

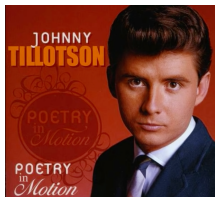


Dear Donor,

In these chaotic times it is sometimes difficult not to long for the "old normal". But as Sigmund (by Peter de Wit) indicates on the right, what is the past that you long for?

The midwinter time, which we face, gives us the opportunity to move forward, to grow, to close a gap.

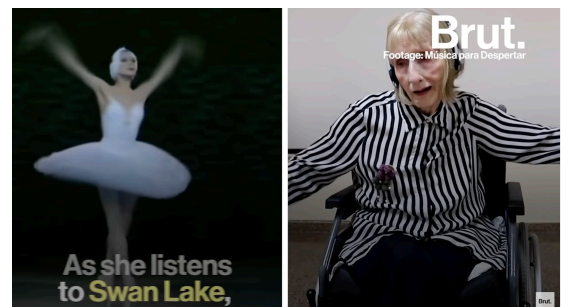
It is therefore important to turn in yourself, which seems easier to achieve without or with an adapted family or friends Christmas dinner?



And of course, do your exercises "Niek Brouw method", so that you can move more freely. So, you can write "Poetry in Motion¹" with your body: [link to listen](#)

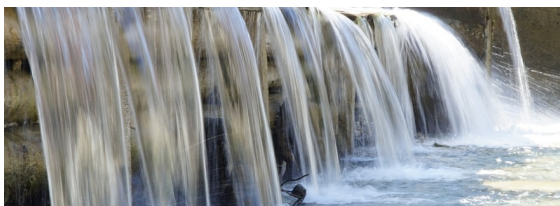
With the exercises you build new free cell memory, a powerful, loving way to renew yourself.

In that context, Frieda came across a beautiful video of a prima ballerina with Alzheimer's, who, by hearing the music from Swan Lake, on which she used to dance, can still perform all movements. Not the power of thinking, but that of the cell's memory: [link to look](#).



A good midwinter time!

Archive and new therapists for the Niek Brouw method



Now that our archive is in order, we are going to focus on the next step. How are we going to make this wealth of material about the Niek Brouw method safely

¹ Thanks to Wessel, one of our donors, who put us on track of this song

accessible to the world? This includes making it available to therapists in training. It is fantastic when therapists join this method! We expect to be able to tell you more about it in the next newsletter.

ANBI

We have filed the new articles of association with the civil-law notary, with the question whether she would like to advise us on this and whether she would like to have these articles of association "passed".

After that action has taken place, we ask the tax authorities to designate the foundation as a 'Algemeen Nut Beogende Instelling'.



Website refresh



We have done quite a bit of preparatory work for the website renewal.

We have received feedback from a number of people, which we take to heart.

In addition, we discuss a number of ideas with Niek or with Vitaal.nl, for example, to show the Niek Brouw method more visually on the websites.

Will you continue to be involved in our work in 2021?

Through this newsletter we would like to thank all donors who were able to donate in 2020. This allows us to do the important work. Supporting helping the Niek Brouw method in the world.

We hope that you will also remain involved in the work of the foundation in 2021!

A nice midwinter season and a nice start to 2021.

Kind regards Mim van der Meij, Frieda Drijver, Fennie Vrij and Rens Looij

Niek Brouw Method Research Foundation
(Stichting Onderzoek Methode Niek Brouw)

www.niekbrouw.nl

c/o Pomonaplein 64, 2564 XS Den Haag

stichting@niekbrouw.nl

Number Chamber of Commerce 62542311

Bank account number: NL34 INGB 000 6757010