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Title of thesis

Study and document the Impact of Eurythmy exercises on individual and group participants

Summary of the thesis

The research aims to

- Study a few shortlisted Eurythmy exercises in depth
- Examine and evaluate the impact of these exercises over a sustained period of 6 weeks on participants

The methodology adopted

- Shortlist the 8 Eurythmy exercises selected for this impact study
 - *Halleluiah*
 - *IAO*
 - *Contraction Expansion*
 - *Threefold walk*
 - *5 pointed star*
 - *Lemniscate*
 - *Love Eh hygienic*
 - *Steadfast I stand on earth*
- Literature about these exercises was studied and documented from secondary research.
- The sample population – individuals and group were identified and the exercises were administered for 6 weeks
- Impact was measured using a questionnaire and in-depth interviews
- Finally, impact of these exercises on the researcher during the Eurythmy training program was documented and illustrated.

This illustration depicts the representation of the impact of the 8 exercises on me throughout the 6 week's research period and in the end made me feel like a whole-human being. I felt in balance.

Write to me if this research interests you, I would be happy to share

