

Név: Simon Henriett

Cím: 9081, Győrújbarát, Mélykút u. 107

Email : hensi.hensi@gmail.com@gmail.com

Telefonszám (mobil) +36309153538

Erasmus+ Project: Cooperation for Movement Therapy in schools  
2022-2-HU01-KA210-VET-000101612



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# Embodiment Case study

## 1, Anamnesis -

Name: O.P.

Address:

Email :

Phone number (mobile)

O was born on x January 1970.

She had a normal pregnancy which, according to her mother, went into labour at 25 weeks and was delivered naturally. But unexpectedly it turned out that after O. was born there was another twin baby. They spent a month in the incubator and her twin died at 1 month. She was protected at home for a very long time. According to her mother, she was developing healthily in all phases of movement, turning, crawling, rolling, standing and walking, but we don't have details. There is a photo of her sitting at the age of one. Her younger brother was born at that time.

She had rubella as a toddler, and had mumps and chicken pox as a young schoolgirl.

She had no other illnesses, her general health was good in childhood, her digestion was good, but her childhood habit of constipation persists to this day.

On February 4, 2021, she fell into a semi-coma for 4 days and partially lost her sight, she was in hospital for 10 days, rehabilitation at home lasted about two months, and returned to work in April.

In October 2021, his vision blurred and then cleared and this happened several times within a month. She underwent a series of tests and was treated for diabetes, a condition she had previously known but had not treated.

In 2022, he underwent 6 surgeries over 1 year, which were cataract and glaucoma treatments. She was not allowed to move after the surgeries and this made her daily life very difficult. The period of restricted movement, no sudden movements, bending, lifting, lasted until early 2023. The eye rehabilitation ended when she could start moving again in the 6th week after her latest surgery.

From October 2022, we met weekly within the framework of foot massage and Bothmer therapeutic exercises, providing slow, rather stagnant progress but ensuring constant, regular, more conscious movement for her. Starting from November 2023, we embarked on daily Embodiment practices.

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## 2, Screening of infantile reflexes -

In December 2023, abnormalities were observed in the areas of eyes, vision, walking, and coordination. The straight-line walk, where the heel would touch the toes, was not achievable for her; her walking was uncertain, and she could only perform the exercise by losing balance. When walking on the outer sole, she exhibited a slow, unsteady gait, focused, and highly concentrated. Her right hand moved towards the body, involuntarily participating in the walking movement. She tried to compensate, adjust, but failed to harmonize the movement. She attempted to walk not only on the outer sole but exclusively on the outer edge (right-left). Walking backward was even more challenging. The eyes and head were involved in the movement, observing, following the motion both forward and backward. Her posture remained bent throughout.

## 3, Sensory observation of the adult external, in its current state.

Sense of touch:

External appearance

A large body and head, thick hair. Rather lacking in sensitivity, she prefers more vigorous touches, cannot sense warm water, and can hardly tolerate water of any heat. Lack of perception of her body, her own limits, her movements, the current image of her is not realistic. She is currently quite distrustful of herself and her actions.

It is difficult for her to engage, and she tends to tolerate conflict, suppressing her feelings about it. At times, she easily gives in, and at other times, she quickly backs out of taking action, as if threatened by change, preferring to tolerate the unpleasant familiar. She often talks about movement as suffering, even though it does not cause her pain.

Thought sense:

External appearance

She appears rather sluggish, with a large, chubby build, prominent eyes, sluggish movement, and long limbs. Despite her diabetes, she remains selective in her food choices, sticking to familiar flavors. Her memory is very good; she remembers almost everything she encounters, enjoys scientific thinking and facts. Her self-confidence is low; she fears change, finds it difficult to tolerate practice, but if there is no need for change, she quickly accepts new rituals and can practice them for a long time.

Own movement sense:

External appearance

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Tense, taut muscles characterize her; she has difficulty relaxing, and her hands and feet turn inward, displaying a strong X-legged stance. Duck-footed, her will is very strong, and she struggles to separate her movements from different body parts (head-shoulders, arm-chest, hip, waist, back move together).

Raised, but currently pushed forward shoulders. She can hold a healthy body position for a very short time; she quickly wants to collapse, abandon herself. In a relaxed posture, her head falls forward, the back is hunched, the pelvis and shoulders are pulled in, the chest is sunken, and she maintains a slouched posture.

Summary of examination results:

She cannot perform the practice of standing on one leg, and she can lift one leg for only 1 second. Her dominant leg is the left one.

Sense of Thought:

Appearance

Rather sleepy-looking appearance, now large, stout build, huge bulging eyes, sluggish movement, long limbs. To this day she is a picky eater, despite her diabetes she does not try new foods, sticking to familiar tastes. Her memory is very good, she remembers almost everything she comes across, she likes scientific thinking and facts. She has little self-confidence, is afraid of change and finds it difficult to exercise, but if she doesn't need to change, she quickly adopts a new ritual and can practice it for a long time.

Own sense of movement:

External appearance

Tight, tense muscles, very difficult to let go, hands and feet turned inwards, strong X-legged stance, flat-footed, very active in her will, difficult to separate her movements from the parts of his body (head-shoulder, arm-chest, hips, waist, back moved together)

Shoulders hunched but currently forward. Can hold herself in a healthy body position for very little time, wants to collapse quickly, wants to slouch in her posture. In loose posture, head falls forward, back hunched, pelvis and shoulders retracted, chest slumped, loose in hunched posture.

Summary of test results:

Unable to perform single-leg standing exercise, can lift one or the other leg for 1 second. The dominant leg is the left.

Eye muscle test:

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Eyes cross the midline during movement, up down and right and left. Right eyes have a visual field of about 60 degrees, left eyes about 25 degrees.

Forwards and backwards in baby steps there is a greater problem of maintaining balance, not really trying, except for one step, rather refusing the task, hence no major loss of balance or attempt to compensate. The stance is wide based, arms tented.

During Moro's test, her arms did not move, "she did not feel the head fall". She was reluctant to do the falling test.

Climbing was only done on a soft couch, she performed the climb forward and backward in a few deliberate movements.

During the TLR test, she folded her head backwards, that the head was "hanging" downwards, so it was not looking at the ceiling, but at the sky in front of it at about 60 degrees. The test did not indicate dizziness or loss of balance either downwards or upwards.

The other tests : 0.

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#### 4, The exercises:

I tested children in the first weeks and child was my choice, but we could not meet with her 3-4 times a week to make sure I had a solid experience and could keep the process under my observation, the structure of the Embodiment and the physical, sensory, experience observation and the safe teaching of the practice.

That is why my choice at the end of November was a 52 year old lady, whom I introduced at the beginning of my essay.

I chose the whole series of exercises from beginning to end, to enter the world, Balance, ( re-entry due to post illness space change) right and left (ATNR), connection with frontal space (MORO) posture change and previous posture tendency, shoulders turning inwards, hunched posture, knees turning inwards), regaining balance and coordination, anything that focuses on symmetry (STNR right twisting spine), anything that gives a sense of security (MORO).

The exercise started after the training days in November:

We could start the exercises lying down because my client refused to work on the floor.

In the first days I planned to start building the whole exercise. We had been in a long-standing process together that I felt it would be good to somehow disrupt, but during our conversations we found no lasting change or activity. A confined space sedentary lifestyle developed for her during the illness. Because I knew her condition, because we had been meeting every Wednesday for 2-3 hours for a year, with a foot massage, and Bothmer's support exercises, and joint exercises. By learning about Embodiment, a new opportunity opened up for both of us to move forward, to make a new commitment, to move out of a more stagnant situation, to try, to start moving and being active and to start a daily conditioning process.

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The first good thing about Embodiment was the foundation of my own experience that gave me the initial step, I was able to have experiences that proved the refreshing, mindfulness and joint mobility enhancing effects of Embodiment. It gave me a lot of courage to feel what we can do, independently of the tests, to improve ourselves and others.

The initial difficulties with my client were due to her limited mobility of her joints, her fear of movement due to her illness, her confinement and the constriction of movement space within her home, so this is a special situation.

She has undergone 6 eye operations in one year, after which she was unable to move normally for 6 weeks.

At the first scheduled Embodiment meeting, we agree to a daily commitment, which she is very happy about and a process of awareness has started that she can now no longer put off starting to move and will at least be helped to do so on a daily basis.

I briefly shared my positive experiences with the exercises and the path that we can take with the practice.

We cannot start on the floor because she is very afraid of standing up, losing her balance and she does not want to allow anyone to see her in this state or put herself in this situation, she does not want to face this.

Although we both want a full process, we agree to start the exercise lying on our backs on a hard couch. Doing a "fetal" knee lift-over-head exercise, skipping the fear-inducing elements that we try to start over time.

I know from my client's anamnesis that the facts surrounding her birth and her movement development up to the age of 1 are unclear because she did not get exact details from her mother, there are some things that are being withheld.

So, the planned process of being born, entering the world, overcoming uncertainty, would be a process of balance, i.e. stepping out, kneeling, reaching back and lying on her side, we cannot start.

The knee raise and palms in front of the abdomen - pushing herself up to this point (TLR) is difficult but we can do it, and then the "little mermaid" exercise, when both hands are on the floor and the spine is no longer twisted backwards that much. It turns out that she can't lift her hands or do the waving motion, so she can't do the stretch and then the windmill exercise.

So we stuck with the supine (ATNR) and side-to-side exercises for a week.

Before each session of Embodiment exercises, we started with a series of movements to help shoulder flow and posture correction, joint mobility, and flow, while standing and sitting on the edge of a small table as a supportive and self-help exercise.

After a week we also started with cross-leg (STNR) and prone (TLR) exercises. She can only hold the "windmill" exercise for a few seconds, it doesn't cause any stabbing pain, but she refuses any kind of discomfort, she just wants to do things comfortably, she insists on it.

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My attention then turns to going through what happens to her in a day and discussing how we can start to observe together how she sits, what she does and what posture she is in most of the day, how she sleeps and rests, what things she surrounds herself with, to make her a little more aware of everyday things. I did not give her tasks other than to she had to find the good and easy in the simple everyday things.

We start to pay attention to more conscious movement, several times each day in the activities that make up our daily routines. And once a day we meet and then we "put on our space suit", we receive an impulse from "Embodiment", which we then wear throughout the day, slowly erasing the old and rewriting the present. The walk during and after the embodiment, always gives an extra recharging feeling.

After just one month, her shoulder and arm mobility was so good that she could use two hands instead of one to wash her hair. She could lower her shoulders and her back and waist mobility improved.

In everyday observation, we have gained greater body awareness and awareness of body observation together. The right shoulder is much lower and the chest is turned to the right, the shoulders fall forward and palms looked forward when released. The downward weight of the arm in the shoulder causes pain at times, so she often rests her arm on an armchair or table. She likes to stay in the rear space with her back and chest in relation to the midline of the body, hunching into the rear space, pushing her head forward and bobbing slightly upwards, so she also hunched slightly at the neck and shoulder blades.

I tried to include the windmill exercise from time to time, but we worked through without it, but we did the full range of motion lying down through the end of the year. She was comfortable with it, she was happy to practice on her own, we didn't meet every weekend anymore, but she was still happy and conscientious about the exercise.

Kneeling and going to the ground still left her with a sense of prohibition and difficulty, but the practice went well. The little mermaid with the arms still didn't make it past the body at the end of the year either.

She needs to be helped all the way through the weighting, she has a very hard time weighting, her will is hard to let go in her arm, shoulder, head movement.

The posture, on the other hand, improves a lot.

At the beginning of January, she was sick for 10 days with cold symptoms. She was physically and mentally exhausted and discouraged.

After the illness, we started work almost from scratch, her attitude almost collapses, she abandons herself. For a week, she almost just lies and watches TV.

When we started again we could get her back to her pre-illness state in a week, but after that she seems to change more quickly.

I suggested that she start doing bike exercise in the morning on her back in the evening, because she didn't like the pillow under her sacrum as it was harder to pull her knees up. I also added a bike



excercise to the supine part: right knee then left knee pulls up for three breaths bike excercise, then lower right then left foot, release-weight and repeat 2X more. This has made the movement a little easier, now the knee lift is not difficult and the abdominal girth is smaller and there is more energy.

In the last "Embodiment" training session we discussed that it might be better to help her to incarnate the astral body sooner, to be able to control the good and bad feelings better, by introducing a new exercise. Because we have talked about it before, when something is difficult, what kind of pain it is, for example, trying to articulate if it is stinging, sharp or dull or just uncomfortable, or that she is used to not raising her hand and that it is fine and acceptable for her.

We started our new exercise on 29 January:

The new exercise, on the floor on a soft sponge, stretching and knee raises, was not a substitute for the others, but an insertion, because she was happy to do all the things she already done. The incarnation of feelings, the incarnation of the astral is the important thing and then we can move on.

We did the tests on the 12th of February and wanted to understand where we are now in the process, it's a slow work but still quite rewarding to see the results we have experienced together in this. I was able to explain again why it is important to do the exercises with precision. We tried again with the stepping forward, kneeling and getting into the "windmill".

#### Conclusion:

By starting these exercises, my client who is also my friend and I found a new way developement. We still have a long way to go, full of challenges. We continue the practice with increasing enthusiasm. I am very hopeful that she is able to live a more independent and active life.

It also taught me that in a process of such development, with clear and precise practices, I can step away from feelings, be in the present, and arrive day by day and ask what we have to do with each other today. My individual feelings, my individual thoughts can mislead me as much as they can lead me forward. And all that can happen in the course of the practices, strengthens the human and the self, and this fills me with confidence.

I found a way as a developer that could give her the opportunity for self-development, she found new strengths, she can ensure her own development on her own with a little help.

We continue with this engaged process and many questions have been raised in my mind about human life in terms of development and growth. Some I find the answers or creative ways to move forward, some I ask the questions to the new "Embodiment Family" I am part of.

What I already knew is that when we move, the possibility of experiencing life itself opens up to us. It is a constant journey that permeates our destiny, pointing out our difficulties as well as our ease. The progression of movement is both our human and divine potential and provides us with a space to which we can return from time to time. It is both a huge opportunity and a precise, mindful, conscious development.

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Embodiment is now a new experience for me, a journey and a challenge alongside and through the anthroposophical path that is subject to so many forces in the world and that also gives rise to so much living and abuse. I hope my experiences and knowledge are in harmony with this path and that I find through it challenges, that resonate with my path, the feelings that have led me here suggest this.

Henriett Simon

Győrújbarát, 16.02.2024.

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