



Dear friends,

With winter coming, the potential threats of Covid infections surrounding us and the increasing threats of serious health issues in our lives, we at Eurythmy4you would like to invite you to consider a different approach to nurturing your health and well-being.

It starts from within

We invite you to check the link below for various course options to enhance your resilience and strength, to relax your nervous system and to feel at home in your body. This will guide you to various options to work on your own, yet be directly supported by Theodor Hundhammer, the founder of Eurythmy4you.

[Eurythmy4you Health Courses - Prepare for Winter](#)

You will find a multitude of other courses too, all designed to help **you** overcome adversity, illnesses, imbalances and challenges of the times we live in.

We also recommend this international program, run by our certified ABSR Trainers in a multitude of different languages.

[Activity-Based Stress Release \(ABSR\) Program](#)

For any enquiries or information about the courses on offer, please contact me directly.

Warm regards,

Theodor Hundhammer
CEO and Founder of Eurythmy4you

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