

Pulmonary Arterial Hypertension

To strengthen the rhythmic system, promote a harmonious connection between the upper and lower part of the human being.



Warming up with interest to one's own creative activity.
Finding a way to reduce tension by working the clay.
Develop polarities and use them as a base to find the centre.

Allow bits of clay to drop rhythmically, while listening to the falling sound and the impact it makes.
Condense the loose pieces of clay and form a "skin" around them. Develop forms, for instance animals.
Sense the pile of clay with your hands and try to find the back of an animal. Form-drawing.



Our internal mental balance is influenced by the polar qualities found in the upper formative and lower warming upbuilding pole.
The center is stimulated from both sides and is in perpetual motion.

Charcoal exercises, aiming to constantly find balance anew Light gives rise to movement in the darkness.
Movement in the lower human being moves upwards and is influenced and pushed back by the light in the upper being, thus creating new rhythmic connections. Depending on the patient's condition, red hues may stimulate the building-up and warmth in the lower part of the human being too much. Whereas yellow, green and blue shades may bring order, calm and structure. Observation exercise and drawing of plants, animals, landscapes and simple objects.



To find ways to express one's own emotions musically.
Deepen and relax the rhythmic system, above all the breathing.
Release "pressure".

Working in-depth with string instruments, especially tuned in harmonies (Bordun lyre), but also with light wind instruments, for instance the overtone flute: balancing and strengthening the person's breath-pulse ratio through breath work. Working with harmonies enables a differentiated, colourful expression of emotions, moods and sensitivities, thus allowing to become aware of them and balance them.



Synchronisation of breathing and heart rate variability, promotion of vagotonia, ability to oscillate between upper, nerve-sensory system and the lower metabolic-limb system (releasing mental and spiritual "bottling up" in the lower pole). Dealing with emotions and feelings.

Harmonising rhythmical exercises with hexameter, promoting exhalation. Vocal exercises with A O U.
Connecting thoughts and breath, for instance via meditation.