

Review by Katrin Darvas of course block 1 of the in-service training course

If it were an interview and I, as a "newcomer" to ET education, had to answer the question: "Can you please briefly describe what your most intense impressions of the first 5 weeks at the school were?", then I would say, among a thousand other things, there were four things. The first: Our course comes from all over the world: Peru, Colombia, USA, France, Israel, Hungary, Austria, Germany with roots in Turkish and Germany. A generally huge enrichment and a good togetherness. During the exercise of speaking the whole alphabet in one breath, according to Rudolf Steiner, if one did this without stopping, without sounding, shapes would be drawn in the air. With the alphabet, the complicated form of the human etheric body would stand before one. The sound of the different alphabets was deeply impressive: e.g. the Spanish one incredibly rhythmic, moving, dance-like, or the Hungarian one very long and with many tonal shadings. Listening to all the alphabets one after the other in this way had something extraordinarily marvellous about it. But I was particularly moved by the Hebrew alphabet: It was, I think, the shortest, a short, strong, clear gust of wind (for a gust of wind it is not...), where in the reverberation one can well imagine Moses bringing the tablets of the law in this language (and proclaiming the word of God to the people of Israel).

The second: the medical lectures: For me, they connected the eurythmy healing world of movements with the world of the human body with its fascinating structure and the inner, rhythmic processes. One or two lights came on for me as connections became clear or a feeling connections became clear or a feeling of the possibilities of eurythmy therapy emerged. I am very grateful that I did not have to chisel this knowledge out of books!

The third: The movements and indications for eurythmy therapy: how complex and finely differentiated the coordination of arms and legs should be. The "steaming" during practice, the aching muscles were not left out. Or how simple the exercises sometimes are. How? that should be it... Annette and Kasper Zett introduced us to the information, and I am again very grateful that we were able to ask many questions, were allowed to have doubts and that they asked us: try it out, test it for yourself... we have gained this and that experience with it... test it...!

The fourth: a brief impression, but not insignificant. I appreciate the good structure. That there is an overview and plans, even a practice plan for the time between the blocks, which I, as a 90%-deputy eurythmy teacher, can follow and which I don't have to cut out of my ribs, in addition to my own plans for lessons, conferences and private life.

This may restrict some people, but it relieves me.

Finally, I would like to mention that there were also beautiful impressions of the peace and quiet of the grazing cows, the sheep, the two donkeys, the garden of the Goetheanum, the last summer days, the mild air and the far-reaching view over the hill, the cooking together and the many wonderful exchanges with each other. It felt like we were feasting from birthday to birthday, from cake to cake with and without cream.

Katrin Darvas