

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>

Jenny's story ..

http://www.aphasianow.org/About_Us/Our_Team/Dr_Jenny_A_Dautlich/

www.aphasianow.org

Aphasia-friendly website **by and for** people living with aphasia

Join the conversation on Facebook **@aphasianow** & Twitter **#aphasianow**

