



## International Association for Anthroposophic Body Therapies

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### IAABT Member Letter – Easter 2023

Dear members, dear friends,

our membership letter should be a suggestion for light-filled action in contact with fellow human beings in everyday life. To see that other people are also striving for inner development and encourage each other in this sense in the community.

Now spring is the time to rise, to sprout, which has developed over the last season. Especially at Easter is the time to experience a change in yourself. Due to today's time conditions, an expansion of individual activity is expected for the future.

The time of change has also expanded in the IAABT. Above all, the inclusion of members in the flow of information and the transfer of ideas should be brought up to date for all members. We will tell you more about it shortly. Also [on our website](#) you will find many interesting articles.

As always, we would like to encourage you to share your ideas and thoughts with us, the issues that are close to your heart

Our highlight this year will be the conference on anthroposophic body therapies taking place from **September 12–14, 2023** as part of the major International Annual Conference of the Medical Section (September 12–17, 2023). Our topic will be:

**Immunology – autoimmune diseases – communion with the spiritual world. Familiarize yourself with the body.**

In the first unit we would like to start with a casuistry from the spectrum of immunology. Based on this casuistry, we would like to work together in small groups (within the method) and then in the plenum. With practical exercises and treatment approaches, it is important to us to promote mutual perception and professional exchange.

We are happy that - in the second half of our conference – we were able to win Adam Blanning for a lecture. His theme is: "Being in tune with ourselves" – How the lower senses in childhood support uprightness for the whole of life.

Finally, Hanni Bakker and Frank Slood, two Dutch physiotherapists, will work with us on the topic: "Erecting phenomena of the spine as an expression of ego development, based on sensorimotor development". We hope you enjoy our program and look forward to further suggestions and feedback via email to [Elma Pressel](#) or [Gudrun Rehberg](#).

It would be nice if we body therapists were represented in large numbers and could contribute to the success of the conference together.

We would like to wish you a happy Easter with a light-filled saying by Rudolf Steiner.

*I hear the word of the sun, it speaks:  
light shine into your heart.  
Heart light strengthen your human power,  
You become healthy through the sun word.*



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Warm greetings to all people around the world!

**The IAABT Board**

Almut Karges, Almuth Steyer, Christina Spitta, Dieter Bigler  
Elma Pressel, Helmut Mayer and Gudrun Rehberg



*Imprint:*  
Medical Section at the Goetheanum  
PO Box  
4143 Dornach, Switzerland  
**Unsubscribe Newsletter**