Anthroposophical Therapies

Art, **Eurythmy**, Rhythmical Massage, Therapeutic Speech.

**Eurythmy - Restoring health and balance** through movement.

I was introduced to Eurythmy during anthroposophical medical training in Switzerland in 1998; shortly after I **suffered multiple strokes** and found **Eurythmy of great benefit and very relaxing** in my recovery. This is why we offered Eurythmy workshops at the AphasiaNow conference to Carers and PWA. ~Dr Jenny Dautlich

Eurythmy, as an art of movement, originates from music and the sounds of speech.

**Eurythmy** therapy **helps to strengthen, regulate and harmonise**. The exercises help to **improve posture, mobility, spatial orientation, rhythm, breathing, circulation and warmth**.

**Research** in **neuro-physiology confirms** that there are **intimate links between our movement and the development and stimulation of the brain**.

Many people experience benefit and well-being from regular movement and exercise in many forms and disciplines.

**Eurythmy** therapy **can be directed towards specific areas of the body** or the physiological constitution in **highly effective treatments** for individual patients.

for more visit [http://www.eurythmy.org.uk/index.html](http://www.eurythmy.org.uk/index.html)

Jenny’s story ..  
[http://www.aphasianow.org/About_Us/Our_Team/Dr_Jenny_A_Dautlich/](http://www.aphasianow.org/About_Us/Our_Team/Dr_Jenny_A_Dautlich/)

[www.aphasianow.org](http://www.aphasianow.org)  
Aphasia-friendly website **by and for** people living with aphasia

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