

Eurythmy4you online course

Exercises for the Autonomic Nervous System

Six times Monday, January 18 to February 22, 2021 at 7 p.m. CET

Why do we offer a series of six webinars with eurythmy exercises for the autonomic nervous system on Eurythmy4you right now?

A closer look at the human organism shows that the environment can never intervene directly in it, but always only stimulates processes that are already present in the organism and run independently of it. The organism consists of functionally closed systems, the processes of which are only "open" to external stimuli at certain points. One of the greatest secrets of the organismic existence of man lies in this apparent contradiction. We do not reflect the environment but build our own inner world independently of the outside world.¹

This independent structure of our organism is largely controlled by the vegetative nervous system. I will report more on this in the next few days. Especially in winter, and the Corona time is a kind of winter for our vital forces, the sympathetic and parasympathetic nervous system and the processes that accompany them need to be strengthened.

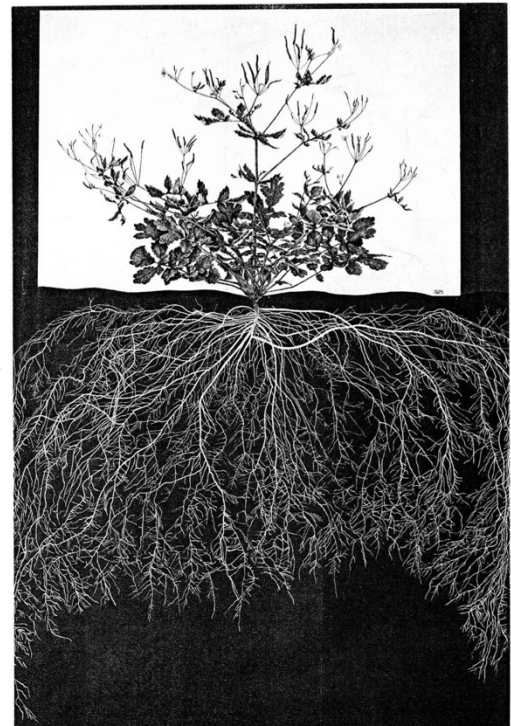
The autonomous (vegetative) nervous system is divided into three functional areas.

The peripheral area includes the nerve plexuses located in the organs, which are supplied by large centers (plexes) such as the solar plexus. In the drawing (next page), these are the orange spirals in the light blue sickle shape, which represents the Coelom, the "heavenly abdomen".

The middle area establishes the connections between the peripheral autonomic plexuses and has its center in the spinal cord and brain stem. It consists of 2 functionally different elements, the sympathetic nervous system (red) and the parasympathetic nervous system (blue), which act antagonistically, one activates, the other ensures the recovery phases.

Above, the hypothalamus (green) takes on higher-level control functions for the entire autonomic nervous system (water balance of the body, body temperature, menstrual cycle, hunger and thirst, etc.). He has an eye on the whole, opposites such as that between the sympathetic and the parasympathetic nerves no longer play a role here.

Under the cerebrum, the limbic system (yellow) processes what happens unconsciously and beyond control in the autonomic nervous system and connects it to our feelings and consciousness. It is of great importance for our memory.



¹ After J.W. Rohen, Morphology of the Human Organism, 2002, p. 60

With the exercises shown in the webinars, we will primarily address the peripheral autonomic area, the area where the organs communicate with each other and provide each other with what is currently needed. You can surely imagine the influence this has on our vitality and health.

In the next few days, we will be describing on <https://www.facebook.com/eurythmy4you> how the peripheral nerves care for the communication and also what they are not doing. Then we will give an overview of the exercises to show what and how eurythmy can contribute.

How to practice

Join us at the webinar (replays available within 24 hours) and practice the exercises at your convenience for about 15 to 30 minutes a day for a week. A week later, do the same with the level 2 exercises. They are similar, but offer a steady advance to a deeper level. Go through all six lessons like this.

After the six webinars, take a break and try other exercises. You will find a lot of material for this in our Request Concerts and in other courses from Eurythmy4you. You can also let go completely and only remember elements of the exercises for the heart every now and then during the day. It is important that you deal with it as relaxed as possible during this time.

If you want, you can start the exercises again after a six week break and slowly repeat the course from the beginning. One lesson per week. Through the break you have taken, you can rediscover all the exercises anew and make them more and more your own, more personal. Try to practice in a way that make the lessons a whole new experience for you.

If you then take another break of six weeks and repeat the course a third time, you will discover new things again. Then the exercises shown in this course will have their deepest effect.

Further information

- **The webinar costs** € 50.- (reduced € 35.-). If that is too much for you, write an email and you will get access for the amount that is right for you.
- **Registration on** <https://www.eurythmy4you-en.com/eurythmy-with-theodor>

Interested? Dare to give it a try! It's worth it, I promise.

It would be great to see you at the webinar,
Theodor Hundhammer
Eurythmy4you

