

Online Eurythmy

Summation of the exercises for January eurythmy sessions for eye health

Grounding - warming and awakening to self and backspace

From my head, down to my feet I connect with the world

From the light above I breathe through my being down to the depths

May the calm of blue quietly descend through me

May its shimmering mantle embrace me from behind

Breathing through your threefold being - widths, depths, heights,

Arms move with expansion and contraction

One can do the exercise silently without a verse, experiencing the differences in moving center, depths or above.

I share a couple of lines for each realm to encourage you to imbue your movements with the different qualities of each zone.

Repeat the expansion/contraction movements four times in each realm.

Middle - from heart center expanding out to widths and back again
arms move from center to periphery and back to center

*From my heart through my hands - I breathe with the world
Opening to the periphery I breathe light into my being*

Below - from depths arms very gently rising at the sides in warmth and buoyancy then releasing down into weight

Begin feeling weight of arms at the sides gently let them rise as if with the tide and release down again with 4 steps forward and 4 backward

*Strength from the depths rises and streams through my being
The warmth fills me and it permeates my limbs*

Above - expanding into the light and levity slightly behind the head
arms open wide above and then gently enclose the head in light

*I reach to the light above and it nourishes me
Touching its luminous rays light permeate my senses*

Return to the center and repeat expanding to periphery and back to heart

My being breathes between the periphery and the center

Between Light and warmth

Between the shining world of spirit and my feeling human soul

Vowels I A O with spatial form that looks like narrow triangle. \triangle
adding rhythmical stepping.

Move forward with **I**, backward with **A**, side to side with **O**

I gesture rising step short, short, long rhythm (anapest)

A from above downward step long, short short rhythm (dactylus)

O in the middle step short, long short to left / long, short, long to right

Consonants L M and S

for balancing between in and outbreath; far and near; enlivening, fluidity
breathing, and release.

Vowel U - with the legs and feet

In the following two sessions we will work further on the threefold breathing
exercise, continue with the sounds **L, M, S, U** in various ways and zones
(above and below).

I'll introduce the horizontal figure eight form with the 'I ee" vowel to further
explore all the realms of space and our ego activity as a central core.
To enliven and relieve strain from computer time.

In the last week we will work with the 'S' gesture in a particular way to bring
suppleness in the the neck, spine and back.