

Friday, 1 June

15.00–16.30

**Welcome and introduction**

“The night”

*Birgitt Bahlmann, Heidi Mahnke,  
Sonja van Hees*

16.30–17.15 Coffee break

17.15–18.45

**Workshops [A](#)**

18.45–20.00 Evening break

20.00–21.30

**Lecture**

Physiology of sleep, frequent sleep disorders  
and their treatment

*Matthias Kröz*

## Saturday, 2 June

08.15–08.45

### Creating the mood for the day

Meditation, eurythmy and singing

08.45–09.00 Break

09.00–10.30

### Lecture

The path of the soul in sleep and  
the nature of dreams

*Rolf Heine*

10.30–11.00 Coffee break

11.00–12.30

### Workshops [A](#)

12.30–14.30 Lunch break

14.30–15.00

### Picture viewing at the blue window

*Esther Gerster*

15.00–15.15 Break

15.15–16.45

### Workshops [B](#)

16.45–17.15 Coffee break

17.15–18.45

### Lectures

Night duty *Heidi Mahnke*

Shift planning *Hanna Burkhalter*

18.45–20.00 Evening break

20.00–21.00

### Eurythmy performance

Poems by Heidi Overhage-Baader

Music by D. Shostakovich, J.S. Bach and

R.P. Iwamatsu

*Geotheanum Ensemble*

## Sunday, 3 June

08.15–08.45

### Creating the mood for the day

Meditation, eurythmy and singing

08.45–09.00 Break

09.00–10.30

### Workshops [B](#)

10.30–11.00 Coffee break

11.00–12.30

### Lecture

Sleeping-dreaming-waking. The importance of  
consciousness in therapy

*Matthias Girke*

*The lectures will be translated into English.*

–Subject to change–