

Wednesday, October 26, 2016

## Going Deeper Eurythmy Circle

Company: hAmoves Eurythmy  
Venue: Balance Arts Center  
Location: New York, NY

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Scorpio Eurythmy Circle: GOING DEEPER  
(*harmonious blend of social yoga, social tai chi, sacred dance*)

Wednesday, October 26 at 7 pm

Balance Arts Center  
34 West 28th St, NYC

Register early at <http://ssi.hamoves.net/eurythmy-circles/>

Space allows only up to 12 people.  
\$20 paid in advance via PayPal with credit or debit card  
\$20 at the door (cash only) if there is room.

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Celebrate the Sun's transit into the star constellation of Libra with gentle harmonious movement of eurythmy. Some have called this movement art social yoga, social tai chi, sacred dance, esoteric dance, integrated movement, movement meditation.

- Experience the fascinating unity of people moving together in a eurythmy circle, led by Soulful Wizardess Marta Stemberger.
- Practice gentle harmonious movement exercises to live piano music and beautiful poetry
- Move the basic elements of music: beat, rhythm, pitch. We'll focus on exploring beat this month, and continue with rhythm and pitch in November and December.
- Learn to move the eurythmy gestures for the powerful consonants S, Z, SH, ZH, CH, TH (as in "season", "zenith", "show", "judge", "chase", "thunder"), the gift from the stars in the constellation of the deep purple Scorpio.

DARE TO GO DEEPER,  
CONTEMPLATE YOUR PURPOSE IN LIFE,  
TAKE CHARGE OF YOUR DESTINY.

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People often ask: "Why would one do this particular movement art?" Let me share with you a short list of the benefits that I've personally experienced in myself and others:

- Balance your thoughts, feelings, actions
- Harmonize all dimensions of your earthly existence
- Cultivate spatial and kinesthetic awareness
- Enhance your capacity for creative problem-solving
- Experience the soothing unity of people moving together
- Nourish your life forces for increased well-being
- Increase your overall grace and flow
- Elevate your vibrations to feel peaceful
- Relax and dissolve stress

Eurythmy is a performance art, pedagogical tool, movement therapy, social art, spiritual practice. It harmoniously blends movement meditation, social yoga, social tai chi, sacred dance, sacred geometry, esoteric astrology, spatial and kinesthetic awareness, poetry appreciation, musical sensibility, to name just a few ingredients. Rudolf Steiner, who developed eurythmy in the 1910s and 1920s, created a rich set of tools that allow us to make speech and music visible through movement, to transform the inner activity into conscious harmonious movement.

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

Attire: Please wear loose fitting clothes with long-sleeved tops and long loose pants or skirts. The tops should allow you to freely move arms all the way up, and still cover your belly area. We'll move barefoot. No slippery socks or footwear please.

Restrictions: Pregnant women are advised not to move eurythmy because their life forces are needed for development of the child they carry.

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Soulful Wizardess Marta Stemberger, MA, is a eurythmist, trained at Eurythmy Spring Valley, NY, with a background in modern dance. She holds a Certificate of Dance from Alvin Ailey American Dance Center, NYC, has studied at Martha Graham Dance Center, NYC, and with Bessie Schonberg, NYC. Marta has taught movement, performed, and lectured in her native Slovenia, Europe, and the U.S. since 1989. She actively performed eurythmy throughout her training (2008-2014), culminating in North-East and European tours. In Summer 2014, she was the stage manager for the four-day long series of Rudolf Steiner's mystery dramas in Chestnut Ridge, NY, while performing three acting and two eurythmy roles. Currently, she works on new solos and teaches public eurythmy courses in NYC.

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For more info visit and to register visit <http://ssi.hamoves.net/eurythmy-circles/>.

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Future dates: Oct 26, Nov 21, Dec 21 at 7 pm. MARK YOUR CALENDAR :)

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To read more about Marta and eurythmy, visit [www.hAmoves.net](http://www.hAmoves.net)

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hAmoves Eurythmy  
34 West 28th St, 3rd Fl  
New York, NY, 10001

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