburg Eurythmie-Bühne from 1982-1993. She has worked in Waldorf schools, at preschools, in retirement homes, and at the Musikseminar Hamburg. She was a co-founder and lecturer of “4.D – raum für eurythmische ausbildung und kunst”, a eurythmy-training program (BA) in Hamburg (2007-2013).

She has worked as a lecturer at Priesterseminar Hamburg since 2003, and as a Vitaleurythmie lecturer at the Alanus-Hochschule in Alfter since 2009; since 2014, she has also taught the Vitaleurythmie certification course. She and Michael Werner worked together to develop the concept of Vitaleurythmie as an anti-stress method. She regularly gives Vitaleurythmie seminars and workshops at conferences and conventions, both in Germany and abroad. In 2007, she published the brochure “Vitaleurythmie: Gesundheit, Spannkraft, Lebensfreude” (Health, Buoyancy, Vitality”).

Michael Werner

was born in 1964, and works as a eurythmist. Since 1995, he has worked at the Rudolf Steiner School in Hamburg-Bergstedt, teaching eurythmy to middle and high school students. In 2003, he completed training as a consultant and organizational development specialist at Trigon, and continues to manage consultation projects in Germany and abroad even today.

From 2010-2015, he coordinated the Eurythmy Pedagogical Research project at the Alanus-Hochschule in Alfter, where he continues to work as both a researcher and a lecturer for the Vitaleurythmie

certification course.

He was a co-founder and lecturer of “4.D – raum für eurythmische ausbildung und kunst”, a eurythmy-training program (BA) in Hamburg (2007-2013).

Michael Werner contributed to “Den eigenen Eurythmieunterricht erforschen” (“Exploring one’s own eurythmy pedagogy”) edited by Stefan Hasler and Charlotte Heinritz (2014).

MORE INFO ABOUT VITALEURHYTHMY More information (in English and German) about Vitaleurythmy and the teachers can be found on their website: www.vitaleurythmie.de

LOCATION Vidar Rehab, Vidarkliniken, 153 91 Järna (Sweden)

PRICE 18 500 SEK, incl. course material and coffee/tea

PAYMENT Payment is made by invoice. Part payment is possible. The first payment is made in connection with Module I.

REGISTRATION **Notification of interest** (not binding), by 30 June 2018, is made directly to Alexandra (see contact details below) or at the Järna Academy website (write "Interest" as comment): www.jarnaakademi.se

Registration (binding), by 31 August 2018, is made directly to Alexandra (see contact details below) or at the Järna Academy website: www.jarnaakademi.se

In order for the education to be held, we need at least 10 participants, so it is important that everyone who is interested lets us know! The training can accommodate up to 15 participants, first come first served.

**COURSE
ORGANIZER**

The training is organized by Järna Academy.

**EDUCATION
COORDINATOR**

Ursula Flatters for Järna Academy

CONTACT

Contact person at Järna Academy:
Alexandra Tsigotsides
Telephone: 0737773285
Email: info@jarnaakademi.se

All information about the education can be found on the Järna Academy website: www.jarnaakademi.se

**ABOUT
YTTERJÄRNA**

Ytterjärna is beautifully situated at Järnafjärden (Baltic Sea) and is located 6 km from Järna centre where the commuter train is located (Järna station).

In Ytterjärna there are several cafes and restaurants, a cultural centre, several schools, several organic farms, ecological shops, a hospital (Vidar Rehab run by the Vidarkliniken Foundation), training facilities, hotels, hostels and much more! In the Järna area there are several educational and social therapies for children and adults.

More information about Ytterjärna: www.ytterjarna.se

**USEFUL
INFORMATION**

Options for overnight stays during the training are at Vidar Rehab, Ytterjärna Hotel and several other places in the immediate area. Contact us if you want more information about where to stay and eat.