

Beijing / China July 16 – 23, 2018

Monday 16.07.2018	Tuesday 17.07.2018	Wednesday 18.07.2018	Thursday 19.07.2018	Friday 20.07.2018	Saturday 21.07.2018	Sunday 22.07.2018	Monday 23.07.2018
	8:15 – 9:00 Eurythmy Exercises to Enliven Self-Experience and Observation Faculties: Vowels and Planetary Movements, Consonants and Zodiac <i>Hsin-Shih Lai</i>						
	9:05 – 10:30 Interactive Learning in Small Groups: Goetheanistic Plant Observation Exercises Introduction <i>Georg Soldner</i>						
	C O F F E E / T E A B R E A K						
	11:00 – 12:30 Text Study and Thinking Exercises using Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter III: The Phenomena of Life						12:00 – 13:00 Closing and Distribution of Certificates
	L U N C H B R E A K						
	14:00 – 15:30 and 16:00 – 17:30 Fatigue Syndrome, Somatized Depression and Burnout – Clinic, Therapy and Prevention <i>Christian Schopper</i> Sleep Disorders and Anxiety in Childhood and Adolescence <i>Georg Soldner</i> Some of the Most Common Developmental Problems During School Age (e.g. Deviant Behavior, Nervousness, Anxiety, Slow Learners...) – Aspects for a Deeper Understanding and Individual Help <i>Andrea Seemann</i> Home Health Care Course <i>Elizabeth Sustick</i> Artistic and Hygienic Eurythmy <i>Hsin-Shih Lai</i>						
17:00 – 18:00 Welcome and Introduction to the Working Modus of the IPMT							
E V E N I N G B R E A K							
19:00 – 19:30 Singing and Review of the Day							
19:30 - 20:45							
Inner Development and Outer Biography; Developmental Disorders and Disabilities <i>Georg Soldner</i>	Vision, Motivation, Resilience – Healthy Handling of the Demands of Today’s Work Environment, Fructified by Anthroposophy <i>Christian Schopper</i>			Discussion Evening	Inner Development and Outer Biography; Developmental Disorders and Disabilities <i>Georg Soldner</i>		

Languages to be used: English, Mandarin

For further information or registration: Mariam Zhang and Yiqing, ipmtbeijing@qq.com

Programme changes possible