

Sclerosis

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Stimulate the watery element and warmth in the metabolism.
Dissolve condensations through rhythm.
Order and connect the formative systems constituting the human being.

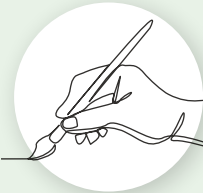
POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Foster a relationship with the sensory world by working with clay.
Build up bodily warmth, create your own sense of warmth.
Discover unknown traces. Encourage playfulness.

Expansion of the clay surface towards a relief. Limit too much form.
Allow rhythm and transformation in the development of the series of forms and metamorphosis.
Sculptures with interior spaces. Form-drawing together and/or with retrograde forms.

Painting & Drawing



First, form the outer shell and inner space. It nurtures a sense of security and confidence to enliven the red hues, without getting lost in them.
Red hues invigorate, they generate warmth and dissolve hardening tendencies.

Envelop and protect the warmth with a blue coat. Loosen and harmonize the different bodies with shades of red to stimulate the metabolic system. Promote flow with wet-on-wet exercises, expand the colours expansively.

Music & Singing



Mobility and warmth can be achieved through the loosening/relaxing qualities of musical instruments and their sound qualities, but also through making music and singing in general.

Set a musical impulse (e.g. with a bell) and then create an inner and outer expanse.
Then enliven it with further sounds. Ideal: the note D – lungs – Mercury quality. Strings.

Speech & Drama



Articulation exercises with movement units according to the principle of ordering and recombining. Enlivening the sense of language; guide into listening. Release and dilation of breathing. Full, warm vocal input.

Melodic consonant exercises, e.g. with M, N, L, involving the limbs. Vocal exercises with A, O, U.
poetry and poems, e.g. with impressions from nature. Activating breathing and rhythmical exercises.