

Hashimoto's disease

Thyroid gland

Expressing oneself and stimulating the lower body.



Centre oneself, find one's inner core. Stimulate life forces. Activate warmth. Experiencing the joy of doing things but don't challenge.

Experience of inner centre and life force: Sphere and spherical transformations. Foster self-expression, addressing the will aspect. On the Clay field: Expanding and centring. Developing forms/the sphere further based on the emotional state. Creating favourite animals. Drawing self-contained shapes with big, soft pastel.



One's own individual Light guidance revitalises and balances thinking, feeling and willing. Stimulating colours in painterly expression, guiding and actively shaping the process.

Addressing and strengthening the inner power of self, including haptic/tactile painting with soft pastels, feeling inspired and realise stimuli. Inspire perceptual exercises in drawing everyday objects with light and shadow. Create biographical moments of life in pictures.



Place thinking, feeling and willing in the context of melody and rhythm in a balanced way through the element of harmony.

Work with the keys, on drone lyres and other stringed instruments. The melodic elements are added by the voice or metallophone. Rhythm is perceived and cultivated in a differentiated way.



Regulation of hormonal activity with the help of differentiated sound work, which stimulates the breathing to have a harmonising effect on the nervous system in its mediating activity to the metabolism. Promote voice and self-expression.

Melodious sound work with the cardinal exercise "Iron Anne engraved is: see inner hint Vegan Wagner's vain..." (author unknown). Joyful self-experience through voice exercises, poems, role play and communication gestures.