

COPD

SPECIALIZATION

SPECIFIC APPROACH

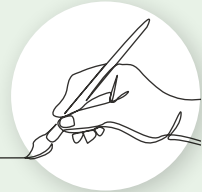
POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Getting into rhythmic movement.
Strengthen life forces and confidence through forming and shaping.
Create warmth and protection. Reduce self-control.

On the clay field: guide lemniscates, condensing and building domes.
Form Drawing: Lively, dynamic, round shapes that are centred. Metamorphosis, transformation of forms.

Painting & Drawing



Mediate and finding balance between formative and life-building forces.
Work slowly.

Dynamic and Form drawing stimulates and sets the etheric body in motion.
Let the space between green and magenta become wider and wider and let the cobalt blue spread out within it. Allow indigo blue and all colours from magenta to yellow-green to light up.
Working with charcoal: balance light and warmth.

Music & Singing



Deepening breathing and supporting lung function, also by working with the limbs.

Breathing exercises on the lyre, the children's harp and the Bordunlyre followed by singing exercises that involve the body and above all the movement of the limbs.
In an advanced stage of COPD, music therapy is carried out receptively.

Speech & Drama



Encouraging and deepening the exhalation with the inclusion of arm and footwork. Relaxation of the diaphragm. Connecting thoughts with breathing and leading them into self-expression.

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.
If possible, work with the breathing meditation "I breathe the power of life" (Ich atme die Kraft des Lebens) by Rudolf Steiner.