



International Association for Anthroposophic Body Therapies

IAABT Member Letter – Christmas 2022

Dear members and friends of the IAABT,
a year ago, we reported our plans for 2022 in our newsletter — and the good news is —
everything could be realised:

- A perspective online conference for the German-speaking body therapists in June
- an English-speaking counterpart of this conference in September
- the Yurt at the Annual Conference in Dornach — and — to our great delight:
- a retreat of our board in presence.

One big question that has been with us the whole year was:

What is the IAABT needed for and who needs it?

Both, in the retreat, as well as in various member discussions, we have examined and worked on this question from different angles. The question came up, as too few IAABT members showed concern in our work. There have been no questions or any other signs of interest. This question will therefore continue to stay with us in the coming year.

We now would like to draw your attention to our biggest project in 2023 and encourage you to give us feedback on your ideas and wishes for the

International Conference on Anthroposophic Body Therapy from September 12—14 at the Goetheanum in Dornach

In the context of the Annual Conference of the Medical Section titled: "Body and I —
The Immune System and Autoimmune Disease", we delve into the questions:

How do we heal – and what works?

How can we awaken our patients' desire to heal and encourage themselves to become more familiar with their own bodies and to harmonize their immune system?

What spiritual goals, what thoughts, feelings and ideas do we develop as part of our therapeutic work?

Based on case studies from immunology, we will collaborate in seven units, both in small groups and in plenary sessions. By including practical exercises and demonstrations of treatment approaches, we want to promote mutual perception and interprofessional exchange.

Adam Blaning will give us deeper insights from a medical point of view on Wednesday with a

specialist lecture. Our concern is to work out the active principles of body therapies and to make their individual characteristics more visible and understandable.

*"The will-to-heal
cannot be acquired by inner commandment
but only when the soul's attitude to the world
is one of true devotion."*

Rudolf Steiner



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The **IAABT board members** wish you a merry, peaceful, and blessed Christmas season and a happy, healthy and successful New Year.

We are looking forward meeting you in 2023

*Dieter Bigler, Helmut Mayer – Christina Spitta, Almut Karges
– Gudrun Rehberg, Elma Pressel und Almuth Steyer.*



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