



alanus
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Nana Woo

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Funding Request Letter

For Eurythmy Therapy Training

Master of Education (M.Ed.) in Educational Research
Alanus University for Arts and Social sciences

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The First Integrative Health Centre in Egypt

The integrative health centre(IHC) was founded in 2021 in the middle of the Covid-19 pandemic as one of the research centres at Heliopolis University (HU). It aims to foster practices for holistic health services to the wider society in continuation of the work at the SEKEM medical centre which was founded in 1991. Currently, we provide health services for 300 staff members, 4000 students at HU, and 1300 employees at SEKEM companies. We are also expanding our services to the local communities in collaboration with the Faculties of Pharmacy and Physiotherapy at HU. We make visits to the villages in the rural areas and treat patients who are unable to access health care. We also focus on preventing illness through well-being awareness programs. We are in process of developing complementary therapies in its interdisciplinary practices including eurythmy therapy, art therapy and Egyptian traditional therapies, etc.

[Website : the centre for integrative health](#)

Master of Education (M.Ed.) in Educational Research

Eurythmy Therapy

In parallel with the development of the integrative health centre, my new professional path has emerged. My name is Nana Woo, I have worked and lived at the SEKEM farm since 2019. At first, I worked as an instructor of social eurythmy at the SEKEM companies and Heliopolis University. During the covid 19, the awareness of health was increased among students and employees. I got more and more personal requests on how to improve their health conditions including mental health. Given the high importance of integrative health, I decided to take an MA program in eurythmy therapy so I will be qualified to treat people with illness and also support preventing it. I also recognised the need to attain higher degrees to collaborate with other physicians and practitioners in Egypt with this new approach to health service.

Research on Women Health in Egypt

After completing the second module of eurythmy therapy In September 2022, I started offering one-to-one eurythmy therapy sessions to students and staff at HU and employees at SEKEM. The planning and evaluation of the sessions are supervised by professional eurythmy therapists and a doctor who has a background in Anthroposophical medicine. Ninety percent of my patients are women. I have a good network of female students and employees because of my previous work in facilitating a women empowerment program for two years. To my surprise, many of them complained about gynaecological problems such as menorrhagia, oligomenorrhea, PMT, Fibroids, etc. When I documented the health assessment form, some of them shared their past histories of abusive relationships, domestic violence, and female genital mutilation. After having sessions of eurythmy therapy with its gentle and delicate movement, they told me it supported rebuilding a connection with their body and also their mental well-being. I am planning to do my MA research on women's health in Egypt and how eurythmy therapy can accompany different stages and transitions in women's and girls' lives to prevent negative health outcomes, or to restore health and wellbeing.

Funding Request

Our organisations are supporting me by accommodating the required absence through appropriate work scheduling and catering to an appropriate research field on women's health. Unfortunately, they are unable to provide financial support for study fees and travel. The qualification of MA offered by Alanus Hochschule (Germany) will take about three years and can only be acquired in Europe. The minimum cost (travelling, living cost in Forest Row/UK, and study expenses) is approx. 13,000 Euros in three years. Therefore, I thank you in advance for your kind consideration of this request.

Budget

Eurythmy Therapy Training (M.Ed- 3 years part-time)						
Category	Description	Number	Costs per unit	Total in €	Guaranteed	Funds needed
Costs						
Tuition fees	€1,526 € per semester	6	€ 1,526.00	€ 9,156.00	€ 1,500.00	€ 7,656.00
Admin fees	Enrolment € 300, Final thesis submission €300, The medical section diploma €120	1	€ 720.00	€ 720.00	€ 0.00	€ 720.00
Materials	Books					
Travel costs	Flight + Train	6	€ 400.00	€ 2,400.00	€ 0.00	€ 2,400.00
Accommodation	Each module for 4 weeks	6	€ 250.00	€ 1,500.00	€ 0.00	€ 1,500.00
Subtotal				€ 13,776.00		
TOTAL incl. VAT				€ 13,776.00	€ 1,500.00	€ 12,276.00

