

Spring Adult Eurythmy

EXPLORING AND EXPERIENCING THE ART OF EURYTHMY



*Eurythmy is neither dance nor mime, but an art of movement through which
one is re-linked in a vital way with oneself and the world around.
Through this artistic experience, the stress of daily life is washed away,
And we can take up our challenges anew.*

Join us for a new Adult Eurythmy Course. It will take place in the Eurythmy Room, 2nd floor of the Waldorf School of Baltimore. It will be held on 6 consecutive Thursday evenings from 7:00-8:15 PM
April 4, 11, 18, 25, and May 2, 9.

During the course, we'll explore eurythmy gestures for sounds of speech, geometric forms, and engaging exercises suitable for both beginners and experienced individuals. Everyone is welcome to participate.

The course fee is \$100. For more information or to enroll, please contact Noris Friedman at nfriedman@twsb.org.

To ensure the course takes place, we need a minimum of 10 participants and a maximum of 25.

