

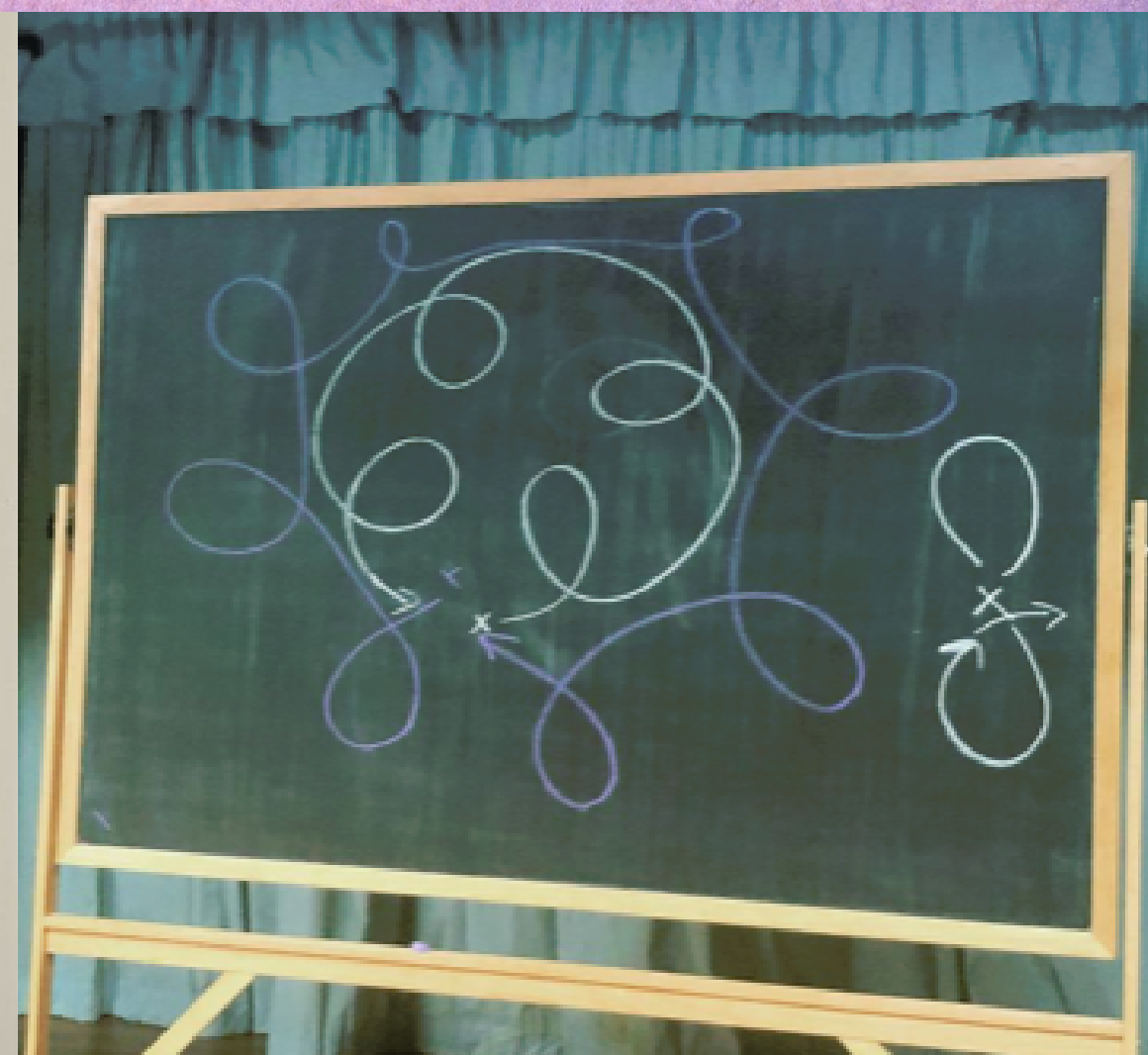
Experience and Explore Eurythmy

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, as well as experience nourishing spirit and soul forces.

Our theme for the coming session of classes will be centered on various beautiful verses by Rudolf Steiner from his *The Calendar of the Soul*. We will explore and move to the forms of these mantric verses. Each class will begin with rhythmical, coordination exercises, warming up both body and mind. Live music will complement the mood of the verses and help us feel how the rhythms resonate in us. *Eurythmy* relates to human yin and yang, to thinking, feeling and willing through its new art of movement.

Please wear comfortable clothing and if you have soft ballet type shoes, please bring them. We look forward to greeting you!



Trained at *Vienna Institute for Eurythmy* in Vienna, Austria, Andrew N. Dzedulionis has taught eurythmy for grades Kindergarten through 12 at several Waldorf schools, has given adult training workshops and performed as a professional eurythmist for 20 years, both in Europe and in the United States. He feels that because of the use of live music and poetry/literature, his students/participants are able to reach their highest potential.



Dates

September 25, 2021
October 16, 23, 2021
December 4, 2021
from 2.30 to 4.30 p.m.

Location

**110 Martin Alley,
Pasadena, CA 91105**

**Suggested donation
\$10-\$25 per session**