

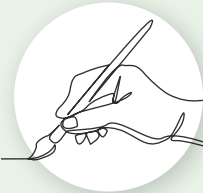
Asthma

Relaxing breathing.
Allowing space for the soul.



Playful rhythmic movement with the material, between both, extreme poles and equilibrium.

Sculpture: Solidifying and dissolving. Experiencing heaviness.
Form Drawing: Lying eight/lemniscate – breathing forms.
Dynamic drawing. Rhythmic movement between inside and outside.



Awaken warmth, reverence and interest in the soul.
Experience inner uplifting on solid ground.

Light violet influences the breathing, turquoise blue cleanses undigested aspects.
Stand upright in viridian green. Create a breathing space with enveloping blue tones.
Nourish with magenta, let warming orange and yellow shine through.
Figurative drawing can awaken devotion towards everyday objects



Guiding from active to receptive music therapy.

A sequence of instruments can help to bring the music from the head into the body:
Overtone flute – Bordunlyre – chrotta – voice.
Working on the flow of breath and resonance are central.



Promoting exhalation. Rhythmising and stimulation of the respiratory flow. Relaxes and loosens the diaphragm.
Expectorant. Harmonises the self and the world.

Falling rhythms (e.g. hexameters) and breathing exercises. Figurative language and poems.
Consonantal and vocal work, e.g. with the exercises Abracadabra, KLSFM, W-T,
or with the syllable OM. Work with the breathing meditation "I breathe the power of life"
by Rudolf Steiner