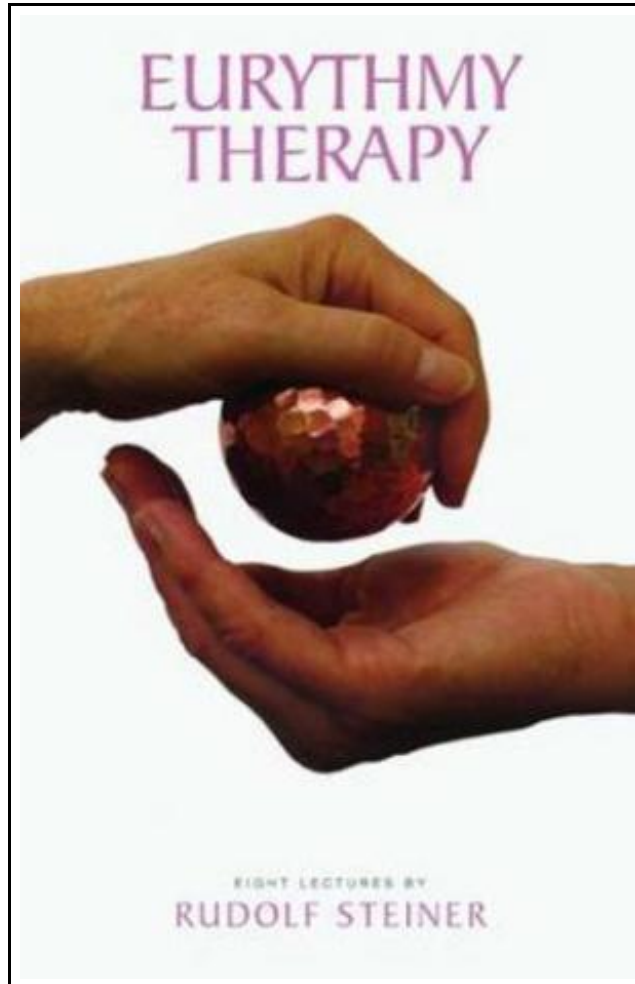


## Eurythmy Therapy



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## EURYTHMY THERAPY



Rudolf Steiner Press. Paperback. Book Condition: new. BRAND NEW, Eurythmy Therapy, Rudolf Steiner, Alan Stott, Created in 1911, eurythmy was developed for years as an artistic and educational discipline. Although Rudolf Steiner pointed out its healing aspects from the very beginning, it was only in 1921 that he gave a course of lectures that gave the art of eurythmy a vital new application. To the assembled eurythmists and doctors, he presented what one participant described as 'a complete and detailed method of eurythmy therapy, in which we could directly experience that even today the creative and therapeutic power of the word .is still at work'. Steiner's comprehensive lectures, republished here in a thoroughly revised translation, describe the principles of therapeutic eurythmy, giving many specific exercises. Primarily intended for practising eurythmists, these lectures also contain much material of particular interest. Steiner reveals the intricacies of rhythmic interplay between human physiology and the life-forces in the world around us. He describes the qualities of language and the dynamism contained in the individual vowels and consonants, elucidating their relationship with eurythmical movements and human experience. Through such movements, individuals are able to access the healing etheric forces. The exercises, referred to by Steiner as 'inner gymnastics', contain enormous potential for psychological and physiological well-being. Gaining ever-wider recognition today, they complement conventional medicine, offering a therapeutic process concerned with mind, soul and body. This new edition of these important lectures - previously published under the title Curative Eurythmy - includes an appendix with reminiscences by early eurythmists, as well as additional commentary from Dr Walter Kugler.



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