

Wednesday, August 24, 2016

Virgo Eurythmy Circle: RECEIVE AND GIVE

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

► [Share](#) | [Print](#) | [Download](#)



Philip A. Smith

Virgo Eurythmy Circle: RECEIVE AND GIVE

(harmonious blend of social yoga, social tai chi, sacred dance)

Wednesday, August 24 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.

\$18 paid in advance via PayPal with credit or debit card

\$20 at the door (cash only) if there is room.

Celebrate the Sun's transit into the star constellation of Virgo 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. We'll move gentle harmonious movement exercises to live piano music and beautiful poetry.

The Sun enters the constellation of Virgo on August 22. The royal blue Persephone offers humanity the gift of the consonants B and P. Gratefully receive the riches so that you can share your abundance with others through Love.

- Move some gentle harmonious movement exercises to live piano music and beautiful poetry
- Experience the fascinating unity of people moving together in a eurythmy circle
- Learn to move the eurythmy gestures for the consonants B and P
- Practice conscious walking on the Earth in gratitude

* * * * *

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.

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. 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. And wear something royal blue to welcome in the Divine Feminine.

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 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 two new solos and teaches public eurythmy courses in NYC.

* * * * *

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

* * * * *

Future dates: August 24, Sep 28, Oct 26, Nov 21, Dec 21 at 7 pm. SAVE THE DATES :)

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

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

Schedule

August 24, 2016: 7:00pm

[< back](#)

[previous listing](#) • [next listing](#)