

CORE CAPACITIES: EURYTHMY

LANGUAGE AND COMMUNICATION.

In the art of eurythmy, prose, poetry and music are made visible through performing specific gestures and choreography. These gestures, unique to this art, relate to an anthroposophical understanding of spiritual archetypes and foster a deep relationship with language:

- A profound appreciation of language is encouraged through a multidimensional, multisensory experience of speech sounds; vowels and consonants.
- A feeling for the beauty of language, poetry and prose is developed through embodying sounds, words and imagery.
- Understanding and aesthetic appreciation of the form and musicality of language: rhythm, alliteration, assonance and grammatical structure, are enhanced through meaningful movement and gesture.

HEALTH AND WELL-BEING.

Eurythmy positively influences physical, emotional and spiritual well-being:

- It promotes the development of physical skills: coordination, dexterity, stamina, spatial awareness, balance and grace.
- It encourages the development of social capacities: interpersonal skills, self-awareness, group cooperation, collaboration, confidence, resilience, trust, self-expression.
- It fosters alignment between inner experience and outer expression. Learning to interpret text and music, develop choreographed movement and use meaningful gesture, encourages physical, mental and emotional well-being.

SENSES.

Eurythmical movement engages the senses in multiple ways:

- Moving a choreography with others strengthens peripheral awareness and enhances visual and auditory skills.
- Performing conscious gestures enhances meaningful sensory processing and sensory integration, supporting good communication and understanding.
- Practising co-ordinated, dextrous movement improves proprioception, and balance and enhances the sense of movement and spatial awareness.

SOCIAL SKILLS/ EMPATHY/ DEMOCRATIC PARTICIPATION/ INQUIRY.

Eurythmy develops social competence and empathy through social interaction, social skills, and awareness of others.

- A deeper understanding of others is enabled through artistic collaboration.
- Perception of self and others is explored and developed through artistic movement.
- Communication skills are enhanced through practical group-work and the use of verbal and non-verbal communication.
- Listening skills, engagement and awareness of verbal and non-verbal interactions are fostered by movement-centric collaborative tasks.
- Perception of the self in relation to the world is explored through varied cultural and artistic influences.

AESTHETICS/ IMAGINATION/ CREATIVITY.

As an art of movement, eurythmy engages the imagination and develops creativity:

- Artistic expression and interpretation of music and poetry encourages aesthetic sensibility. This sensibility extends more widely developing a deeper appreciation of the inherent nature of things: sound, tone, movement, gesture, colour, form and language, thus furthering aesthetic capacity.
- Aesthetic appreciation of poetry, prose and music is deepened and enhanced through creating artistic choreography.
- A sense of identity and understanding of the world is enhanced by exploration of varied cultural and artistic material: stories, poetry and music.
- Imagination is stimulated through enacting stories and the artistic interpretation of poetry and music into movement and gesture.
- The relationship between imagination and movement is strengthened through the use of narrative and imagery in combination with eurythmy gestures and choreography.
- Creativity is enhanced through the stimulus of a collaborative artistic process.

LIFELONG LEARNING.

Eurythmy supports learning as a holistic, transformative experience.

- Involvement in artistic collaboration and creative process enables an experience of learning as an on-going, meaningful and transformative experience.
- Independent artistic work promotes self-confidence and self-motivation.

HOLISTIC THINKING AND SPIRITUAL EXPERIENCE.

The art of eurythmy engages the whole human being and supports the integration of the soul-spirit through the medium of movement. It develops inner mobility in thinking, feeling and will, thus enabling a more complete expression of the individual.

- Awareness of the self in relation to the whole is fostered through participation in group choreography.
- A microcosmic picture of the macrocosmic relationship of the self to the wider world is experienced and internalised through performing group choreographies based on geometrical forms.
- The integration of soul-spirit in gesture and movement is inherent in the art of eurythmy-belonging as it does to anthroposophy and the understanding of the human being, as both a spiritual and a physical entity.

FUTURE THINKING/ JUDGMENT.

Eurythmy develops the ability to be present in the moment. Engaging in eurythmy promotes physical, mental and emotional presence. Presence or mindfulness encourages the capacity for intuitive thinking and the ability to anticipate the emerging future. Coherent understanding of the past, awareness of the present and cognisance of the immediate future enables meaningful, well judged action.

- Awareness of the past, engagement in the present and anticipation of the future is cultivated on the physical level through the immediacy of precise movement with others in space and time (group choreographies). Experience on the physical level of past, present and future expands into a deeper understanding of consequence, presence and anticipation and enhances the ability to take meaningful action.
- Heightened sensory perception, awareness, empathy and observation are engendered through active participation in group choreographies.
- Flexibility of approach, intuitive thinking and instinctive action are encouraged through participation in an organic creative process.

- Working with others in eurythmy encourages mindfulness and nurtures those qualities of soul which support the development of moral capacity and the ability to form sound autonomous judgements.