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Thesis Title:

Compare and contrast the modalities of Yoga and Chanting with Eurythmy.

In my thesis I have looked at Yoga, in the Krishnamacharya Yoga Mandiram tradition, beyond the physical asana practice. My study on Chanting is with reference to the Vedic tradition of Chanting from Ancient India. In spite of being from India, the land of Yoga, chanting and various traditional classical dances, I explore why Eurythmy has played a very important part in my life.

In the course of the study I have tried to deepen my understanding of these modalities and made peace with my need to practise all three for my own Wellbeing. As a student of Anthroposophy I have briefly looked at why Steiner did not encourage Yoga and Chanting in the current era.

My study summarises that each of these is very unique and important in the current times of uncertainty and materialism, and that the ultimate choice depends on the needs of each individual.