

Anthroposophic Nursing Massage

A Level I course in Rhythmical Einreibung with Fiona Sims, RN

October 8-11, 2010 • at Threefold Educational Center, Chestnut Ridge, NY

Rhythmical Einreibung, also known as Rhythmical Embrocation or Anthroposophic Nursing Massage, is a nursing therapy that gently enlivens, warms and nurtures the whole individual through the conscious application of qualities of touch and therapeutic oils. Some indications for Einreibung include acute and chronic pain, stress, emotional shock, chronic fatigue, convalescence, post-partum care, and care of the elderly.

This Level I course is for nurses, massage therapists, and other care-givers (including friends and family members). Students will be introduced to theory of rhythmical and life processes through instruction and practice on the back (sitting) and leg, and will learn

- The qualities of rhythmical touch – postures, gestures, forming aspects, direction, contact, ongoing awareness, the most frequently used muscles
- The importance of the aspects of form/“turning moments”: where, when and how to produce them
- The meaning of the warmth-organism and how to warm the hands
- How to use rhythmical touch without substances
- How to use the rhythmical quality in other situations of nursing
- The indications and contraindications for Rhythmical Einreibung.

The learning process will be experiential and imaginative, imparting a living knowledge of Rhythmical Einreibung that participants can readily integrate into their health care practices and life situations.

The workshop is limited to twelve participants; participants will practice in groups of three. Pregnancy and some medical conditions are contra-indications for receiving Einreibung in a practice setting; please notify the course coordinator if you are pregnant or have a medical condition. A Level II workshop, in which understanding of theory is reviewed and deepened with more extensive practical exercises, will be offered in the future. Completion of Level I is required for participation in Level II.

Fiona Sims, RN, who has worked at the Park Attwood Clinic in England for 21 years, is a recognized teacher of Rhythmical Einreibung.

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Questions? Contact Course Coordinator Judith Aventuro: jbrockway7@optonline.net / 845-425-7725.

To register, please fill out the form below completely and send with payment (check or credit card) of \$495 to:
Threefold Educational Center, 260 Hungry Hollow Rd., Chestnut Ridge, NY 10977

Housing arrangements are the responsibility of the participants. Go to www.threefold.org/housing to reserve your place at least one week in advance of the workshop, or contact holderhouse@threefold.org / 845-352-9660.

CANCELLATION POLICY: No refunds for cancellations one week or less before the workshop.

Earlier cancellations will receive a refund, less a \$25 fee.

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REGISTRATION: ANTHROPOSOPHICAL NURSING MASSAGE / RHYTHMICAL EINREIBUNG OCTOBER 2010

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