



One Year Foundation Course - 120 Hours

London

About Bothmer

Bothmer Movement, first known as 'Bothmer Gymnastics', was developed by Fritz von Bothmer in collaboration with Rudolf Steiner when Fritz von Bothmer became the PE teacher at the first Waldorf School in the 1920s. It consists of a sequence of exercises that trace, enhance and strengthen the developing bodily and spatial consciousness of the growing child through the various stages of development. Bothmer created these exercises out of a profound understanding of the way the forces of space pass around and through the human being. He wanted to create a physical education system that embodies the future potential of humanity.

His work has since been developed further, and is used in education and therapy with children and adults, and also as a personal practice enhancing health and wellbeing.

Bothmer Movement International have been running professional trainings and self-development programmes internationally for over 40 years. Participants on our courses tell us that they feel more relaxed and connected with their bodies, develop better relationships with loved ones and lead more joyful lives.

"The essence of this gymnastics education is that through the play of movement forces, our higher being can be born in infinite space, and that the human body enclosed within the boundaries is increasingly able to enter, adapt to, and change in the ideal image of our higher being ."

(Fritz Graf von Bothmer)

Aims of the Course

Support your own personal growth through the medium of movement.

Grow your awareness and appreciation of others through social interactions, games, movement activities, sports and play.

Develop your imagination skills, be able to form and hold pictures and understand the link between imagination and movement.

To know and understand games and movement activities, their purpose in the Steiner Waldorf curriculum and how to teach them.

To know and understand a selection of Bothmer Movement exercises.

Improve your own posture, alignment and movement habits.

Increase your sense of movement, spatial awareness, balance and bodily well being.

Start to develop a sense of the energy of space around us.

Gain an understanding of the underlying philosophy of Bothmer Movement.

Gain an understanding of the stages of child development.

Gain an embodied understanding of Anthroposophy.

The Curriculum

The course is largely practical and we will spend much of the time moving and playing. You will learn a series of Bothmer exercises and accompanying 'conditioning exercises' that help us enhance our quality of movement. You will be able to incorporate many of the conditioning exercises into daily life so you can start to become more conscious of your own movements and build better habits.

Movement and Games

For teachers, each weekend we will teach you a selection of games and movement activities that you can immediately apply in a class setting. We will show you how to bring them to a class and why they are relevant. For parents and everyone else, these games are good fun, can also

be used and adapted to family and work environments, and can provide an insight into your own character!

When working with the Bothmer exercises some of the weekends may follow a theme. Here are some example themes that we will meet in our movement sessions:

Point and periphery

How can we remain centered and not lose ourselves in the outer world?

Falling

Many of the exercises reveal to us the inner experience of 'falling'. When we have hard times in our lives or we experience a 'collapse' how do we navigate ourselves out of it? *"Failure is not falling down but refusing to get up"* – old Chinese proverb.

Moving with imagination

Imagination is one of the fundamental aspects of human development, linked to creativity and innovation, to empathy and compassion, and to individual well being. As the great American inventor Henry Ford said, *"Whether you believe you can do a thing or not, you are right"*.

The present moment

How can we become more fully present with ourselves? We look at the space behind us as the past and the space in front of us as the future and ask if we are balanced between the two. Can we create more space here to live more fully in the present moment?

International Summer Intensive

A key part of the course is coming together with other nationalities and expanding our understanding of movement through a slightly different lens. Even if we aren't proficient in another language there is much we can communicate through movement. During the summer months, for one week (usually end July/start August) you'll have the chance to widen your working group with over a dozen nationalities present at the summer intensive. With the focused course time and additional evening activities there's so much to learn and experience. Immerse yourself in the buzz of the intensive week and you'll come away feeling a little bit taller, straighter, more expanded and certainly full of treasured memories.

Additional course fees and travel costs apply for the summer intensive. It usually takes place in the last week of July and is likely to take place in Hungary or the Czech Republic. Here's a link to this year's [summer intensive](#) information for reference.

You will learn:

A number of Bothmer exercises and understand their relevance to child development.

A series of games and movement activities for use with children and teenagers in classes 1 – 12 and know and understand the meaning behind the games and activities.

How to bring movement activities and games to a class and how to deliver a movement lesson.

A series of exercises to support your posture, alignment and develop good movement habits.

A number of selected sports, the associated skills and drills and how to introduce these in a class setting.

The fundamental principles of Bothmer Movement.

The essence of child development from an Anthroposophical view point.

Who is the course designed for?

Steiner Waldorf physical education teachers.

Steiner Waldorf class teachers and high school teachers who wish to develop their own movement practice and use of movement in the classroom.

Mainstream physical education teachers who wish to deepen their understanding of child development and broaden their curriculum.

Adults who want to learn more about Anthroposophy through movement.

Parents of children in Steiner Waldorf Schools who wish to learn more about the education.

Course Leader



Susan Kelly is passionate about movement, games and the outdoors. She has worked as a gym and games teacher at a Steiner School for 18 years and has been teaching Bothmer Movement to adults around the world for 15 years. Susan is currently a PE and Bothmer teacher at St Michael's Steiner School, London and continues to teach children, teenagers, adults, parents and teachers.

Other Instructors



Martin Baker has taught gymnastics, sports and movement for more than 30 years at a Steiner Waldorf School. He is one of the leading experts of Bothmer Movement International and he has been teaching teachers since 1990. He founded courses throughout Europe and Asia and continues to teach children and adults.



Kevin Campbell Davidson has 10 years experience working as a physical education and games teacher at a Steiner School. Kevin has a diploma in Bothmer Movement, an MA in Education and lectures at Goldsmiths College in play and creativity. Currently Kevin is sharing games, singing, dancing and Bothmer Movement workshops internationally with Waldorf communities and schools.

Testimonial

‘Why is Bothmer so relevant for class teachers’

As Waldorf teachers we understand the implications of movement for children’s development. In this age of digitalisation, without doubt, movement is even more important. At this crucial time of development, in a world tending towards less and less physical activity, could we or should we deepen our understanding of movement? Is it enough to know the importance of integrating movement into lessons? Would it be beneficial at this time to deepen our own understanding of what a physical body is and how it relates to the space around us?

In the same way, as class teachers, we digest fairy stories, sleep on them and wrestle with their secrets before presenting them to children, so we can learn to digest movement. Our lessons are enriched if we understand our relationship to movement and what it really is. As we deepen our relationship to our own physical body, we also deepen our relationship and reverence to the space about it.

Our own knowledge, reverence and research transfers into the depths of the children we teach giving them confidence in their own physical movements, helping them to trust their intuition and giving them strength for the tasks of life. The children gain a deeper intuitive understanding of their own bodies, their capabilities and how to look after themselves. Furthermore, this deeper understanding leaves the feeling and thinking, the emotional and intellectual development, to blossom.

In between you and I is the space in which we meet. Within this space we interact and learn. Becoming conscious of this space and what it offers, enriches our interactions and learning. All teachers can deepen their understanding of movement, child development and learning by engaging with Bothmer Movement.

Written by Helen Kinsey, Class Teacher, North London Steiner School

Course Dates

The weekends will start on Friday evening and run all day Saturday

12th/13th September 2025

10th/11th October

7th/8th November

12th/13th December

9th/10th January 2026

13th/14th February

13th/14th March

17th/18th April

8th/9th May

26th/27th June - Class 5 Olympic Games at Michael Hall School, Forest Row, Sussex

July: Bothmer Movement International Summer Camp dates TBC **Additional costs required.**

Venue

We will be using [St Michael's Steiner School](#) as a base. Some sessions will take place in local village halls and sports halls. Other sessions will take place outside in the school grounds and on the local football pitches. Be prepared for the weather!

The St Michael Steiner School
Park Road
Hanworth Park
TW13 6PN

Course Fee

£1,500 for the UK based weekends.

Approximately 300 Euros for the summer intensive tuition fee plus more for accommodation, meals and travel. To get a sense of the summer camp here's a [link](#) to this year's information.

More Information/ Questions

If you have any questions please contact Susan Kelly susan@bothmermovement.co.uk

How to Apply

Please send an email to Susan susan@bothmermovement.co.uk with the following information:

Your Full Name

Date of Birth

Occupation

Contact Details

Your reasons for enrolling in the course.

Your background with Rudolf Steiner's work, Steiner Waldorf Education, Sports, PE, Games and Movement Practices.

What you hope to achieve after completing the course.