

## IMPRESSIONS ON THE 1ST YEAR OF TRAINING

Nice that you take the time to read these lines! First of all, I would like to inform you that the first year of the basic eurythmy therapy training is done! Why? Yes, I have to admit, I am proud to be part of this pilot project. The attempt at a new education, as I have wished for a long time, which just begins in a phase of life where I was looking for it. And although I am a career changer, my beginning here in Dornach falls with the 100th anniversary year of eurythmy therapy... Maybe all the better that I started a little later.

And now the first year of school is over and I want to tell you a lot. We students are allowed to design a lot ourselves in this training project, because everything is so new – that suits me very much, and I am also glad that the lecturers treat me at eye level. A pilot project, a venture of experienced lecturers who accompany and shape everything with heart and soul, who take care of tiny details that are always available, who make the effort to be approachable even at weekends or during holidays. We students feel very well supported.

I find the training itself very healthy and well structured, so that it is a kind of self-therapy for me. I owe this to the good caring accompaniment of our lecturers and also to the group, which is constantly striving for a togetherness, or better, strives that we grow together.

Everyone bears responsibility for a joint success, lecturers as well as students. Seriousness, respect, funny and sad moments. Everything belongs to life, everything belongs in this "all-human" training, without exception. So far, I have been able to make the experience that I am completely checked through the training myself, all inconsistencies come to light and there is the opportunity to work on it.

In my opinion, the work goes very deep. It seems to me that all the cells are looked through one after the other. I meet myself in a deeper truth. Of course, it's up to me whether I make something out of it or not, but anyone who has ever looked in the mirror will not forget it so quickly: a sometimes violent experience. Yes, but I also get to know some tools to achieve what I should become, want, may. And that was "only" the first year. I'm looking forward to the coming ones. This may sound like usual enthusiastic words from first experiences. Much is already known if you have read Rudolf Steiner's books on the effects of eurythmy and eurythmy therapy. But when I read this in the books (before the training) these contents kept a distance to me. Now I am right in the middle of it myself and experience it directly. I can confirm that it is sometimes hard – but that's why it's worth it. Especially in this training I get human help to develop myself mentally and spiritually: isn't it fantastic? Almost fantastic?

I thank you for reading my words and perhaps for taking a look at this new work that is currently being created. I feel thankful that this training can take place and wish it good response and growth.

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