

Cynthia
Hoven

 EURYTHMYonline

presents:

CLASSES FOR 2022-23

With Cynthia Hoven



Part 1: DEEPENING COURSES IN EURYTHMY AS A PERSONAL PRACTICE

Part 2: STUDIES IN ANTHROPOSOPHY

DEEPENING COURSES IN EURYTHMY AS A PERSONAL PRACTICE

With Cynthia Hoven



Since 2020, I have been offering regular online Eurythmy webinar classes to enable people everywhere to develop their own personal Eurythmy Classes. I know from my life experience as a teacher, coach and therapist, that a daily personal eurythmy practice, modest it may be, contains forces that can support people in their very core.

“I am excited to bring to you the complete schedule of new classes to be offered in the up-coming year, September 2022 - June 2023.



All Eurythmy classes are held online on
Tuesdays Mornings, 8:15-9:15 a.m. Pacific Time
Continuing with **Advanced Work, 9:15-9:45 a.m. Pacific Time**



Recordings are available for those who have registered but cannot come at the regular time.

Register at <https://eurythmyonline.com/eurythmy-webinars>



In acknowledgement of the widely varying financial situations of all peoples, there is no fixed price for this work, but we suggest a donation of \$10-\$30 for each class.

Eurythmy

DEEPENING COURSES IN EURYTHMY AS A PERSONAL PRACTICE

Course #1

BUILDING THE FOUNDATION:

Warm-Up exercises and exercises for your well-being

5 Sessions: September 13 - October 11

Course #2

THE WORLDS OF TIME AND SPACE:

Rod exercises and spatial forms

5 Sessions: October 18 - November 15

Course #3

THE COLORS OF THE SOUL:

Preparing for the Light of Christmas

4 Sessions: November 29-December 20

Course #4

THE CREATIVE WORD IN EURYTHMY:

The consonants as cosmic-formative forces

8 Sessions: January - March 2023 (Exact dates to be determined)

Course #5

THE LIVING WORD IN EURYTHMY:

The vowels as archetypal soul expressions

7 Sessions: April-June 2023 (Exact dates to be determined)

DEEPENING COURSES IN EURYTHMY AS A PERSONAL PRACTICE (continued) Course Details

Course #1 **BUILDING THE FOUNDATION:** Warm-Up exercises and exercises for your well-being **5 Sessions:** September 13 - October 11

In this 5-week series, we will lay the foundation for a eurythmy practice with basic warm-up exercises. We will then learn 5 beautiful movement sequences that support health in a threefold way, strengthening the nerve/sense, heart/lungs and metabolic/limb systems, the three pillars of our thinking, feeling and willing. Through these, we learn to release stress and sleep better, balance the rhythms of the heart, and strengthen the metabolism. These beautiful “Soul-exercises” were taught by Rudolf Steiner to the first eurythmists.

Advanced studies: “Victorious Spirit! Flame through the impotence of Irresolute souls!”

After our initial work, from 9:15-9:45 AM we will then continue with advanced exercises, intended for those with more experience, developing a poem for Michaelmas, calling upon the Archangel Michael for strength and courage.

Course #2 **THE WORLDS OF TIME AND SPACE:** Rod exercises and spatial forms **5 Sessions:** October 18 - November 15

Join us for Rod Exercises, straight lines and curves, and lots of fun!

As incarnated spiritual beings, we live in the world of matter, clothed in four types of bodies: physical, etheric, astral and I-Am organism. In Eurythmy, we learn how to work on each of these bodies, harmonizing them so we become more integrated and healthy. This practice of transformation begins by learning to awaken to the miracle of being embodied in time and space, using rod exercises and geometry so we can be truly present and fully awake.

Students who have already built up a foundational practice of eurythmy are ready to take a next step. Join us at 9:15 for a 30 minute class to work with a poem born of the experience of autumn.

Course #3

THE COLORS OF THE SOUL:

Preparing for the Light of Christmas

4 Sessions: November 29-December 20

As every poet and every artist knows, colors are much more than merely pigments. They are qualities, forces, living experiences of the dance of light and darkness, and their dynamics live within us, as the essence of our soul life. Through learning how these can also be expressed in eurythmy movements, we play with the light and shadows of the soul. This is a beautiful study for the solstice season, when the light plays delicately in the sky. Learn to feel all of the 7 rainbow colors of light and discover how to move them in eurythmy.

Advanced studies: “In the eye of the soul is mirrored the Light of Hope of the World”

Students who have already built up a foundational practice of eurythmy are ready to take a next step. Join us at 9:15 for a 30 minute class to work with a winter poem that takes us into the intimate spaces of the soul, expressing the poetry of the advent season in eurythmy using the gestures of color and sound in eurythmy.

Course #4

THE CREATIVE WORD IN EURYTHMY:

The consonants as cosmic-formative forces

8 Sessions: January - March 2023

(Exact dates to be determined)

“Look into yourself, and you will find the world: look into the world, and you will find yourself!”

Eurythmy only comes alive when we begin to work with the gestures of the sounds of language, both vowels and consonants. Through them, we discover the archetypal power of the Creator, who has “spoken” the world into existence. These same movements live in us as the sounds of language, and are part of our everyday speech.

We will begin our study of the Word in Eurythmy with the Consonants. We will find that some are hard and firm, such as B, P and T; some, like L and M are smooth; and some, like S and F are forceful and fiery. The imprint of these sounds can be found in the kingdoms of nature as well as in the shapes of our body. This module will be dedicated to beholding the forces that have sculpted the world we are born into on the earth.

Course #5

THE LIVING WORD IN EURYTHMY:

The vowels as archetypal soul expressions

7 Sessions: April-June 2023

(Exact dates to be determined)

In this cycle, we will take a step deeper into the heart of language with a study of the Vowels, the profound archetypes that of our inner being. These comfort us, strengthen us, and lead us to deep soul-spirit knowledge. In this 8-week session, we will open our hearts by working with these sounds that have been placed into the depths of our soul like angelic guides



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Continuing with **Advanced Work, 9:15-9:45 a.m. Pacific Time**



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STUDIES IN ANTHROPOSOPHY

With Cynthia Hoven



Anthroposophy, the living study of Spiritual Science founded by Rudolf Steiner, calls upon each human being of the present age to become conscious of the immensity of the gift and the responsibility of being a human being.

Our world is created out of the sacrificial gifts of great spiritual beings, who encircle our reality and witness our evolution. In the fullness of time, through our own efforts, we may become known in the spiritual world as beings who awaken to Love in Freedom.

May our work together support each of you in your becoming!



All Eurythmy classes are held online on
Tuesdays Evenings, 6:00-7:15 p.m. Pacific Time



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Register at <https://eurythmyonline.com/live-studies-in-anthroposophy/>



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Part 2 September 2022-June 2023

STUDIES IN ANTHROPOSOPHY

Complete Schedule

With Cynthia Hoven

Course #1

THE ANTHROPOSOPHICAL PATH OF INNER WORK:
Creating meaning in this modern world

10 Sessions: September 15 - November 17

Course #2

ADVENT BLESSING:

Preparing for the birth of light in the darkness

4 Sessions: December 1 - December 22

Course #3

HUMAN AND COSMIC EVOLUTION

Based on Rudolf Steiner's book "An Outline of Esoteric Science"

8 Sessions: January - March 2023

Course #4

RESURRECTING THE WORD:

Eurythmy as the new art of the Living Logos

5 Sessions: April - May 2023

STUDIES IN ANTHROPOSOPHY

(continued) Course Details

With Cynthia Hoven

Course #1

THE ANTHROPOSOPHICAL PATH OF INNER WORK:
Creating meaning in this modern world

10 Sessions: September 15 - November 17

You have asked for it: this year we will bring it! A course in Inner Work with Cynthia!

In our modern world, we must each become the sculptor of our own spiritual journey. Life brings to each of us the tasks and trials, the gifts and opportunities through which we awaken to higher awareness. As we develop ourselves, we assume the responsibility of living with integrity, in right relationship to one another, to the earth, and to the spirit from which we are born and to which we will return.

This 10-week class will draw on the spiritual practices of Anthroposophy, including practices of gratitude, devotion, and strengthening the will. We will introduce the eightfold path and the six basic exercises, and learn how to focus the mind on images and mantras in our meditative practices. All of these classes will harmonize with our work in eurhythmy, in which we cultivate the capacity for the I-Am to work on the transformation of our physical, etheric, astral sheathes.

Course #2

ADVENT BLESSING:

Preparing for the birth of light in the darkness

4 Sessions: December 1 - December 22

Rudolf Steiner offered deeply empowering seed-thoughts to guide us through the month of advent, and towards the holy festival of Christmas, when the Light and Love of the world entered the earthly world. What happens as a microcosmic reality for each individual person happens as well on a macrocosmic level for the entire earth.

Course #3

HUMAN AND COSMIC EVOLUTION

Based on Rudolf Steiner's book "An Outline of Esoteric Science"

8 Sessions: January - March 2023

This extraordinary study gives us a living picture how the seed of the human being was born out of the Divine as part of the great evolution of Substance and Consciousness. Creation has given rise to the worlds of fire, air, water and earth, the natural world in which we live. Now, through the challenges we face in our daily lives in this created world, each of us must, so that we may, at the end, be known as those who give birth to pure Love out of freedom.

Once again, this study course will harmonize deeply with our work in eurythmy, in which we work on the evolution of our physical, etheric, and astral bodies by finding the source of the I-Am in our core.

Course #4

RESURRECTING THE WORD:

Eurythmy as the new art of the Living Logos

5 Sessions: April - May 2023

Rudolf Steiner, the creator of Eurythmy, said that eurythmy "flew into the anthroposophical movement as a bird of destiny." In eurythmy, every movement that we make is a direct revelation of the divine-spiritual forces that have made us and the world. The original creative Word has lost much of its power, having become subject to lies, hate and digitalization. In eurythmy, we meet the Word anew, in the light-filled movements this new etheric art.

As this year draws to an end, we will our last study series studying the powerful inspiration behind the new spiritual mystery art of eurythmy.

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