



Bothmer Movement International (BMI) Ljubljana

One Year Foundation Course - 120 Hours

About Bothmer

Bothmer Movement – also known as ‘Bothmer Gymnastics’ – was developed by Fritz von Bothmer in collaboration with Rudolf Steiner when Fritz von Bothmer became the gym teacher at the first Waldorf School in the 1920s. It consists of a sequence of exercises that trace, enhance and strengthen the developing bodily and spatial consciousness of the growing child through the various stages of development. Bothmer created these exercises out of a profound understanding of the way the forces of space pass around and through the human being. He wanted to create a physical education system that embodies the future potential of humanity.

His work has since been developed further, and is used in education and therapy with children and adults, and also as a personal practice enhancing health and wellbeing.

Bothmer Movement International have been running professional trainings and self-development programmes internationally for over 40 years. Participants on our courses tell us that they feel more relaxed and connected with their bodies, develop better relationships with loved ones and lead more joyful lives.

"The essence of this gymnastics education is that through the play of movement forces, our higher being can be born in infinite space, and that the human body enclosed within the boundaries is increasingly able to enter, adapt to, and change in the ideal image of our higher being ."
(Fritz Graf von Bothmer)

"Stop acting so small, you are the universe in ecstatic motion." (Rumi)

Aims of the Course

- Support your own personal growth through the medium of movement to help you to live to your full potential.
- Grow your awareness and appreciation of others through social interactions, games, movement activities, sports and play.
- Develop your imagination skills, be able to form and hold pictures and understand the link between imagination and movement.
- To know and understand games and movement activities, their purpose in the Steiner Waldorf curriculum and how to teach them.
- To know and understand a selection of Bothmer Movement exercises.
- Improve your own posture, alignment and movement habits.
- Increase your sense of movement, spatial awareness, balance and bodily well being.
- Start to develop a sense of the energy of space around us.
- Gain an understanding of the underlying philosophy of Bothmer Movement.
- Gain an understanding of the stages of child development.
- Gain an embodied understanding of Anthroposophy

The Curriculum

The course is largely practical and we will spend much of the time moving and playing. You will learn a series of Bothmer exercises and accompanying 'conditioning exercises' that help us enhance our quality of movement. You will be able to incorporate many of the conditioning exercises into daily life so you can start to become more conscious of your own movements and build better habits.

Every weekend we will teach you a selection of games and movement activities that you immediately apply in a class setting. Not only will you learn what they are but we will also show you how to bring them to children and why we would want to. If you're a teacher, in between

each weekend you'll get to try out the games and report back. We'll talk about what to do if a game's not working and how to get it running smoothly.

The themes listed below are woven into the course, whilst the themes are not assigned to particular weekends there may be more emphasis on one during a weekend.

Course Themes

Moving with imagination

Imagination is one of the fundamental aspects of human development, linked to creativity and innovation, to empathy and compassion, and to individual well being. Have you ever heard someone say "Oh, I can't imagine myself doing that". If you can't imagine your future fulfilment, it's less likely to come about. As the great American inventor Henry Ford said, "*Whether you believe you can do a thing or not, you are right*".

Outer movement and inner development

We can see someone's inner personality and character from the patterns in their movement. In this way there is a connection between outer movement and inner development which we will explore. By bringing greater consciousness to our patterns of movement we are able to communicate more effectively, adapt to the environment we are in and come to know ourselves more deeply.

The embodiment of character

We will use Rudolf Steiner's four temperaments as our tool for this investigation. By understanding the four temperaments we are also able to work more effectively with the differing characters that children bring to us as teachers and parents, giving each child what they need.

Going through the eye of the needle

Not all of our successes in life come easily. Quite often, the bigger the success, the more we've had to work for it. What does this work look like? How does it help to transform us and shape us as a person?

Failing well

"Failure is not falling down but refusing to get up" – old Chinese proverb.

Where do we find the strength to regain ourselves when we fall down in life or 'fail' at something? There are very clear examples in the Bothmer movements of reaching out in order to regain ourselves.

Being in the present moment

“Don’t cry over the past, it’s gone. Don’t stress about the future, it hasn’t arrived. Live in the present moment and make it beautiful.” Anonymous

How can we live more fully in the present? How can we learn from our past and create a compelling future?

Easter 3 days - Budapest

A key part of the course is coming together with other nationalities and expanding our understanding of movement through a slightly different lens. Even if we aren’t proficient in another language there is much we can communicate through movement.

Summer Intensive - Policka

Again you’ll have the chance to widen your working group with over a dozen nationalities present at the summer intensive. With the focused course time and additional evening activities there’s so much to learn and experience. Immerse yourself in the buzz of the intensive week and you’ll come away feeling a little bit taller, straighter, more expanded and certainly full of treasured memories.

You will learn:

- A number of Bothmer exercises and understand their relevance to child development.
- A series of games and movement activities for use with children and teenagers in classes 1 – 12 and know and understand the meaning behind the games and activities.
- How to bring movement activities and games to a class and how to deliver a movement lesson.
- A series of exercises to support your posture, alignment and develop good movement habits.
- A number of selected sports, the associated skills and drills and how to teach these in a class setting.
- The fundamental principles of Bothmer Movement.
- The essence of child development from an Anthroposophical view point.

Who is the course designed for?

- Steiner-Waldorf physical education teachers.
- Steiner-Waldorf teachers who wish to develop their own movement practice and use of movement in the classroom.
- Mainstream physical education teachers who wish to deepen their understanding of child development and broaden their curriculum.
- Adults wanting to learn more about Anthroposophy through movement.

Facilitators



Martin Baker has taught gymnastics, sports and movement for more than 30 years at a Steiner Waldorf School. He is one of the leading experts of Bothmer Movement International and he has been teaching teachers since 1990. He founded courses throughout Europe and Asia and continues to teach children and adults.



Susan Kelly is passionate about movement, games and the outdoors. She has worked as a gym and games teacher at a Steiner School for 13 years and has been teaching Bothmer Movement around the world for 10 years. Susan is currently freelance and continues to teach children, adults, parents and teachers.



Campbell Davidson has 10 years experience working as a physical education and games teacher at a Steiner School. Kevin has a diploma in Bothmer Movement, an MA in Education and lectures at Goldsmiths College in play and creativity. Currently Kevin is sharing games, singing, dancing and Bothmer Movement workshops internationally with Waldorf communities and schools.

Testimonial

'Why is Bothmer so relevant for class teachers'

As Waldorf teachers we understand the implications of movement for children's development. In this age of digitalisation, without doubt, movement is even more important. At this crucial time of development, in a world tending towards less and less physical activity, could we or should we deepen our understanding of movement? Is it enough to know the importance of integrating movement into lessons? Would it be beneficial at this time to deepen our own understanding of what a physical body is and how it relates to the space around us?

In the same way, as class teachers, we digest fairy stories, sleep on them and wrestle with their secrets before presenting them to children, so we can learn to digest movement. Our lessons are enriched if we understand our relationship to movement and what it really is. As we deepen our relationship to our own physical body, we also deepen our relationship and reverence to the space about it.

Our own knowledge, reverence and research transfers into the depths of the children we teach giving them confidence in their own physical movements, helping them to trust their intuition and giving them strength for the tasks of life. The children gain a deeper intuitive understanding of their own bodies, their capabilities and how to look after themselves. Furthermore, this deeper understanding leaves the feeling and thinking, the emotional and intellectual development, to blossom.

In between you and I is the space in which we meet. Within this space we interact and learn. Becoming conscious of this space and what it offers, enriches our interactions and learning. All teachers can deepen their understanding of movement, child development and learning by engaging with Bothmer Movement.

Written by Helen Kinsey, Class Teacher, North London Steiner School

Structure of Course

8 Sessions in 2019 – 2020

Mostly weekends: Saturdays 9 – 5.30pm and Sundays 9 – 2.30pm

Dec	6 - 8
Jan	24 - 26
Feb	21 - 23
Mar	20 - 22
Apr	16 - 19 (3 Days Budapest)
May	8 - 10
Jun	26 - 28
Jul/Aug	26 - 2 Week long Summer Intensive, Policka, Czech Republic