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**Name of the Eurythmy training:** Eurythmy Jarna-China

**Diploma work:** How to build up solo forms for poetry

**Abstract:** In the course of several years studying Eurythmy, we have experienced working with forms given by teachers or Steiner, and also tried to create forms for poetry ourselves. With the deepening of learning, we learned more and more factors to be considered for drawing forms for poetry, and we are getting familiar with the principles. The rules for creating forms become clearer. But new problems arise: which principle should *the poem* be based on or which principle should *it* be mainly based on? Apollonian or Dionysian? Which factors should be considered first or emphatically: rhyme, picture or space? Is drawing a form a systematic process or a purely personal art creation? Based on Steiner's instructions and my learning experience, my paper discusses: (1) The elements and principles one needs to take into consideration when creating forms for poetry ; (2) How to keep loyal to those principles and be artistic at the same time. My paper is from the perspective of eurythmy as a kind of language, which reveals the essence of language based on the two basic principles: Apollonian and Dionysian.