GOETHEANUM COMMUNICATIONS

Goetheanum, Dornach, Switzerland, 23 September 2019

“The joy and courage to live”

September 24th is World Eurythmy Day

Eurythmy is lived on stage as the production of spoken language, musical and dramatic events as well as in an educational, therapeutic and social context. What is special: There is no age limit for eurythmy to show a joy for life.

Rafael Tavares and Christine Beier from the Goetheanum Eurythmy Ensemble just performed the fairy tale ‘The Bremen Town Musicians’ for students from the 1st to 6th grades in a Basel school. They noticed that the children were deeply immersed in the story.

Eurythmy makes it possible not only to see an event: “Through eurythmy, the audience experiences what we do on stage right down into their souls and limbs”, says Rafael Tavares. These are qualities of relationship, warmth, tension and relaxation in dynamic forms. Christine Beier has observed that a eurythmy performance thereby inspires something in her: “Through the perception of a processual event, as a viewer I perform inner movements, which may possibly lead to something that lives in me as a question now receiving nourishment and a new direction.” Rafael Tavares continues: “And that creates positive energy and gives hope, joy and courage for life.”

The two Eurythmists Aban and Dilnawaz Bana launched World Eurythmy Day in 2016. Since then, September 24th has become the day to draw attention to eurythmy. This year, on 24 September at 12:45 pm, members of the Goetheanum Eurythmy Ensemble will take up and pass on something of the worldwide stream of this art of movement in the west staircase of the Goetheanum, together with employees and interested parties, through a communal celebration of eurythmy.

The Goetheanum Eurythmy Ensemble is the oldest ensemble in the world. It organises performances during conferences, as well as independent programmes and fairy tale performances. It is also involved in the new eight-hour production of Goethe‘s ‚‘Faust 1 und 2’ in 2020. Goetheanum employees also have the opportunity to use eurythmy to balance their work sitting in front of a computer screen.

(1995 characters/SJ; translation by Bettina Hindes)

**Goetheanum Eurythmy Ensemble** www.goetheanum-buehne.ch/ueber-uns/eurythmie-ensemble **Programme Goetheanum Stage** www.goetheanum-buehne.ch

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