

MOVEMENT

With Bernard Thiry

School year 2026-2027

From 1 to 5 days

WORKSHOP

Bernard's mission is to help schools rediscover movement as a living art that fosters connection, well-being and awareness.

PROGRAM

- The 5 Spaces
- The 5 Dynamics of Movement
- The 5 Forms
- Rhythm · Planes · Forces
- Centre & Periphery
- The 5 Elements
- Observation
- Movement Analysis



INVITATION *To Move*

**WHAT IF MOVEMENT COULD
BECOME A BRIDGE...
BETWEEN THINKING, FEELING AND WILLING...
BETWEEN THE INDIVIDUAL
AND THE GROUP,
BETWEEN LEARNING AND TRULY
EXPERIENCING?**

*For the Children
From Kindergarten to Class 12,*

An offer of spaces where students can:

- Rediscover the joy of moving
- Develop coordination, balance, and spatial awareness
- Experience creativity, expression, and confidence
- Strengthen social connection through play and movement
- Experience learning through the whole body and space around

Each workshop is shaped in dialogue with the teachers, creating bridges with what lives already in the classroom. Movement becomes then not an addition, but a continuation of the learning journey.

The work is adapted to each developmental stage, with also specific movement approaches for older students and the particular physical, social and emotional needs of adolescence.

Sessions can take the form of:

- Main lessons (1h – 1h30)
- One-day or multi-day workshops
- Intensive week programs

In a world that often pulls us away from ourselves,
this work gently brings us back:
to the body
to movement
to relation
to life.

It invites the class to breathe together again.
To move.
To play.
To meet.



INVITATION

To Re - Connect

For the teachers

To teach is also to embody.

I offer workshops that invite teachers to:

- understand and experience space in a new way
- refine presence and non-verbal communication
- discover how movement can support pedagogy
- reconnect with their own bodies as a resource
- (Physical, Etheric, Astral, Spirit)

This is not only about tools,
but about awakening a quality of presence
that naturally transforms the classroom.

For the parents

"The Spaces, its dynamics"

Movement as a bridge between Thinking,
Feeling and Willing.

An experiential moment to reconnect
with how space lives within and around us,
and how it can support clarity, protection,
and relationship in daily life understanding the child
and the importance of movement.

Group activities to strengthen the community.

PRACTICAL INFORMATION

Space: gym hall Eurythmy room, or open indoor/
outdoor area

Materials: balls, sticks, ropes...

(I can also bring materials)

Format: flexible and adaptable to
your school's needs

Practical details (financial contribution,
accommodation and travel) will be agreed together

Bernard THIRY

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FACULTY

Bernard THIERY

**AN APPROACH THAT ADDRESSES
CONTEMPORARY EDUCATIONAL NEEDS WITH
HUMOR, ENERGY, AND PROFOUND
EXPERIENCES.**

Who is Bernard ?

Belgian, born is a movement therapist, dancer, choreographer, and educator with over 32 years of experience integrating movement, education, and therapy. His approach is deeply rooted in the Steiner pedagogy. Bernard's academic and artistic journey includes studies at OM Teatro Valencia (Spain), Ballet Karmen Larumbe (Belgium), CIRA Strasbourg, CNDG Angers (France), and the Eurythmy Schools in London and Birmingham (UK). He has collaborated with distinguished choreographers and institutions, including Mark Tompkins and the Opéra du Rhin.

As the founder and director of the "Art Change" dance school in Strasbourg (France), Bernard led innovative movement and creative projects for three decades.

For the past 15 years, he has focused on developing Spatial Dynamics® (Master Level IV), dance and Bothmer Gymnastics® (trainer and teacher), conducting workshops and trainings all over the world. His work connects education, therapy, and the arts in a holistic and transformative way.

Bernard has collaborated extensively with teachers and students in Waldorf and conventional schools, doctors, curative educators in the world. He has trained over a hundred movement educators and continues to lead Movement Programs worldwide.

Driven by the desire to bring life and meaning to education, Bernard emphasizes reconnecting with the body and space.

His work draws on the archetypal principles of movement that lie at the roots of anthroposophical movement education. Rather than reproducing fixed forms, he explores how these living principles can continue to evolve through games, spatial exercises, dance, creative movement and group work — preserving their essential qualities while allowing new forms to emerge.

**HIS WORK WEAVES TOGETHER DIFFERENT MOVEMENT
TECHNIQUES NOT AS SEPARATE DISCIPLINES,
BUT AS ONE LIVING LANGUAGE.
A LANGUAGE THAT SPEAKS TO THE BODY,
AWAKENS CURIOSITY,
AND BRINGS JOY, PRESENCE, AND CONNECTION.
ROOTED IN ANTHROPOSOPHICAL UNDERSTANDING
— OPEN TO CONTEMPORARY MOVEMENT**

