

# Experience Eurythmy

*Come join us in experiencing the art of eurythmy movement. Rudolf Steiner brought a new art form into the world called eurythmy, integrating balance and rhythm. Through its movements we learn to understand, support and find balance in the body and mind, as well as experience nourishing spirit and soul forces.*

*Each class will begin with rhythmical, coordination exercises, warming up both body and mind. Live music will help us to feel how the music resonates in us. Eurythmy relates to human yin and yang, to thinking, feeling and willing through its new art of movement. We will work on Speech and Music eurythmy and look into The Foundation Stone Mantra. Please wear comfortable clothing and if you have soft ballet type shoes, please bring them. We look forward to greeting you!*

## *Dates*

*February 12, 26, 2022*

*March 12, 26, 2022*

*April 9, 23 2022*

## *Location*

*110 Martin Alley,  
Pasadena, CA 91105*

*from 2.00 to 4.00 p.m.*

*Suggested donation  
\$10-\$35 per session*