

December, 8-22, 2016

Eurythmy Lunchtime Flow

Company: hAmoves Eurythmy
Venue: Edgar Cayce Center
Location: New York, NY

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Painting by Anita Lennaerts; Design by Marta Stemberger

EURYTHMY Lunchtime Flow
(harmonious movement for the future)
Every Thursday 12:15 – 1:15 PM

DISSOLVE THE STRESS
REFRESH YOUR BRAIN
with gentle harmonious movement
to the sounds of soothing + inspiring poetry
led by Soulful Wizardess Marta Stemberger, MA

\$20 at the door
Space is limited to 12 people
[Send Marta a note to reserve your place](#)

A.R.E of NYC Edgar Cayce Center
153 West 27th St, 7th Fl
New York, NY 10001
(btwn 6th and 7th avenues)

Tune into the wisdom of your Soul. Nurture your life forces with harmonious movement art of eurythmy: a spiritual practice, a healing art, and a creative expression.

We'll breathe and flow in harmony with each other to the sound of inspiring poetry. The burdens lighten up, the hearts lift, the Souls reawaken.

We'll emerge relaxed, refreshed, recharged to go on with the day.

Eurythmy is the breathing, alive space among people; it's the flow of energy as we move along, towards, through, past each other. Not just "dancing with" as in folk dance, or "dancing at" as in ballet, but consciously cultivating the aliveness among the movers. Time and space are crafted into a magical opening where we can all glimpse our own true dreams, the dreams that we were born with, the path of humaneness that awaits our discovery.

Eurythmy is a performance art, pedagogical tool, movement therapy, social art, spiritual practice. It harmoniously blends aspects of 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 the sounds of music and poetry visible through movement, to transform the inner human activity—images and thoughts—into conscious harmonious movement.

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

Open to all who can walk. No prior movement experience is needed. We'll simply breathe and flow in harmony with the sound and each other.

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.

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.

As a spiritual researcher, Marta developed a unique reading Dynamic Name™ Mandala, Astrology in Your Name, based on the insights from eurythmy. She writes two blogs: weekly Soulful Sparks of Inspiration, which is featured every week in The Huffington Post, and bi-weekly Eurythmy Musings. She is the author of Soulful Sparks calendars 2016 and 2017.

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

hAmoves Eurythmy
153 West 27th St, 7th Fl
New York, NY, 10001

<http://www.hamoves.net/eurythmy-circles-nyc/>

Schedule

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