

Performing eurythmy

By Angela Ralph, Scotland, 2022

I have lived and worked as a eurythmist for several decades in residential settings and schools for children and people of all ages with special needs. In one school we had weekly eurythmy performances throughout the year. These performances were initially a religion lesson for children and young adults who had limited understanding of the spoken word. Recently it became Friday eurythmy rather than religion lesson and eurythmy was offered to everybody as a soul nourishment throughout the seasons.

These presentations lasted 30 minutes and consisted of three eurythmy pieces framed by the religion lesson verses and instrumental music. Latterly, in Friday eurythmy the religion lesson verses were no longer read.

The eurythmy started every time with the Halleluiah, followed by a tone eurythmy piece and a seasonal story in eurythmy. The tone eurythmy (mostly performed as a solo) and the story changed approximately every four weeks. If it was a longer story, it was gradually built up in episodes over the weeks.

I personally always experienced a special atmosphere and attentiveness when performing. I feel that by performing eurythmy one can reach the children and young adults with special needs on a deeper level. Even when the story was watched four times, every time the same quality of presence and attentiveness was tangible in the audience.

I also find it very important that these children and young adults can experience balanced, harmonious, and beautiful movement, as their own movements are often constrained in those qualities.

Although I cannot fully put it into words, for me, letting people watch eurythmy feels as important as teaching eurythmy or doing eurythmy therapy.

Scientifically one maybe could pursue the concept of mirror neurons and also the idea of rhythmicity to gain a more theoretical understanding of the benefits of watching eurythmy.

Over the years we created a repertoire of seasonal and general stories for two or three eurythmists which were repeatedly performed for three or four weeks every few years.

Although I do not have eurythmy forms for the stories I have all the texts available in English. If anyone is interested, please contact me: eurythmyangela@outlook.com