

Saturday, April 6, 2019

## Foundation Stone Meditation Workshop (Part 1)

Company: Eurythmy Spring Valley  
Venue: Anthroposophy NYC  
Location: New York, NY

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Eurythmy Spring Valley

Foundation Stone Meditation Workshop (Part 1)  
VIRGINIA HERMANN, Member of Eurythmy Spring Valley Ensemble

The Foundation Stone Meditation series with the members of Eurythmy Spring Valley Ensemble begins on Saturday, April 6 at 3 pm.

Come and explore the indications given by Rudolf Steiner for the gestures and the forms of the Foundation Stone Meditation, the verse at the core of Anthroposophy.

\$20 suggested fee.

[Buy tickets in advance.](#)

Space is limited.

Cash only at the door.

Open to all. No previous experience necessary. Each workshop stands on its own.

\*\*\*\*\*

Virginia Hermann will lead the first workshop. She has been performing with the Eurythmy Spring Valley Ensemble since 2013, including the Ensemble's ongoing work with the Foundation Stone Meditation. In 2018 Virginia joined the faculty of the Eurythmy Spring Valley full-time training. (Photo: Virginia Hermann, performing in a piece by Chopin)

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Eurythmy Spring Valley  
138 West 15th Street (between 6th and 7th avenues)  
New York, NY, 10011  
<http://asnyc.org/asnyc/events/foundation-stone-meditation-series-with-esv-ensemble/>

Schedule  
April 6, 2019: 3:00pm

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