

and so will the world

Stress Release for Waldorf Teachers Research Project with the University of Bern

Online eurythmy class with practical exercises to prevent burnout and become more resilient. Learn to help your students deal with stress and anxieties creatively too!

Continuing education certificates are available for this class. We'll meet for eight weekends or by appointment. You'll receive simple exercises for everyday life and ten minutes of eurythmy a day.



Choose This Path,
and your life will become
ten times better

Exciting information
about the project,
info webinars and
registration on
www.absr.international



ABSR
INTERNATIONAL
Trusted since 2012