



Shining Rivers Waldorf School

A Developing Waldorf School

EURYTHMY & ANTHROPOSOLOGY CLASS

Free to the Community

Thursday May 7th & May 14th
Morning Class: 8:30 - 10:30am
Evening Class: 7:00 - 9:00pm

RSVP to etask@shiningrivers.org
No Childcare available.

Come learn more about Eurythmy and Anthroposophy with Rima Meadow, Visiting Eurythmist at Shining Rivers Waldorf School.

What is Eurythmy?

Eurythmy is the art of movement that attempts to make visible the tone and feeling of music and speech. Eurythmy helps to develop concentration, self-discipline, and a sense of beauty. This training of moving artistically with a group stimulates sensitivity to the other as well as individual mastery. Eurythmy lessons follow the themes of the curriculum, exploring rhyme, meter, story, and geometric forms.

Please contact Emily Task with questions at (314) 962-2129 or email etask@shiningrivers.org

Please Cut and Return to the Office

Name _____ Email _____

Phone _____

_____ Yes I will participate in the two Thursday morning sessions 8:30 - 10:30am

_____ Yes, I will participate in the two Thursday evening sessions, 7 - 9pm.