

Estonian Eurythmy Initiative

Report 2021

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- The course began on the 18th of January 2021. There were 20 participants, 3 of them from Latvia. In January we received a special permit to begin with in-person classes in groups of maximum 10 people. The teaching took place parallelly, one group with one teacher, the other group with the other teacher, then the groups switched.
- Some positive effect of the pandemic:
 1. The work in smaller groups smaller groups was more effective, it allowed to establish a good rapport with each student.
 2. The training course took place with two teachers constantly rotating which made the long modules more varied and diverse.
 3. The Culture Academy's students were almost completely in distance learning therefore we were equipped with good practice rooms and virtually the whole schoolhouse was for us to use.
 4. We used the distant learning period in March for theoretical work – we carried out many lectures.
- We work as a part-time study, however there are 6 longer epochs which take place during school holidays. The longer epochs vary in length, from 7 days to the longest – the 15-day epoch in August.
- Since the beginning, in addition to artistic eurythmy, we have also taught pedagogical eurythmy, this parallel work has shown good progress.
- On the 2nd of July the training course was opened with an opening concert where all the students of the eurythmy training course had their first chance to perform on stage. Besides Estonian colleagues and the school's representatives, the teachers' own teachers Anja Riska and Jostein Aarbakke from Finland also took part of and performed at the concert. The concert was very heartwarming, and the atmosphere was very supportive.
- In August we started studying color gestures, the nature of colors and the theoretic side; in speech eurythmy we began working with fables and ballads. As a guest lecturer Jostein Aarbakke from Finland worked with the group. He started work with R. Steiner's "The calendar of the soul".
- In autumn, the first speech formation classes took place. In December we concluded the second semester in our own inner circle.
- We only met the mentor of the training course, Rita Kort, on Zoom, and sent her some videos of our students performing. We hope to meet in contact in 2022.

CONCLUSION

1. Pedagogical eurythmy is connected to artistic eurythmy. It can be observed that this form of study involves more deeper the three parts of soul (thought, feeling, willing) to the learning process and wakens the students' awareness to forms of eurythmy and to the impacts and meanings of the gestures. On one hand it makes the course more diverse, and on the other hand it joins organically the artistic and pedagogical element in eurythmy. From rod exercises we prepared a musical program to J. Strauss "The Blue Danube" which developed the students movement organ from many sides: the musical lightness of waltz, and the precise and specific rod handling developed footwork and wakened awareness to handle different movement combinations by the sound of constantly changing variations of the music piece.
2. Longer epochs abled very good progress. It allowed to study basing on the rhythm of day and night alternating, the spiritual world can contribute to studying. This gives the opportunity to feel the eurythmy exercises through more thoroughly, to repeat them in different variations, and to give more background knowledge for deeper focus. The students can feel progress and success which gives more energy to continue.
3. We arrange individual meetings with each student where we talked about both, firstly the students' goals during the training course, their expectations, and possible obstacles and hesitations, secondly the more important events in their biography. It was a very rewarding experience that supported the teacher greatly in the following work.
4. The group developed good social relationships with each other, and they gained trust in their teachers. In addition to celebrating collective events, we also went on a hike-picnic and nature watching together to Soomaa, the Ingatsi bog in August; in October we saw a concert together – L. v. Beethoven's "Missa Solemnis".
5. In addition to teaching eurythmy, we have had several lectures, which gained very positive feedback from the students. The lectures were about anthroposophical self-image, the life and work of Joseph Beuys, using colors in iconography, the development of contemporary poetry, and many other topics. Here, the experts of the fields have come to our help, from the anthroposophists, and also the specialists of the recognized field.