

In Rudolf Steiner's lectures *Eurythmy as Visible Music* he repeatedly indicated that elements of this new art of movement could be effective as therapy. Inspired by the examples he provided, eurythmist Lea van der Pals and medical doctor Margarete Kirchner-Bockholt worked together in the late 1950s to develop a sequence of exercises in connection with the diseases discussed by Rudolf Steiner and Ita Wegman in their book *Extending Practical Medicine or Fundamentals of Therapy*.

While this professional course is for eurythmy therapists and medical doctors, the insights it provides into the human being and the deeply transformative effect it has on the participant can benefit and enrich the life and work of artists, teachers, music, art, and physical therapists, as well as the student or lay enthusiast.

The exercises consist of tone eurythmy in its purest form and their effectiveness has been proven in practice.

The 60 course hours qualify as AnthroMed Professional Development Hours (PDHs)

For all who help heal and seek healing:

Tone Eurythmy Therapy Intensive Course

given by

Jan Ranck

with contributions from

Dr. James Dyson

Tuition scholarships may be available in some cases.

Information and registration:
tone.eurythmy.therapy@gmail.com

**July 16-25, 2021
East Grinstead
England**

Tone Eurythmy Therapy offers a deepening of the basic elements of tone eurythmy and an introduction to the exercises developed as therapies for rheumatism, illnesses of the skin, central and peripheral congestion of the systemic circulation, pulmonary circulation abnormalities, diabetes, kidney problems, conditions of overweight and underweight, gout and arthritis. The inherent therapeutic and harmonizing properties of the basic elements of music are powerfully effective and can be applied in therapeutic eurythmy as well as in hygienic eurythmy, pedagogical eurythmy and in personal development.

Born in the USA, Jan Ranck studied music and comparative arts at Indiana University in Bloomington. She accompanied the London Stage Group on their 1976 USA tour and went on to study eurythmy at the Eurythmeum in Dornach with Lea van der Pals, where she subsequently taught. In 1984 she joined the faculty of The London School of Eurythmy. She left there to complete her eurythmy therapy training in Stuttgart in 1989, moving afterward to Israel, where she is the founding director of the Jerusalem Eurythmy Ensemble (1990) and the Jerusalem Academy of Eurythmy (1992) and an instructor in the Jerusalem Waldorf Teacher Bachelor Program in David Yellin Academic College.



Jan holds master classes at various venues worldwide, including the Goetheanum and the MA Program in Eurythmy held at Emerson College and Spring Valley. She is the representative for Israel in the International Eurythmy Therapy Forum. As a colleague of Lea van der Pals' successor in this field, Annemarie Baeschlin, Jan was involved with compositional and editorial suggestions for the publication *Tone Eurythmy Therapy* (Verlag am Goetheanum 1991). Jan has held the Tone Eurythmy Therapy course in Australia, Britain and the USA and is currently the only eurythmist offering it outside of Switzerland and in the English language.