



Movement *ment* creates *mobili-* lity

Eurythmy as a source of life

International Conference for Eurythmy
– Eurythmy Therapy 2024

3–7 April 2024



MOVEMENT CREATES MOBILITY

Today, movement is regarded as an essential prerequisite for health, education and guiding processes of change. Its effect is recognised, studied and lively discussed in medicine, psychology, education, cultural and social sciences. This opens up many new opportunities and possibilities for the application of eurythmy, which we can seize and thus make a contribution to the pressing issues of our time.

The International Professional Conference at Easter 2024 will provide an opportunity to experience, question and explore our central field of work – the eurythmy movement, which is an ensouled, lively and gripping experience – in a new way and to realise it together.

Proven and new forms should provide a suitable framework for this. Meeting as an essential form of movement between people, listening to and empathising with each other and sharing in developments relating to eurythmy, is a central motive for our coming together.

Our fundamental works – the tone and speech eurythmy courses – were given 100 years ago. We want to celebrate this together by looking to our future tasks with vigour and enthusiasm and making the professional conference a place where we can refresh, strengthen and rejuvenate ourselves.

We are looking forward to an intensive time together!

Lina Baimler, Manuela Biesantz, Stefan Hasler, Hanna Koskinen, Ulrike Wendt and Michael Werner

How do you perceive movement? What is my movement?

What is good for me? Where do I want to move?

What is there? How is it done? How do you do it?



2nd April 2024

Theme Day

Registration on 2.4. from 9.45
at the info table
Voluntary contribution
to costs

Directly before the start of the conference, there will be a theme day for the professional fields. In addition to internal meetings of the eurythmy associations, there will be four one-day courses and two half-day themed forums. Detailed programme at <https://srmk.goetheanum.org/en/conferences/conference-2024/2>

DAILY COURSES

- 10 – 18 *Stefan Hasler: **The relationship between centre and periphery*** – practical exercises with suggestions from the new edition of the “Apollonian Course”
- Moritz Jehle/Laura Mönkemeyer/Sonja Zausch: **Eurythmy in curative education, inclusive education and social therapy*** with special consideration of inclusion and assistance
- Norman Kingeter/Rob Schapink: **Rudolf Steiner’s information on eurythmy therapy*** – Presentation on the history of eurythmy therapy. With workshop: Discover, experience and understand Rudolf Steiner’s sound sequences
- Margarete Kokocinski/Reinhild Brass: **Hearing intervals anew and moving them eurythmically*** – in the inner tension space of new sound instruments

THEMATIC FORUMS

- 10 – 14 *Sabine Eberleh/Babette Hasler/Geoffrey Norris/Barbara Stuten: **The collaboration between eurythmy and speech formation:*** An exchange
- 14 – 18 *Ulrike Wendt/Bettina Grube: **Forum Stage: What does the cultural world need from us and how can we achieve it?***

3rd April 2024

Meditative Deepening

AS A CONFERENCE
WARM-UP



Fotografie: Xue Li

*Peter Selg: **The significance of the School of Spiritual Science and the vision of an anthroposophical world society***

*Lina Baimler: **Meditation in pedagogy as a basis for the educator***

*Michelle Kaplan: **Meditative Eurythmy and Speech – Contemplations on the Logos***

*Ulrike Wendt: **Meditative Eurythmy and contemplative Exercises for the 8th Class Lesson***

*Michael Werner: **1st class lesson, freely given***

Info/rooms:
from 15.30
at the info table,
3.4.2024

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	2.4.2024	3.4.2024	4.4.2024	5.4.2024	6.4.2024	7.4.2024	
9.00 – 10.30	<p>10-18 THEME DAY</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Fotografie: Xue Li</p>		PROJECT COURSES	<i>“Movements of the soul” – four themes from Parsifal</i>		Project Courses Conclusion	
10.30 – 11.15				PLENUM	Coffee Break		Coffee Break
11.15 – 13.15				“Medicine looks at movement – research results on eurythmy” Contributions by <i>Dirk Cysarz</i> and <i>Max Heidelbach</i> , Witten-Herdecke University Subsequently:	“Art in Movement - Opera and Eurythmy in Dialogue” The production of “Parsifal” at the Goetheanum: <i>Jasmin Solfaghari, Walter Schütze, Severin Fraser and Stefan Hasler</i> Subsequently:	“Movement in Education” Contributions by <i>Karin Michael</i> (Medical Section at the Goetheanum), <i>Friedemann Wecker</i> (Bauck GmbH), <i>Simone Helme</i> (Landbauschule Bodensee) Subsequently:	“Movement into the future” Moderation: <i>Lina Baimler, Manuela Biesantz, Stefan Hasler, Ulrike Wendt and Michael Werner</i> End 12.30
13.15 – 15.15				Time in Nature – Perceiving and Becoming Effective Moderation: <i>Ulrike Wendt</i>	Time in Nature – Perceiving and Becoming Effective Moderation: <i>Michael Werner</i>	Time in Nature – Perceiving and Becoming Effective Moderation: <i>Lina Baimler, Ulrike Wendt, Michael Werner</i>	
15.15 – 16.15				SALUTO-GENESIS	Lunch		
16.15 – 16.45			16.00 – 18.00 MEDITATIVE DEEPENING		<i>Salutogenesis – what do I need now?</i>		
16.45 – 18.15				MARKET-PLACE	Break		
18.15 – 20.00			19.30 BEGINNING OF THE CONFERENCE – WELCOME		<i>What is moving?</i> Innovative Impulses and Ideas for the practice		
				Evening break			
20.00 – 21.30		20.00 „An die Erde“ / “To the Earth” Performance Goetheanum Eurythmy Ensemble	20.00 PERFOR-MANCES „One only sees well with the heart“ Performance with contributions from all over the world	20.00 – 19.45 Remembering the deceased	20.00 “A Eurythmy Adventure” Joint conclusion of the project courses on four themes from “Parsifal”		
						TICKETS Price choice – what’s right for me Support Price: from 800 CHF Cost-covering Price: 750 CHF Regular Price: 495 CHF Reduced Prices: 395/295 CHF Special Price for Students only: 175 CHF Dinner (Th/Fr/Sa) can be booked separately (84 CHF) Registration and further information: https://srmk.goetheanum.org/en/conferences/conference-2024 Theme Day, 2.4.: Voluntary contribution to costs. Information: please see next page.	



daily 9.00–10.30

Moving oneself

PROJECT COURSES

The courses, in which participants can immerse themselves in a topic over several days, will this time be based on a central idea that ties in with four characters – four highly current themes – from the Parsifal story. On the four mornings there will be an opportunity to embark on a eurythmic adventure. On Saturday evening, we will then share what we have created. It's all about joy, compassion, introspection, stimulation and diversity – and a great celebration of encounters in movement! On Sunday, we will reflect on and finalise what we have created in our chosen group.

“PARSIFAL” – MOTIF: FINDING ONESELF

Course 1 | *Ada Bachmann/Kjell Häggmark/Miranda Markgraf*

Eurythmy in kindergarten – finding a home in the world and within oneself Elementary eurythmy for young children and in social contexts
Sound eurythmy/silent eurythmy – DE/EN

Course 2 | *Ulrike Baudisch/Jakob von Verschuer*
The interval series – archetype of transformation The series of intervals in its artistic and pedagogical effectiveness and diversity
Pedagogical Eurythmy/Tone Eurythmy – DE

Course 3 | *Tanja Baumgartner*
Gaining etheric empathy through the evolutionary series Living colours as the basis for differentiated expression in the four ether types
Speech eurythmy – DE

Course 4 | *Sabine Eberleh/Babette Hasler/Geoffrey Norris/Barbara Stuten*
Audible eurythmy – visible speech Dynamic language and an eloquent body

as a fruitful unity. For eurythmists and transformative speakers
Speech formation – DE/EN

Course 5 | *Dorothea Mier*
Basic elements of Tone Eurythmy Inner awakening to qualities
Tone eurythmy – EN/DE

Course 6 | *Magali Müller-Peddinghaus/Veronika Werner*
The TIAOAIT and the new abilities of the heart to be developed A synopsis from a eurythmy and medical point of view
Speech eurythmy/silent eurythmy – DE/EN/NL

Course 7 | *Galina Sluch*
The path of suffering and the transformation of the soul using the example of Dmitri Shostakovich's music Shostakovich's music and the motif D-eS-C-H
Tone eurythmy – DE/RU

“AMFORTAS” – MOTIF: REVEAL YOUR WOUNDS

Course 8 | *Ingrid Hermansen/David McGavin*
When a wound will not heal Exploring questions about the steps of the healing process and examples from eurythmy therapy work with patients dealing with long term illness
Eurythmy therapy – EN

Course 9 | *Ulrike Wendt*
Only what is wounded perceives Researching the meaning of vulnerability in poetry and movement
Speech eurythmy/silent eurythmy – DE

“KUNDRY” – MOTIF: TRANSFORMATION AND SELF-TRANSFORMATION

Course 10 | *Noëmi Böken/Rachel Maeder/Sonja Zausch*
Dynamic process support – Eurythmy in the workplace The power of transformation: people in organisations as potential developers and supporting communities
Speech eurythmy/silent eurythmy – DE/EN

Course 11 | *Christiane Hagemann/Michael Werner*
The Kundry motif with vital eurythmy (Vital-eurythmie) Sound exercises to support self-leadership and self-transformation, for teams and for personal empowerment
Vital eurythmy – DE/EN

Course 12 | *Michelle Kaplan/Silke Sponheuer*
Kundry and Mary Magdalene The Christ-event in the fate of two female figures – paths to redemption
Tone and speech Eurythmy – DE/EN

Course 13 | *Cornelia Klose*
Practising self-transformation in artistic work What (self-)transformation happens when we practise, when our soul sings and the room sounds?
Tone and speech eurythmy – DE/EN

“THE GRAIL” – MOTIF: INSPIRING AND SPIRITUALISING THE INNER SELF

Course 14 | *Carola Adam-Roettig*
“Once, I heard him...” Research-based practice on a triad of sound, speech and silent eurythmy
Tone, speech and silent eurythmy – DE

Course 15 | *Christine van Draanen/Sabrina Menestrina/Sara Weber*
The secret wisdom of bees reveals their symbol of life and immortality Eurythmic sounds to help the bees – with practical exercises on beehives in the Goetheanum garden
Therapeutic eurythmy for animals – EN/IT/DE

Course 16 | *Mikko Jairi*
Love and faith as cognitive forces and paths to methodical work with one's own angel in eurythmy Methodical approach to a perception of the intimate presence of one's own angel through eurythmy
Silent eurythmy – DE/EN/FIN

Course 17 | *Sivan Karnieli*
Grail motifs in eurythmy – Eurythmy as the art of the Grail The IAO as the Grail cup – Ascent and entering into the essence of the world through the artistic means of eurythmy
Speech eurythmy/silent eurythmy – DE

Course 18 | *Katrin Kellenbenz*
The 12 exercises that work from the soul and their cosmic connection The exercises from the 5th lecture on eurythmy therapy as an energising organism
Eurythmy therapy – DE

Course 19 | *Bart Kool/Dong-Won Lim*
The heart as a double breath between speech and tone eurythmy An artistic research space for the transition between the soul's connection to the earth and the soul's spiritual space
Tone and speech eurythmy – DE/EN

Course 20 | *Jan Ranck*
The workings of balance in the world and the human being Exploring how our eurythmic center of movement can be experienced as the Grail Chalice and our eurythmic cooperation as a path to the Grail Community
Tone and speech eurythmy – DE/EN

Course 21 | *Benedikt Zweifel*
Time here becomes space Tone eurythmy from the perspective of the Grail
Tone eurythmy – DE

>>> Detailed project course descriptions here:

<https://srmk.goetheanum.org/en/conferences/conference-2024/2-1>

daily 11.15–12.15

What moves eurythmy?

PLENUM

A multi-perspective view of the eurythmy movement

In the plenary session we will look at eurythmy and its possible effects from the perspectives of science/medicine, theatre and education over three days:

- *Dirk Cysarz* and *Max Heidelberg* from the Faculty of Health – Department of Human Medicine at the University of Witten/Herdecke report on their research into the effect of eurythmy as structured movement on cardiac regulation.
- The artistic directing team of the production “Parsifal” at the Goetheanum talks about encounters and experiences between opera, stage and eurythmy: with *Jasmin Solfaghari* (director), *Walter Schütze* (stage design), *Severin Fraser* (Else-Klink-Ensemble, Eurythmeum Stuttgart) and *Stefan Hasler* (Goetheanum-Eurythmy-Ensemble).
- *Karin Michael* (Medical Section at the Goetheanum), *Simone Helmlé* from the Landbauschule Bodensee and *Friedemann Wecker* from Bauck KG will explore the topic of “Education and Movement”.

On the final morning we want to question ourselves in a plenary session entitled “Movement into the future” – where can eurythmy take us now?

Th/Fr/Sa
12.15 – 13.15

Perceiving and becoming effective

TIME IN NATURE

Together we will perceptively follow the traces of movement in nature and explore our relationship to the living source of eurythmy anew. How can we gain new experiences with etheric movement? How can we experience more deeply through the spiritual power of a sound gesture? How can I develop an eurythmically effective dialogue with nature?

Suggestions from *Lina Baimler*, *Ulrike Wendt* and *Michael Werner*



Th/Fr/Sa
15.15 – 16.15

What do I need right now?

SALUTOGENESIS

The conference will be a celebration of encounters – this can also be quite exhausting. There will therefore be one hour available each day to explore the question of what is good for me personally right now: do I want to be by myself, take a break? Or arrange to meet up for a chat? Do I need new experiences, for example guided tours and exhibitions, meditation or experiencing colour spaces? Or do I want to take care of myself with anointments or eurythmy massages?

>>> *Detailed programme on site*

Th/Fr/Sa
16.45 – 18.15

What's on the move?

MARKETPLACE

The marketplace is an opportunity to present your own impulses and work, exchange ideas about research approaches and learn about new aspects of eurythmy issues. In particular, it is also about innovative approaches and new ideas for practice.

Many contributions are very welcome here!

>>> *Please register contributions with Hanna Koskinen*

srmk@goetheanum.ch

<https://srmk.goetheanum.org/en/conferences/conference-2024/2-2>

daily 20/20.15

World Eurythmy Movement

THE PERFORMANCES

A eurythmy conference would be unthinkable without performances! Two large ensembles will once again be performing: The Goetheanum Eurythmy Ensemble will open with the new programme “To the Earth” and on Friday the Else-Klink-Ensemble from Stuttgart will once again present “Go through. To yourself.”, an interdisciplinary stage project consisting of eurythmy, language, music, drawing, light and projection.

On Thursday, under the title “You can only see well with your heart”, many colleagues will come together to share their artistic work as a group or as a solo.

Translation The lectures will be held in German and translated into English. Translation into other languages possible, see website.

Registration and further information:

<https://srmk.goetheanum.org/en/conferences/conference-2024>

Goetheanum | School of Spiritual Science
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Section

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