Monday, June 17, 2019

Be Free and Shine with the Stars of Gemini

Company: hAmoves Eurythmy
Venue: Anthroposophy NYC
Location: New York, NY

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"We demand a lot from life, but we live past one another," observed Rudolf Steiner. Let's change that, let's live WITH one another in harmony. Connect with each other and find inner peace through exercises in eurythmy, harmonious movement for conscious living.

We'll move to live piano tunes, learn gestures for vowels, and for the sounds of H (as in "happy" and "human"), the gift from the stars in the constellation of the yellow Gemini. And close with a simple, yet potent exercise that you can practice yourself at home.

Open to all who can walk. No prior movement experience is needed.

Summer eurythmy circles: June 17, July 22, August 26, September 23.

Marta Stemberger, MA, is a eurythmist, harmonious movement teacher, mindful translator, spiritual researcher. Marta has taught movement, performed, and lectured in Europe and the US since 1989.

To read more about Marta and eurythmy, visit www.hAmoves.net

hAmoves Eurythmy
138 West 15th Street
New York, NY, 10011
http://ssi.hamoves.net/eurythmy-circles/

Schedule
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