



Sinead Farrell, Research Project,
Kairos Eurythmy Training, Cape Town

"What can we learn from the Ancient Practices of Yoga as we build the future of Eurythmy?"

Both Yoga and Eurythmy are spiritual practices of movement, with Yoga connecting to ancient practices of the past, and Eurythmy lending the potential of healing for the future of humanity.

Through my research I'd hoped to investigate what about the practices of Yoga make it so easily digestible, adaptable and readily available for anyone and everyone looking to engage with its practice, as well as seeking to reveal to the Eurythmy community what we might learn to obtain the same engagement with our art form.

Through my experience during this time, I found the healing practices of Yoga to be hugely beneficial to the Eurythmist. On observation of my training, Eurythmists often suffer from physical back pain, high levels of stress and extreme exhaustion due to the demand for upright engagement and intensive transformation of the soul. Yoga stepped in to offer a space of slowing down and 'digesting' the vast shifts experienced in the soul life that are surfaced through working so deeply in the etheric fields. Where Eurythmy brings expansive insight and luminous clarity to spiritual exploration, Yoga supports this growth by offering strengthening of the physical body and a healthy space of reflection and peaceful meditation to centre and ground these experiences. To my surprise, these two practices breathe well together.

Also through my research, I discovered how ready the Yoga community are to introduce new forms of movement into their practices. To continue where I left off with my research project, I look forward to exploring the Yoga community as a potential fertile ground in which the Eurythmy seed may be planted and take root to guide conscious human movement through its development as it seeks to bring healing to the future here on earth.