

In addition to our wide and varied programme of psychotherapy and art therapy, we offer patients a number of additional options of a spiritual nature. These include meditative dance, the dance of the four earthly directions, communal singing and services in our chapel.

Meditation of the four directions

This kind of meditation developed by Jabrane M. Sebnat is a dynamic breath meditation with rhythmic music. It consists of a simple sequence of movements with different elements from Sufi dances, Tai-Chi and Dervish dances. The combination of rhythmic movements and breathing reduces tensions, enhances life energy and strengthens the body.



Meditative dance

A magazine for women teachers of 1932 („Evangelische Lehrerinnen-Warte“) warns against the dangers of the new dance: „This dance is connected with improper stamping and affects the organism of women especially if the dancers wear tight shoes with pointed heels.“

In the Hufeland Klinik we do without any shoes when dancing. When you wear socks, you have much better contact with the floor. Every now and then we do stamp in order to feel the ground more intensely. But we try to taste the

„Lightness of Being“ even when dancing. Our motto could be „rooted in the earth and open towards the sky“.

In the course of time the Hufeland Klinik has developed its very own mixture: meditative round dances to the music of J.S.Bach, folkloristic dances like the Greek Sirtaki, guided improvisations of movement to contemporary music or to the sounds of Africans and Red Indians are elements which are linked in every dancing session in a particular way. In contrast to the warning of the above quoted teacher's magazine we have made the experience that this kind of dancing is not only good for the „organism of women“, but also for men (if they do join in). When dancing it is easier for us to let go worries and dark thoughts, to feel our bodies pleasurably and to swing into the healing frequency of the music which moves us.

There are no preconditions whatsoever concerning your abilities in sports or dancing. Everybody who feels like moving and dancing is welcome.

„Meditative dancing“, an offer for groups, usually takes place on Thursdays at 19:00 or 16:30.

Martin Weichert, who conducts the sessions for meditative dancing, is a theologian and pedagogue. He teaches Religious Education, English and Dance Theatre at a High School („Gymnasium“) in Lauda. He also works for the Regional Administrative Authority (dept. schools), Stuttgart, as an adviser for the subject of Religious Education.

Religious service in our chapel

As a rule there is a religious service in our chapel on every first and third Thursday of the month. It is conducted for our inpatients and those of neighbouring clinics by Father Christoph from the Messelhausen Monastery. His specific manner and his emotive sermons are deep-going experiences which can be conducive for your interior stability. All patients and their relatives are warmly invited no matter what their religious or philosophical backgrounds may be.



Singing together

Once a week the Hufeland Klinik offers an hour of singing to all those who enjoy it even if they are not singers, but would prefer to hum or drone along or just listen. Singing liberates. You are welcome.