

Eurythmy Lessons in Ukrainian and English

Eurythmy for health and inner strength for everyone to participate

Every Monday at 19.00 CET

Every Friday at 19.00 CET

We want to support our Ukrainian friends who live under threat of bombing, who hear shots and tanks near them, who are on the run or already no longer at home. What is currently happening in Ukraine not only affects the soul, it also destroys the body.

On Monday, March 7th we began these sessions. You can join at any time and without any prerequisites. Previous knowledge of eurythmy is not needed. And you don't have to know what was done in the previous sessions. Just go to YouTube and join in. We do the exercises together; they are very simple and easy to remember.

The lessons take place rhythmically, twice a week, on Monday and Friday. In between, you can repeat the exercises yourself. Do it with your children, parents, grandparents, friends, acquaintances. Those who cannot stand can perform them both sitting and lying down. You can also do the exercises for others and can do them just in your imagination.

The upcoming livestreams and the recordings of the previous lessons can be found on our YouTube channel:

www.eurythmy4you.com/youtube-ukr

To receive the link by e-mail shortly before the meeting, you can register by clicking on our website:

www.eurythmy4you.com/eurythmy-ukr

We teach in two languages, Ukrainian and English.

Why Ukrainian? We want to help make the Ukrainian language heard so that the world can hear its beauty, delicacy and melody, the warmth and sincerity that flows in it. Many Russian-speaking friends can understand the Ukrainian language. We invite all Russian-speaking friends to do eurythmy with us!

Why English? We have chosen English as the language of international communication so that friends from all over the world can join. We intend for our eurythmy courses become a kind of prayer for peace at this difficult time, a mindful chain of protection for Ukraine and the whole world.

We have created posters in German, English, and Ukrainian. You can find them in the appendix.

We would be happy if you join in, hang up the posters, and invite your friends!

Anastasiia, Theodor
and the whole team of Eurythmy4you

Eurythmy4you.com

YouTube
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