

Basic Rod Exercises: Building Coordination and Skills

1. Introduction

Eurythmy, as a movement meditation, supports the way that your spirit and soul live on earth in your body. The first eurythmy exercises have opened up for you the tools to awaken this sense of yourself as the conscious spirit in your life and learn how to move in harmony with spirit laws.

To further develop your practice, the next step in the eurythmy curriculum will be a series of practices done with copper rods. Often, rod exercises are introduced in the eurythmy curriculum from the very first lessons. Your rod work will help you develop a very awake sense of space and movement, and develop your agility in your hands and fingers.

This block of exercises focuses on the four primary and three of the subsidiary copper rod exercises.

The simplest way to get a copper rod is to go to your local hardware store and purchase a 33-inch piece of ½-inch hollow copper plumbing pipe. Buy two rubber caps as well, to put on the ends of the rod. The exact length of the rod might vary a bit: your personal rod should be exactly one half the distance between your fingertips when you stretch out your arms to the sides. If you are working in a class, however, all students should have the same 33-inch rod.

If you would like to find an even better rod, contact a eurythmy supply source and purchase a copper rod that has been specifically made for eurythmy rod work. These are beautifully weighted and hand-hammered to offer a wonderful sensation for the hand and fingers.

Copper is used in the eurythmy practice because it is an excellent conductor of heat and warms up quickly when used. Most people experience it as a very comforting and friendly metal to work with. Copper corresponds to the planet Venus: we could say that Venus manifests in the mineral realm through copper. (Iron, in contrast, corresponds to Mars. It feels hard and unyielding. The sun metal gold, on the other is exquisitely agreeable to the touch.)

You can care for your copper rod by polishing it with copper polish or with lemon and salt.



The four primary rod exercises school the human being on the four levels of the physical body, the etheric or life-body, the astral or soul-body, and the sense of spirit in space. The subsidiary exercises that Rudolf Steiner himself developed aim to develop agility and confidence in movement. Eurythmy teachers have developed dozens of other exercises over the years, and I hope you will have a chance to learn some of them as you progress.

Please remember that this personal practice course is not a substitute for a eurythmy training and does not qualify you to teach classes to children or adults. Feel free, however, to share these exercises in an informal way with friends and family. Contact me for more information.