

Waldorf Education Your Questions Answered

What is Eurythmy?



The word *Eurythmy* stems from Greek roots meaning *beautiful* or *harmonious rhythm*.

Eurythmy is a unique and integral part of our curriculum which was first developed by Rudolf Steiner in conjunction with Marie von Sivers in the early 20th century. Whilst it is primarily a performing art, it was further developed to be used therapeutically and as an educational tool. Students learn intentional movement through exercises, patterns and games that increase in complexity through the grades following curriculum themes. It harmonises the developmental processes and integrates the spheres of thinking, feeling and willing.



Eurythmy translates the creative elements in music and speech into physical movements. It uses archetypal movements in a way which gradually creates an awareness in children of how they can move and express themselves. It allows them to work creatively with the expression of soul qualities. Live music or speech often accompanies the student's movement helping in the training of an ear for music and language. The gestures and movements help to develop fine and gross motor skills and the co-ordination of one's own body movements.

Working in pairs, small groups or the whole class students learn to move in thoughtful and disciplined ways in collaboration with others and stimulates a group sensitivity. This in turns helps the development of spatial orientation and perception of spatial qualities, the development of the social skills and of teamwork (when to assert oneself, when to hold back) and the nurturing of creative independence and confidence (personal presence).



her warmth and creativity. Over the years at Waikato Waldorf School eurythmy movement has become a feature in our class plays and our students have produced impressive Firesticks, Banner Dance performances and even a flashmob at the Hamilton Gardens.

Eurythmists in Aotearoa are very rare and precious. Specialist training takes years, and we are very fortunate to have our own Eurythmist Anna who continues her training as she teaches. This can be a hard area of the curriculum to teach as it brings many challenges for the students to face but Anna overcomes this with



Waikato Waldorf School Proprietors Trust