

Adult Eurythmy Classes

with WSOC's Lilith Dupuis



Why do we do Eurythmy in Waldorf schools?

Eurythmy is a movement art in which we bring speech and music alive through flowing choreography and meaningful gesture.

Rudolf Steiner (founder of Waldorf Education and Eurythmy) referred to Eurythmy as "the yoga for the West."

Benefits include:

- Developing inner balance and clarity
- Increasing spatial awareness
- Promoting a sense of calm and well-being

Tuesdays 8:45-9:45am

January 10th- February 14th or

Wednesdays 7-8pm

January 11th-February 15th

Meadows Hall, Waldorf School of Orange County

*\$10 per class donation suggested- take the series or
classes that suit your schedule*