

---

## International Bothmer Summer Intensive 2022

---

bmi <krisztina@bothmer-movement.eu>  
Replv-To: bmi <krisztina@bothmer-movement.eu>

25 May 2022 at 10:59

[View this email in your browser](#) | [translate this email](#) | [past editions](#)

# International Bothmer Summer Intensive Week 2022

*Flyer and Registration*

---

---

## International Bothmer Summer Intensive Week in Lübeck, Germany 01 August 2022 – 07 August 2022

After the long enforced break we are very happy to welcome you to Lübeck for the **2022 Bothmer<sup>®</sup> International Summer Intensive!**

Lübeck, situated in Northern Germany, is the second biggest town in the state of Schleswig-Holstein. Lübeck – the former capital and Queen City of the Hanseatic League – was founded in the 12th century and prospered until the 16th century as the major trading centre for northern Europe. It has remained a centre for maritime commerce to this day, particularly with the Nordic countries. Despite the damage it suffered during the Second World War, the basic structure of the old city, consisting mainly of 15th- and 16th-century patrician residences, public monuments, churches and salt storehouses, remains unaltered. Its symbol is the 'Holstentor'(see above), a redbrick city gate (completed 1478) that defended the river-bounded Altstadt (old town).

UNESCO declared the existing cityscape to be a World Cultural Heritage Site in 1987. The water-enclosed Old Town with its roughly 1,800 listed buildings, historical alleyways and crisscrossed lanes is not, however, just pretty to the

eye, but is also the hub of an extremely lively, major city. The seven towers of the churches are visible from far away and offer a distinguishable cityscape. Visitors as well as the locals enjoy the closeness of the Baltic Sea with its lovely beaches and the multitude of possibilities of water sports, which are offered. Lübeck has a university, a big hospital, the Dräger Company as the biggest employer of the area (medical and safety technology) and also the Niederegger Company who produces the world famous marzipan. More information about the town: <https://www.visit-luebeck.com/>

## The School

The Waldorf School is located at the edge of the town. It is just 500 meters away from the former borderline to East Germany (now is the border to the next state). The school has three branches: curative education, special needs and the regular classes. The school has over 600 pupils. The aim of the school is to create new possibilities, where students from these three learning areas can encounter and interact with each other. This can happen through exchanging classes, compound classes or for example attending the circus club.

## About the week:

*Date:* 9:00 am Monday, 01 August 2022- Noon Sunday, 07 August 2022

*Arrival and registration:* Sunday afternoon, 31 July 2022 at the main entrance of the Waldorf School, Lübeck

*Address:* Dieselstraße 18, 23566 Lübeck, Germany

The first part of the intensive week (Monday to Friday) will have a similar schedule to the last years. We will have Bothmer movement in different groups in the morning, artistic activities after lunch and sport activities at the end of the afternoon, plus a variety of organised evening activities with plenty of room for personal initiatives. This year marks the 100th anniversary of Bothmer gymnastics. Friday afternoon the intensive week will merge into the celebratory weekend. Guests, arriving for the weekend will join us Friday late afternoon. From Friday evening to Sunday noon we will enjoy some workshops, talks, discussions and of course social activities and we will be looking at the past, present and the future of Bothmer Movement.

For people who are currently not attending a Bothmer gymnastics training, we will be offering an Open Bothmer course. This course is suitable for beginners as well as for people with experience!

This year we are offering the possibility of signing up for the afternoon courses, which will be during the first afternoon session, on the registration form. Please be aware, that some of the courses have limited places and we will be filling the places in the order of the arrival of the registrations. These activities are offered as a course running from Monday to Friday (except Thursday).

You can choose from the following activities:

### **Afternoon Courses:**

#### **1. Eutony** with Jessie Delage (France/Spain)

Gerda Alexander (1908-1994) developed her method, partly for her own needs to save her vital forces and partly because of her big question: what is freedom in movement, what is free movement?

Eutony (right tonus) promotes ease of movement and freedom of gesture and posture through its effect on both physical and psychological tensions.

This workshop will explore especially the functions of the skin (touch and contact) and of the bone-system (the conscious use of the skeleton reduces unnecessary activity in posture and movement).

We will work with individual exercises as well as in pairs.

You will also have the opportunity to experiment with movement improvisation based on the sensations that are the basis of Eutony (stretching, contact with an object, the ground or space).

*Jessie Delage*, therapist, and professor, is the leading teacher of the Bothmer training in Spain and in France. She is the founder and director of the French Eutony School in Paris.

Please bring socks, warm clothes and something to lay on (blanket, camping mat, sleeping bag) with you!

#### **2. Embodiment with** Birte Kjaer (Denmark)

We will be working with movement exercises with the aim of integrating retained infant reflexes. Slow, gentle and precise exercises lying on mats. The core of the exercises is the rotational movement of head, neck and upper body. Please bring a *blanket and two balance pads* if it is possible!

*Birte Kjaer* is the leading teacher of the Bothmer Training in Denmark and she is a certified Embodiment therapist.

Maximum number of participants: 20

#### **3. Projective Geometry** with László Baditz (Hungary)

In this course we are going to look at the geometrical background of perspective drawing. We will study the relationship of point and periphery with the help of the harmonic net and the harmonic four points. Our focus will also

be the duality of the point and the plane or the point and the line. We will experience the nature of infinity through projective geometry constructions.

No previous knowledge is needed.

Please bring two hard black (graphite, grade H or harder) pencils and at least three different coloured pencils, a pair of compasses and a triangle shaped ruler.

Maximum number of participants: 20

*László Baditz* is one of the lead teachers of the Hungarian Bothmer Training and a Waldorf teacher.

#### **4. Handclapping games** with Kevin Campbell Davidson (Great Britain)

The Waldorf curriculum emphasises the importance of the hands throughout child development. Handclapping games are a rich pedagogical activity, weaving together movement, language and music. In this workshop we will learn a wide range of handclapping games and songs for different age groups across the curriculum. We will draw upon different cultures across the world to enrich our perspectives and explore variations to deepen the activities. The songs and verses will be taught in English and there is an opportunity for participants to explore other languages where helpful.

For those who attended the handclapping games workshop in Policka in 2019, please be assured that all the material in this course will be different.

*Kevin Campbell Davidson* is a Bothmer gymnast, Waldorf teacher, lecturer, games and dance instructor, actor and musician.

#### **5. Mime** with Csaba Méhes (Hungary)

In this workshop participants can learn about the ins and outs of the classic mime technique. At the same time, they can be immersed in the mysteries of the clowning: what is the clown's presence and thinking, what is the relationship between the clown and the audience. We will dissect the power of gestures and facial expressions, the nature of humor. Our plan is to create a short little production by the end of the week.

*Csaba Méhes* is a Bothmer Gymnast, internationally acknowledged mime artist, drama and clowning -teacher, actor, comedian and entertainer

Maximum number of participants: 20

#### **6. Bothmer Exercise Clinic**

Participants in the introductory course will be working in one group, students on current trainings and postgrads will be working in another group.

You will be working every day on a different Bothmer exercise with a different teacher.

### **How to get to Lübeck:**

*Address of the school:* Free Waldorf School Lübeck,  
Dieselstraße 18, 23566 Lübeck, Germany

### **By car:**

From the North: A7 from Flensburg, A1 from Puttgarden<sup>[1]</sup>

From the East: A20 from Rostock, A24 from Berlin and change in Hamburg onto the A1

From the South: A7 from Hanover and change in Hamburg onto the A1

From the West: A1 from Bremen

### **By train:**

There is a good train connection to Lübeck from many big cities. There is also a regular train service from Hamburg to Lübeck.

Please look at <https://www.bahn.com/en> to find the suitable connection.

From 1 June till 31 August a **monthly ticket for €9** per month is available. This ticket is valid throughout Germany for one month on all local public transportation (not on the ICE/IC/EC!). For more information and for booking, please go to: <https://www.bahn.com/en/offers/regional/9-euro-ticket-en>

### **By plane:**

The closest airport is Hamburg. You can fly to Hamburg from most major cities. Once arriving to Hamburg, please refer to the train connection to find your way to Lübeck. (<https://www.bahn.com/en>)

For getting around in Lübeck with public transportation you can find help at: <https://nah.sh.hafas.de/> (for English, click on the English flag) or at <http://www.sv-luebeck.de/en/>. You can travel around using the €9 ticket!

### **Covid-19:**

Even though most of the restrictions are lifted in Germany, please do check out the entry requirements from your country! The so called 3G requirement for entry (required proof of vaccination/recovery/ testing) is expected to be suspended from June 1 to August 31!

Please do bring a mask with you! You might be asked to wear a mask on public transportation!

### **Accommodation:**

Sleeping in the **classrooms** costs **€ 45** for the week (7 nights, Sunday to Sunday) per person. There are no mattresses available, so please bring your sleeping bag, camping mat and whatever you need for a good night sleep.

If you want to book individual nights, one night is **€ 8**.

There are a limited number of rooms available for people who want to sleep with a friend/partner/spouse and also for families. These rooms will be assigned on a “first come, first served” basis. Please book your choice of room on the registration form!

Double room: € 12 p. person p. night

Family room: price depends on size of the family and age of children—please contact Krisztina before you book!

There are also some places available for **tents and caravans** on the school ground (€ 45 for the week/7 nights)

**Hotel:** Hotel Gutenberg € 65 per room per night (single room) about 5 min walk away

You will also find a wide variety of accommodation in the town centre, starting at € 60.

*We recommend that you arrive on Sunday, 31 July and leave on the afternoon on Sunday 07 August. If you wish to arrive earlier or depart later please contact Krisztina!*

## **Food:**

### ***Early bird prices, with registration before and on 30 June 2022***

**Full board:** € 180 (Starting with Monday breakfast, finishing with Sunday breakfast, without supper on Thursday. **Including the festive evening buffet** on Saturday )

**Lunches only and festive buffet on Saturday evening:** € 70 (Monday to Saturday)

### ***Prices after 30 June 2022:***

**Full board:** € 200 (Starting with Monday breakfast, finishing with Sunday breakfast, without supper on Thursday. Including the festive evening buffet on Saturday )

**Lunches only and festive buffet on Saturday evening:** € 90 (Monday to Saturday)

**Only the festive buffet on Saturday evening: € 25**

### ***Weekend food orders:***

If you are arriving on Friday afternoon for the celebratory events, you can order a package for the weekend. This includes: Friday supper, Saturday and Sunday breakfast and Saturday lunch. The festive evening buffet is already included in

your course fee.

**Weekend package : € 40**

The food will be seasonal, when possible organic and mainly made of regional produce.

You will have the choice of meat and vegetarian meals. Meat will be served at breakfast (cold cuts) and one lunch during the week will be with meat.

Please make your choice on the registration form. Your choice is for the whole week.

At break times there will be a stand at the school where you can buy coffee, tea, water and something small to eat (fruits, cakes)

We cannot provide either the possibility to cook or an access to the kitchen! If you have any food allergies or special dietary needs please write it into the remark sections of your registration!

Please note, that we will NOT be able to offer food based on single meal orders or take orders for certain days! Your food order is for the whole week respectively for the whole weekend.

There are shops and some restaurants about a kilometer away. There is an organic food store, some more restaurants a bakery as well as an ice cream shop about two and a half kilometers away.

## **Tuition for the whole week 01 -07 August, summer intensive and the anniversary weekend**

***Early bird*** registration till 30 June 2022: € 250

***Registration after 30 June 2022:*** € 300

We are well aware that this price is easily affordable for some people and is very expensive for some others. Prices have gone considerably up and some of us are more affected by this than others.

If you can afford to pay more for the week, we would like to encourage you to support those who are in need with paying a **supporting fee**. This money will go towards helping those who would not be able to attend the summer intensive without some financial help. In order to make it easier for those who do need support, we would like to keep this anonymous.

If you would like to attend the summer intensive, but the costs adding up are just too much for you, please let us know. We would like to make it possible for as many of you as we can, to be able to be there for the intensive week and the 100-year celebration! Please talk to Krisztina or to one of your Bothmer

teachers.

### **Course fee for the celebratory weekend:**

If you are coming for the whole week, then the course fee of the week includes the weekend as well.

If you plan to attend the **weekend only**, the fee for the anniversary events including the Saturday evening festive buffet: € 180

*To ensure that you get a place, please make sure that you register early!*

### **Thursday afternoon outings:**

The Thursday afternoon will be free for you to discover the city, go to the sea or relax and sleep.

There is much to do and see in and around Lübeck. Outings will be organised during the week.

### **Attending the intensive week with family and friends:**

We are glad if you bring your family and friends with you for the week. All friends and family members older than 18 are welcome to sign up for the Open Bothmer gym course! If you bring your children, please make sure that you have an accompanying adult, who can take care of your children, while you are busy. Children are not invited for the morning sessions. There might be some afternoon sports and games sessions where they are welcome. This will be announced during the week in the mornings.

We are working on offering a suitable offer for the children in the form of children's activities. We would like to ask all families and parents traveling with children, who are interested in childcare, to contact Krisztina.

This would help us enormously!

***To ensure that you get a place, please make sure that you register early!***

Please make sure that you fill in a registration form per person when booking food and accommodation (even if your accompanying family member or friend does not participate in the courses). Thank you!

If you would like to register for the **whole week** (summer intensive and the anniversary weekend) please use this link: [tinyurl.com/3w6kmkw3](https://tinyurl.com/3w6kmkw3)

If you would like to register for anniversary weekend only, please use this link: [tinyurl.com/55easp3e](https://tinyurl.com/55easp3e)

Please be aware that the **early bird prices** for food and course fees are only valid till midnight, **30 June 2022!** Registrations arriving after this date will be charged with the normal fees.

If you have any questions or would like to use a different way of registration, please contact Krisztina at [krisztina@bothmer-movement.eu](mailto:krisztina@bothmer-movement.eu)

Please forward this Newsletter to your friends!

PLEASE DO NOT RESPOND TO THIS EMAIL. We are not able to reply to messages sent to this address.

If you would like to contact us, please write to this e-mail address:

[krisztina@bothmer-movement.eu](mailto:krisztina@bothmer-movement.eu)



Facebook

Facebook - Bothmer movement international  
**Bothmer**  
movement  
international



Website



Email

Copyright © 2020 bothmer-movement-international e.V.

*Alle Rechte liegen bei:*

bothmer-movement-international e.V.

**Karl-Bautz-Str. 10,**

D-79312 Emmendingen

Unsere Mailadresse lautet [office.de@bothmer-movement.eu](mailto:office.de@bothmer-movement.eu)

You receive this email because you have registered for our newsletter. This newsletter will only be sent to you with your consent. If you no longer wish to receive this newsletter in the future, please click here:

[Unsubscribe](#)

Sie erhalten diese Email, weil Sie sich für unseren Newsletter angemeldet haben. Dieser Newsletter wird Ihnen ausschließlich mit Ihrem Einverständnis zugesandt. Wollen Sie diesen Newsletter in Zukunft nicht mehr erhalten, klicken Sie bitte hier:  
[Abmelden vom Newsletter.](#)

[Datenschutzhinweis](#)