



Programm

Internationale Fachtagung Rhythmusforschung

**Hochschule der Künste Bern, Studienbereich Musik
Bewegung Rhythmik**

Samstag, 12. September 2026

Burg Biel, Jakob Rosius Strasse 16

10h Keynote Maximilian Moser

Health on the wings of the heart: Research on the significance of biological rhythms and the effects of rhythmic therapies

The human body is a rhythmic entity: heartbeat, breathing, sleep-wake cycles and movement impulses form a finely tuned network of time and vibration. Modern chronobiology shows how central these biological rhythms are to our health, performance and mental stability. This lecture highlights how rhythm is not only an artistic force, but also a profoundly regulating one. Based on current research and practical examples from schools and therapy programmes, it demonstrates how rhythmic movement, breathing techniques and temporal structuring can make a measurable contribution to stress reduction, heart health and accident prevention. The lecture builds a bridge between scientific rhythm research and the lived practice of rhythmics – as a way of returning people to their natural inner order, mobility and vitality.

Maximilian Moser is professor for physiology at the Medical University of Graz and chair of the Human Research Institute in Weiz, Austria. His main fields of interest are the autonomic nervous system and chronobiology and its contribution to health and diseases. His team has conducted experiments on the space station MIR for 10 years and applied the methods to clinical and interventional research. They reduced accident rate in over 100 construction companies by 30% applying rhythm therapies like eurythmy in cooperation with the largest Austrian accident insurance company (AUVA). Recently he started a large program for children using sonification of plant rhythms to help children re-connect with nature and support their emotional wellbeing.

13h Keynote Jim Feil

Polarity, Pulsation and Rhythm

Polarity, pulsation and rhythm are fundamental to the life process and to the effective and efficient functioning of the human body. There are physiological rhythms, such as those of heart and blood circulation, breath and the flow of other fluids and matter through the body. There are micro-rhythms at the cellular and biochemical levels. And there are voluntarily imposed rhythms, such as the rhythms of dance, music and work in our daily lives. All are controlled and managed by polarity relationships, and all ideally find a coherent and coordinated form.

In this presentation we will explore pulse and rhythm theoretically and experientially and offer some perspectives on how engaging micro-rhythms helps our macro expressions in daily life to become more nuanced, refined and precise. We will use an exercise developed by Stanley Keleman called “The Five Steps” to deepen into the ways we organize our motor behaviour and clarify our intentions and feelings.

Jim Feil, MA in Literature, Doctor of Chiropractic, has been in the field of complementary health care since 1970. He has studied Craniosacral Biodynamics with Franklyn Sills, Polarity Therapy with Dr. Randolph Stone, Formative Psychology with Stanley Keleman, and Pre and Perinatal Therapy with Ray Castellino, among other studies. He taught at JFK University in California from 1976 to 1984. He moved to Barcelona in 1992 and has been in practice and organized therapy trainings throughout Europe, the USA, and China since then.

15h30 Keynote Janina Wellmann

Form, Movement, Choreography. The Rhythmic Order of Living Times

In my talk, I will investigate rhythm as a figure of thought to organise and orchestrate living times on the various levels of the organism and its surroundings – from organic molecules to choreographed bodily movements on stage. On the one hand side, the talk highlights the deep entanglements of biology and culture which the concept of rhythm allows to uncover throughout history. On the other, I will map out the broad transdisciplinary nature of rhythm and its significance not only for music but also visual representation, dance, and movement in general.

Janina Wellmann is a cultural historian of science and currently a NOMIS Fellow at eikones, University of Basel. Her work focuses on the history and epistemology of the life sciences in the modern era. She is the author of *The Form of Becoming. Embryology and the Epistemology of Rhythm 1760-1830*. New York: Zone Books 2017 and recently *Biological Motion. A History of Life*. New York: Zone Books 2024.