

# Eurythmy

*The Word and Music in Movement*

*Dance to the  
Rhythms of Life!*

Centre for Creative Education

# Kairos

# Eurythmy

# Training Programme

Degree in Eurythmy – Bachelor of Arts (dance)



**Cape Town - South Africa**

kairos@cfce.org.za or 0027 21 7976802



Centre for  
Creative  
Education

Silke 082 211 4976 – Michelle 082 216 2935

The Centre is accredited for its Higher Education qualifications, and registered with the Department of Education as a Private Higher Education Institution. The Centre has been granted degree-awarding status for its Bachelor of Education and Bachelor of Arts (dance) programmes.

SA Department of Education, Higher Education qualifications, certificate 2000 / HE08 / 003.

Incorporated under Section 21 (not for gain), registration: 97 21076.

Non-profit organisation (NPO) registration: 007 349.

Member of Southern African Federation of Waldorf Schools, [www.waldorf.org.za](http://www.waldorf.org.za).

**Recognised by the General Anthroposophical Society Section for the Arts of Eurythmy, Speech, Drama and Music, Goetheanum, Dornach, Switzerland.**



*Kairos is the Greek God who embodies "the fulfilled moment in time." Our vision of training and performance embodies this stream of time, bearing the ever moving qualities of past, present and future.*

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# Kairos Eurythmy Training Programme & Stage Ensemble

Centre for Creative Education, Cape Town, South Africa

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Eurythmy works on a deep level with our emotions. It stimulates the Body, Mind and Spirit, enabling us to meet the challenges of modern life. In this way Eurythmy is not only a performing art and educational tool, but also a therapy. Graduates can further their careers on stage, in the classrooms, in business, community work or in a healing capacity. The Kairos Eurythmy Training Programme offers a BA Degree Course full time or part time. Workshops are also on offer for all age groups wishing to develop their individual and social skills. – Michelle Kaplan and Silke Sponheuer (Department Head)

*"Bring your creative and dynamic self to full expression."*

## Degree in Eurythmy Bachelor of Arts (dance)

The 4 year course in speech and music Eurythmy includes modules in painting, choir, music theory, philosophy, anatomy, history of art, and anthropology.

- Four years full-time
- Prerequisite: matriculation exam pass and fluency in English
- Pedagogical aspects are Waldorf based
- Integrates modules from first year teacher education
- Research project: mini-dissertation on a Eurythmy-related theme
- Qualification includes pedagogy and didactics

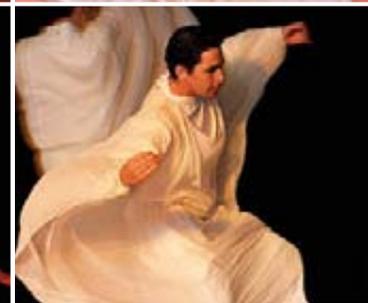
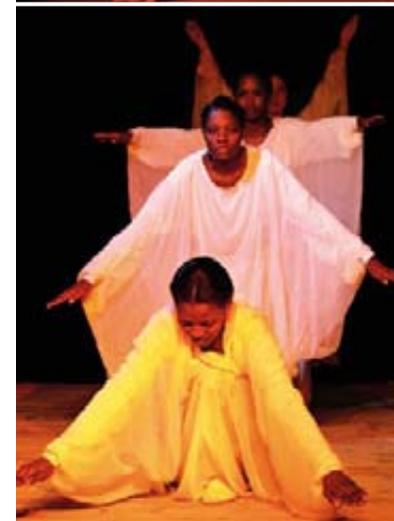
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## Upgrade from Diploma in Eurythmy to Bachelor of Arts (dance)

- Prerequisite for the Upgrade: Diploma in Eurythmy and fluency in English
- Duration: one year full-time (subject to assessments for recognition of prior learning)
- Creating and rehearsing an artistic programme and performing in South Africa
- Solo work in tone and speech Eurythmy
- Research project: mini-dissertation on a Eurythmy-related theme.
- Artistic work in small groups creating own choreography
- Modules on advanced topics
- Eurythmy in the workplace

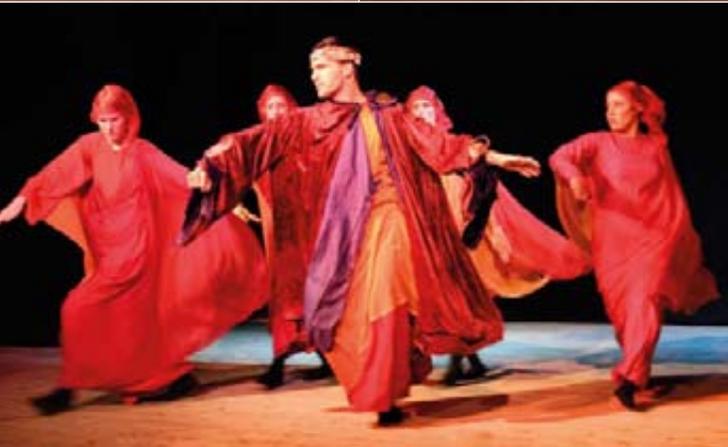
## Degree graduates

Degree graduates can take this course as a year of further artistic development.





Michelle Kaplan and Silke Sponheuer



The Centre for Creative Education offers other courses in connection with the Eurythmy training: Bachelor of Education (Foundation and Intermediate Phase) and Certificates in Early Childhood Development.

<http://www.cfce.org.za>

## Main Facilitators

**Silke Sponheuer** (Department Head): Silke has been teaching children, training teachers and performing eurythmy since 1983. Her work includes 17 years as a trainer at the world-renowned Eurythmy School of Hamburg in Germany, and many years as a performance artist throughout Europe and South Africa. During her years in Germany she was part of a consulting body for The Alternative Bank, where she used eurythmy as a medium for organisational development. In 1998 Silke initiated Kairos Eurythmy Training in Cape Town. In addition to training students for formal Eurythmy qualifications, her vision has included classes and workshops for the general public and for organisations. "My special interest lies in the connection of Eurythmy and Music, exploring the way music stirs expressive movement. This led me to embark on the research project for my Masters Degree at the University of Cape Town in 2009. The theme was 'Expression of Music through the Movements of Tone-Eurythmy' and included various choreography principles for an artistic presentation." (Silke graduated with distinction.)

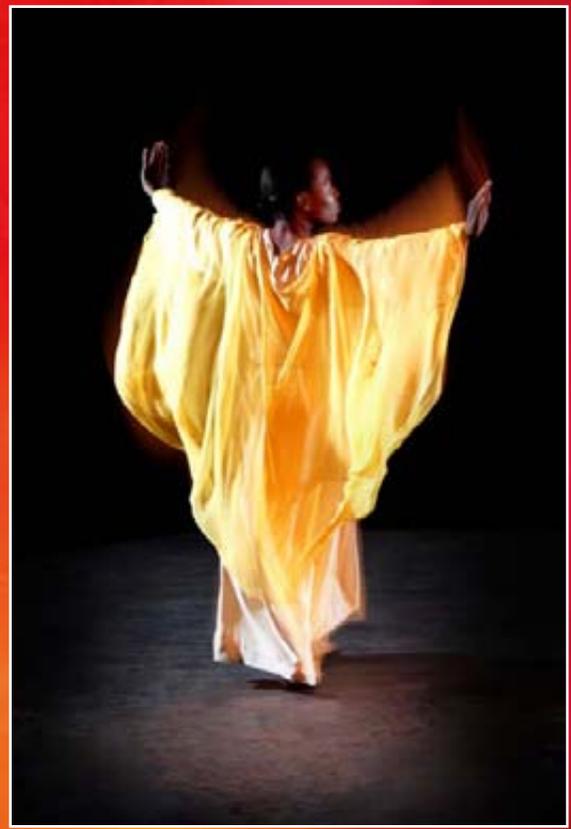
*"I see in Eurythmy the creative means for experiencing the values of our humanity. For me Eurythmy offers an empowering artistic, self-developmental, community building way to counterbalance the onslaughts we face in our lives. Eurythmy can bring a deeper alignment to our higher spiritual source, thus strengthening our inner core to deal with the challenges and potentials within ourselves, in relationships and in world scale events."*

**Michelle Kaplan:** Michelle experienced Eurythmy throughout her childhood in a Waldorf school in Cape Town. After completing her eurythmy training, she joined various performing groups, which included a tour in Russia, then became a permanent member of the Goetheanum Stage Group in Dornach, Switzerland. Over the years she has performed and held workshops in Europe, Thailand and South Africa, taught in Eurythmy schools in Switzerland and England, and given Eurythmy to children in Waldorf schools. Michelle now devotes her time to adults through the Centre for Creative Education, both in the Teacher Training Programme and in Kairos Eurythmy Training. Her deep involvement in The Kairos Eurythmy Stage Ensemble's artistic productions is leading her to seek closer relationships and interactions with other dance, drama and music companies

*"My relationship with Eurythmy seems to grow deeper every day. I never cease to be amazed and delighted at the rich, fresh experiences it continues to offer. It inspires and motivates my creativity and constantly convinces me of its ability to be the synthesis of all arts – in my opinion it is a key to the 'art of life' itself!"*

## Kairos Eurythmy

Training Programme & Stage Ensemble



Degree in Eurythmy  
Bachelor of Arts (dance)

Centre for Creative Education, Cape Town – South Africa



# Kairos Eurythmy Training & Stage Ensemble

– Centre for Creative Education, Cape Town, South Africa

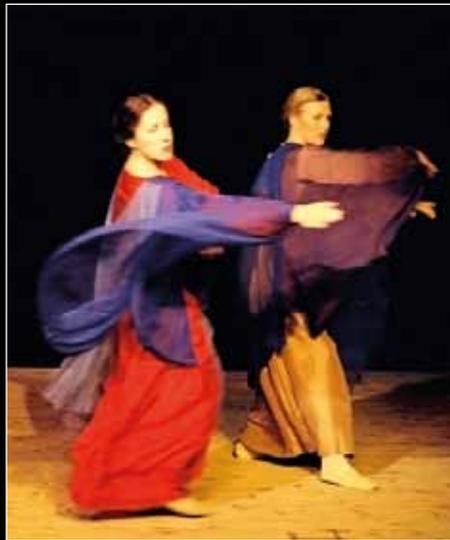
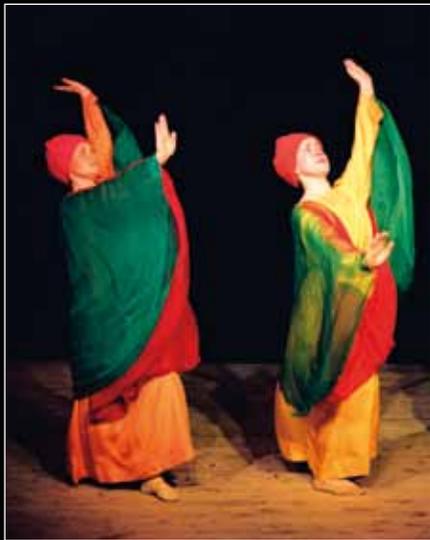
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– Michelle Kaplan and Silke Sponheuer (Department Head)

*"Bring your creative and dynamic  
self to full expression."*



*Dance to the  
Rhythms of Life*



# Eurythmy as a performance art

## Seeing what you hear

Through movement and gesture, performance eurythmy reveals the heart and structure of poems, prose and musical compositions performed live. The qualities unique to a 'P' or an 'Ah', for instance; the musical tone of an E flat or the interval of a seventh – these the eurythmist visibly 'sculpts' and 'sings' in space to reveal the flow of audible sound in time.

Moods and colours are also conveyed through movement and gesture, even more intensely when performed in total silence. Other definitive qualities are the strong engagement of performers with the space around and between them, and the fundamental orientation of eurythmists towards the audience.

Eurythmists move from the plane of the collar bone - a higher centre of gravity than the solar plexus in Ballet or below the navel as in T'ai chi. Close to the heart, this invokes a very different experience of movement. Together with a 'stepping' whereby the toes come to earth first followed by the rest of the foot, this brings a freedom that can make eurythmy seem effortless, aware of the downward pull of gravity, but not dominated by it.

**Yvette Worrall** – Eurythmist and Waldorf Teacher

# Eurythmy

In Waldorf schools worldwide (and now some state schools) Eurythmy is a weekly activity for 3 year olds to 18 year olds. It is a vital supportive lesson for both academic and social learning.

The children move in groups to the live spoken text or music; they learn co-ordination, co-operation and balance; they grow to recognize and value harmony and beauty. They develop a finely tuned ear for subtle difference and become able to quickly and confidently respond to change. In the broadest sense, Eurythmy supports their health.

*"I learn to focus and concentrate and be able to do something without being distracted by my surroundings." (Duncan)*

*Eurythmy -"offers us discipline and freedom ... helps me run faster...helps with rock climbing!... helps me focus on the ball in a cricket match...helps me with Dad in jail...made me happier during my parents' divorce." (comments from 10-13 year olds)*

*"We have to learn to give and take, to value and respect one another, to listen to each other, to be aware of the other." (Courtenay, class 7)*

The word 'education' has its origins in the Latin 'to bring forth'. To develop in the children, in our turbulent society, a confident consciousness of what it means to be human and an inner flexibility – that is the aspiration of Educational Eurythmy. It is one that the children seem to recognise.



# Therapeutic Eurythmy



What is the personality of a spoken sound? What is its intrinsic quality or 'signature'? What energy and beyond-earthly powers does it impart? Exploring these questions led to the development of therapeutic eurythmy, which uses the powers of specific sequences of vowels and consonants for healing. The bodily movements and gestures related to the formation of these sounds in the larynx, are performed repeatedly by the patient, the sequences being chosen for specific pathologies, both physiological and psychological. Healing with children covers all aspects of development. It can help overcome confusion with laterality and poor co-ordination; difficulties with metabolism and breathing; and nervous over-sensitivity. By giving us a means of working practically to change ourselves, therapeutic eurythmy helps us achieve a greater self-awareness as we become active participants in our own healing processes.



**Julia O'Leary** – Southern Cross Eurythmy Therapy Training, Cape Town -South Africa

# Eurythmy in the Workplace and Social Development



Eurythmy is increasingly being used in corporations and non-government organisations, in team-building and adult learning and, particularly in Southern Africa, in courses and programmes for consultants and practitioners working in community and social development. This form of social eurythmy makes visible the complex and multi-layered dynamics of human relationship through exercises based on the principles of living process, such as rhythm, form, structure and flow.

Within this moving field of constantly changing relationships, where participants are simultaneously required to give and receive wooden balls, know their particular sequence of movement and take responsibility for the timing of that movement, an embodied, 'three-dimensional' awareness is cultivated as well as a keen sense of self and social awareness.

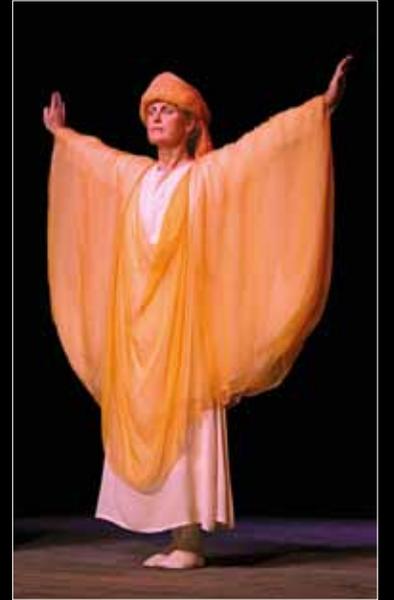
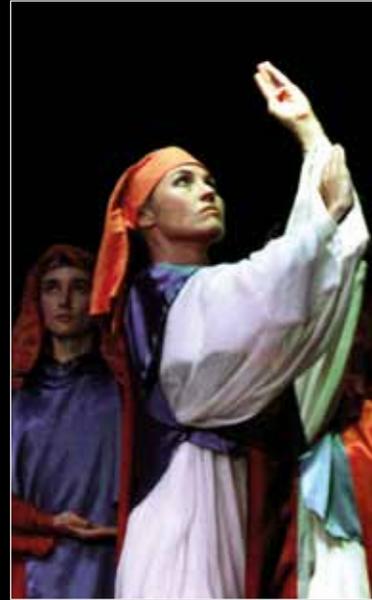
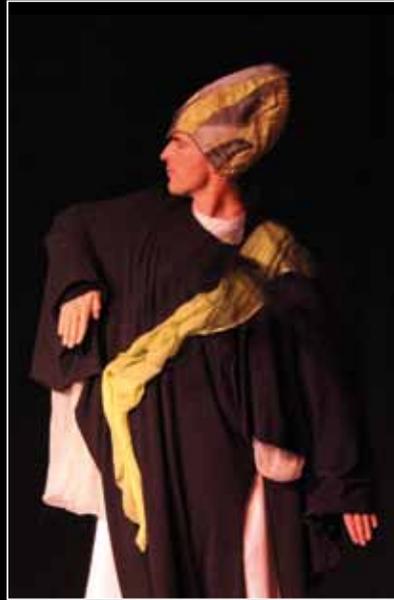
Through movement, rather than discussion, the exercises enable participants to discover and practice the important qualities required for teamwork, communication and how shifts in inner awareness immediately affect the quality of interaction, and hence the end result. They awaken an aliveness in thinking, an inner flexibility to respond in the moment to what is needed in complex group situations and a capacity to facilitate emerging potential rather than bring pre-determined outcomes – all essential qualities for engaging with the social challenges of our current unpredictable world.

*"The eurythmy has helped me in my facilitation. I am now giving myself permission to not know, to question from various sides. It's about moving with intention into the unknown."*

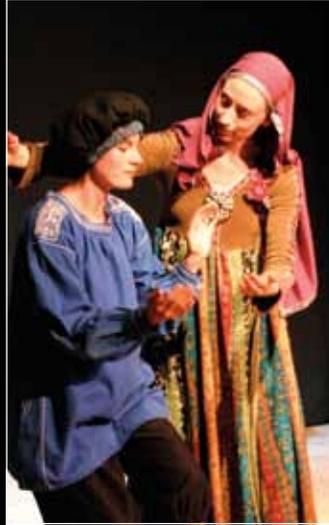
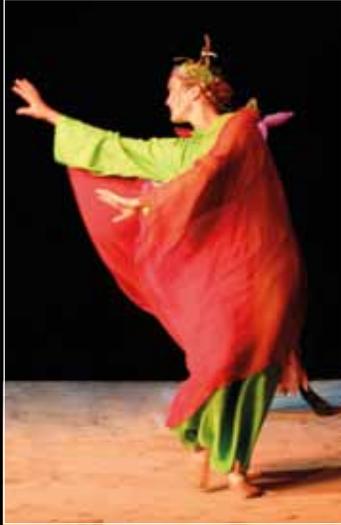
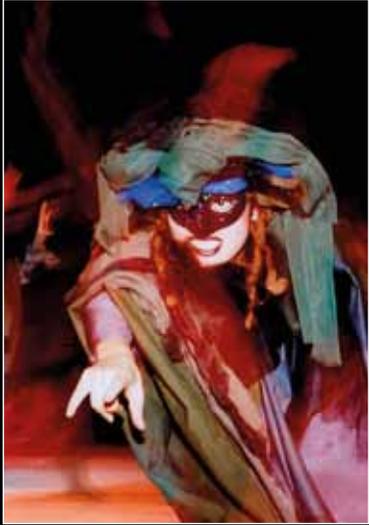
(Municipal Co-ordinator, South African National Biodiversity Institute)

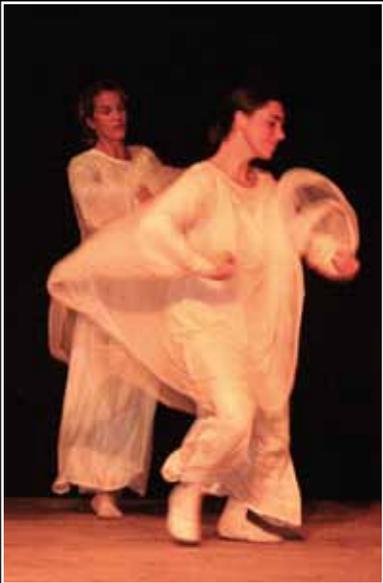
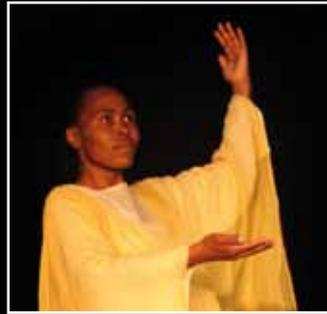
**Liz Smith** – Social Eurythmy & Conflict Mediation, Cape Town, South Africa



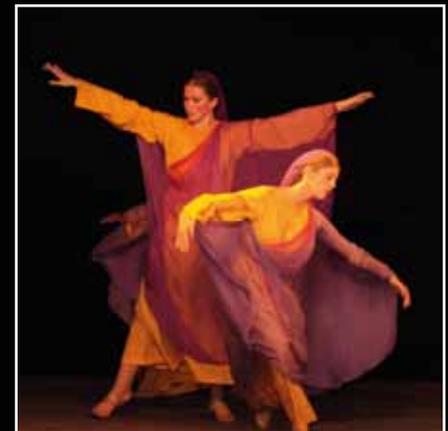


# Kairos Eurythmy Stage Ensemble *Shakespeare in Me*





*The word 'Eurythmy'  
stems from Ancient Greek  
roots meaning  
"beautiful or  
harmonious rhythm."*





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## Short Courses

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