

SERBIAN ANTHROPOSOPHIC MEDICAL AND BIODYNAMICAL ASSOCIATIONS &  
SOCIETY FOR ANTHROPOSOPHIC MEDICINE IN AUSTRIA (GAMÖ) INVITE TO



## HUMAN – NATURE – HEALTH

(from the perspective of anthroposophical healthcare)

**Human and nature: duty or grace? Is the human the crown of creation?  
How can we build relationships with nature and promote them –  
for the benefit of plants, animals and humans?**

The Serbian and Austrian Anthroposophical Medical Society and the Serbian Biodynamical Association plus the Matica Foundation, supported by the Lukas Foundation (D) and the Lukas Association (A), are organising the Matica Youth Camp from 14.07. - 21.07. 2024 on the Matica farm, Vršac, Serbia. On the one hand, this marks the start of a five-year training programme in anthroposophic medicine according to the current guidelines, and on the other hand, young people can also get to know other anthroposophic fields of practice such as, agriculture, education and social initiative.

Anthroposophic medicine is a globally recognised therapeutic system that is based on and broadens conventional medicine. Since anthroposophic medicine was founded in 1920, this integrative concept of medicine has developed an interdisciplinary therapy system. The addition to standard medicine includes a holistic view of the human being, special procedures for the production and application of pharmaceuticals and innovative forms of therapy and nursing care. The interdisciplinary practice also extends to co-operation with a holistic, sustainable agriculture; the use of life-giving food is seen as an essential element for achieving and maintaining health.

Young people between the ages of 18 and 28 (max. 30 people) who are motivated and interested in the practical aspects of anthroposophical thought - anthroposophical medicine, biodynamic agriculture or Waldorf education - are invited to take part in the programme (previous knowledge or studies in medicine, natural science and/or anthroposophy are not a prerequisite for participation).

### CONTENTS AND COURSES

#### **ANTHROPOSOPHIC MEDICINE**

**Daphne von Boch** will address the following questions and topics: What is Anthroposophic Medicine? Does Medicine need to broaden its scope? The 4-fold man. The 4 organs in short: Liver, Kidney, Lungs and Heart.

#### **EURYTHMY**

**Kenan Sterna** will be leading an unfolding of some of the foundational principles of Eurythmy, an art of movement that brings to life aspects of the world that are otherwise not visible such as speech, music, and soul. He hopes to share the immense depth that exists in a few basic exercises of this art: threefold walking, vowel gestures and geometric forms.

## GOTHEANISTIC METHOD AND PRACTICE

Goetheanism can contribute to a more comprehensive understanding of life processes by developing a deeper (imaginative) knowledge of nature. Instructed by **Peter Laßnig** we will observe plants together and use these observations to work out underlying laws of plant development. In this context, we will try to explore these laws in their connectedness to the human being.

## PHARMACEUTICAL PROCESSES IN THEORY AND PRACTICE

Just a few generations ago, people knew how to help themselves through minor illnesses by processing and using natural remedies. For more serious diseases, doctors also relied on specifically prepared natural medicines. This knowledge and craft can be utilized in a contemporary way thanks to the expertise of the anthroposophic healing system. In the pharmaceutical course **Alba Steinlechner** will introduce the production of various remedies for external and internal use from natural raw materials.

## SINGING THERAPY (AFTER THE SCHOOL FOR UNCOVERING THE VOICE)

Man-made music is the echo of the "harmony of the spheres" in which the human soul lives at night. The impressions gained in this way become the image laws for the etheric body (heartbeat, heart rate variability, breathing) and the physical body. Under the instruction of **Martin Meier-Hangler** we will try to practise listening to sounds drawn from the environment in order to experience the salutogenetic effect of singing. Gradually we want to approach the basic therapeutic principles of singing therapy phenomenologically. We also want to experience the joy and fun of singing with the human voice.

## YOUTH AND THEIR PLACE IN THE WORLD

**Uwe Burka** will open up the space for an interdisciplinary encounter with the following consideration: "Not everyone could be a farmer but everyone should know how to farm! Not everyone could be a doctor but everyone should know what health means! Not everyone could be a teacher but everyone should know how to raise a child!"

## LECTURERS

**Daphne von Boch** - is born in Canada and lives in Basel, Switzerland. After many years of activity at two anthroposophic rehabilitation clinics, she now has a private practice as an anthroposophic physician and psychologist. She also trains doctors in anthroposophic medicine, primarily in Slavic and Asian countries, and is active in republishing the works of Otto Wolff.

**Uwe Burka** - Training and practical experience in crafts, biodynamic development aid, social therapy and new economic paths. In addition, he has worked internationally as an independent consultant and planner for social-ecological landscape, settlement and urban development for 30 years.

**Peter Laßnig** - after working as biologist at the University of Vienna in the field of plant morphology and specialising in Goetheanistic knowledge of nature with several research projects, he turned to agriculture and plant breeding and now works as a Demeter farmer on the "Solawi Ackerschön" in Austria.

**Martin Maier-Hangler** - From 2013, studied anthroposophic music therapy in Berlin, graduating in 2017, as well as training in singing according to the method of the School of Voice Revelation with Constanze Salzwedel (Sulzburg). Since 2017 working as a music and vocal therapist at the Filderklinik, in private practice/Vienna, at the Ita Wegman Therapeutikum/Linz and in the village community of Breitenfurt.

**Alba Steinlechner** – Austrian pharmacist, is experienced and practiced in the research and production of anthroposophic, homeopathic and herbal medicines, focusing into the method of potentization, the production of substances for external use and processing mistletoe into a cancer remedy.

**Kenan Sterna** - graduated at the American Eurythmy school in Northern California. Currently, he resides in Ann Arbor, Michigan, studying to become an Anthroposophical doctor and working with friends to provide Eurythmy to the local area.

## BOOKING FORM

# HUMAN - NATURE – HEALTH

Matica Youth Summer Camp (July 14<sup>th</sup> – July 21<sup>st</sup>, 2024)

Name, first name:

Street, No:

Post/zip code/town:

Country:

Telephone:

Email:

Profession:

The fee for the whole summer camp (accommodation, meals & course lectures) is 300 euro. This includes warm drinks during breaks:

- I would like a double room (additional cost of 5 euro per night and person)
- I would like a dormitory accommodation (up to 6 persons)
- I am a vegetarian

My date of arrival is  Friday, July 12<sup>th</sup>, 2024 (add 30 euro per night)  
 Saturday, July 13<sup>th</sup>, 2024 (add 30 euro per night) Sunday,  
 July 14<sup>th</sup>, 2024

My date of departure is  Sunday, July. 21<sup>st</sup>, 2024  
 Monday, July 22<sup>nd</sup>, 2024 (add. 30 euro for one night more)

**Please send this registration sheet together with your CV and a short letter that would show why you would like to participate and what you expect from this Course - latest by Sat., June 1st, 2024 to:**

**Matica Foundation, Jase Tomica 3, 26300 Vršac, Serbia  
Phone + 47 92 03 20 62, Email [info@matica.org.rs](mailto:info@matica.org.rs)**

**For participants needing financial assistance for fees, please write this in the letter.**

After we have processed your application, you will receive a confirmation letter with the fee you will have to pay and our bank connection. Please be aware: If you cancel your registration after June 1<sup>st</sup> 2024 you will lose 50% of the fee.

### BANK DETAILS FROM ABROAD

Matica Foundation, Jase Tomica 3, 26300 Vršac, Serbia, Alta Banka AD Beograd  
IBAN: RS35190007090000007150, SWIFT: JMBNRSBG, With mention: Matica Youth Camp

### LOCAL BANK DETAILS:

Fondacija Matica, Jase Tomica 3, 26300 Vršac, br. računa: 190007090000007150,  
svrha uplate: Matica Youth Camp

## HOW TO COME TO MATICA FARM?

We are nearby Vršac - [https://maps.app.goo.gl/Bc1wdW6NGCX7trRn9?g\\_st=ig](https://maps.app.goo.gl/Bc1wdW6NGCX7trRn9?g_st=ig)

Vršac is located between two airports: Belgrade (84 km), Serbia and Timisoara (64 km), Romania. From Belgrade all major airlines are operating and from Timisoara also Wizzair is available. For any additional information please feel free to contact us!



## SOME GENERAL INFORMATION IN ADVANCE

If I want to go to Serbia, what do I have to consider? Do I need a visa? Where can I get this? How long does this apply? Etc. Serbia is not part of the European Union. You cannot therefore claim the right to freedom of movement: you might need a visa:

Serbian consular missions:

<https://www.mfa.gov.rs/en/diplomatic-missions/serbian-diplomatic-missions/consulates>

## CONTACT TO MATICA FOUNDATION

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**Telegram:** <https://t.me/+vp46trltayY0ZjJk>

**Homepage:** [www.matica.org.rs](http://www.matica.org.rs)