



Nathalie Valiquette
Auriel Eurythmy
Mexico-Canada

nathalie.valiquette@hotmail.com

FIVE HYGIENIC EXERCISES

ABSTRACT

My interest in the five hygienic exercises started at the beginning of the pandemic when we were all locked in our homes. Many curative eurythmists were offering courses online of those exercises. They were originally given by Rudolf Steiner to strengthen your inner resilience and resistance. It makes our rhythmic system stronger and increase our immune defense.

According to Margarete Kirchner-Bockholt, MD, Dr. Ita Wegman took a special interest in this hygienic eurythmy. She said that the bodies of civilized people were getting harder and were therefore hostile to the spirit. It was Wegman's hope that hygienic eurythmy would be developed so that the body could once again be permeable by the spirit. (Fundamental principles of curative eurythmy, p.73)

Through my research on the subject, I came to discover the true purpose of those five exercises. The movements bring one to opposite directions but the goal is to always come back to one's center, where one is no longer in the physical realm but at a higher level of oneself.

This is the order of the exercises to follow:

Yes and No

Sympathy and Antipathy

Love "E"

Hope "U"

"A-H" Reverence

My goal would be to share those exercises with as many people as possible so that it can become more natural and turns into a resource that they can call upon.