

**Yvonne H. Koch**

## **Twelve Movements for „Freedom – Our Responsibility“**



### Longer version

Freedom is a goal we strive to achieve on the political and economic levels with political and economic means. We mostly understand freedom to be a physical and social state of being. Often we overlook though the relevance of freedom as a personal experience, of freedom as a state of being which depends on our individual outlook to life, our patterns of everyday life, our spiritual visions. Yvonne H. Koch has focused her work to develop simple tools and trainings to experience Freedom as a state of harmony, centeredness and holistic connection of the individual to nature, to the whole universe – but foremost to himself or herself. Freedom can only start when the individual finds peace and freedom in himself, in herself. Without mental, emotional, psychosomatic and spiritual harmony, at least to a certain extent, there can be no „freedom energy“ radiating from a person into society and humanity.

Yvonne has developed 12 specific easy exercises which promote this connection between the individual and the universe, between one person and humanity. This is what she would like to share at this wonderful conference as a very down-to-earth practical tool of feeling and being in peace and harmony and therefore being in and creating of Freedom.

### Shorter version

Yvonne H. Koch has focused her work on simple tools to experience Freedom as a holistic state of harmony, centeredness and connection of the individual to nature and the universe – but foremost to himself/herself. She has developed 12 specific, easy exercises which promote the connection between individual and universe, between one person and humanity. With these she offers a very down-to-earth way of feeling and being in peace and harmony and thereby co-creating the precious and elusive state of Freedom.

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