



Körperorientierte Entspannungs- und Konzentrations-Schulung
BODY ORIENTED RELAXATION AND CONCENTRATION TRAINING **B.R.C.T.**

Inner and outer world

Due to an overwhelming number of external stimuli, children are losing more and more contact with their own inner world and getting out of control. Against these tendencies of diversion and disruption of personality development, K.E.K.S emphasizes the internal path. For the deeper a person is anchored in his innermost being, the more powerfully he can act on the outside.

Personal Awareness Training

The didactic concept and methodology of K.E.K.S are based on a person-centered view of human beings. Special sequences of body and breathing exercises, forms of relaxation, self-awareness and meditation, exercises for the development of empathy, communication and cooperation set in motion a consciousness training, the power of which sustainably increases the quality of life of the adolescents and sensitizes them to social responsibility. This also promotes their personal identification and maturing.

The body as a basic medium of pedagogy

At our schools, one-sided cognitive learning still prevails. K.E.K.S, on the other hand, is based on a pedagogy that encompasses the whole human being, which also unlocks the emotional and spiritual potential of children and young people and encourages them to grow. Mindfulness training, working on attitudes (in the physical, habitual and ethical sense) and social learning with a perspective on becoming a person are all interlinked.

Above all, the exercises within the framework of K.E.K.S's body-oriented approach are aimed at the development of a body-consciousness. The perception of a body that I only have transforms into a personal experience of the body that I am, which I am as a sensually perceptible form in the world.¹ The personal body is increasingly becoming a place for the integration of physical, mental, inner soul and spiritual experiences as well as interpersonal encounters and relationships on a path of mindfulness and meditation.

Thus, K.E.K.S essentially includes the practice-based insight that the human body is the linchpin of any change of personality and can therefore also be a catalyst for progress on the socio-cultural level.

¹ Cf. Karlfried Graf Dürckheim, Vom doppelten Ursprung des Menschen, Freiburg, 1979, pp. 169 ff.