

Anna Pavan **Peredur Euryhtmy**



ROD EXERCISES IN CLASS 6

Eurythmy is a performing art which uses the human body and its movement to express the Spiritual. It is therefore fundamental to consider the human body as the starting point of a learning process. With basic exercises it is possible to explore a connection to the human body. The rod exercises can be considered an important part of this preparatory work. Through the rod it becomes possible to explore the dimensions of the human body, (up, down, right, left, front and back) linking all this directions up in continuous movements.



Considering how important the rod exercises are in Eurythmy for the development of a particular relationship with your own body, which translate with time and practice in ability to move fluidly. I would like to explore the benefits that these exercises could have in children, particularly in class 6, considering the vulnerable development stage they are facing during this age.

How could a well established and healthy relationship with their bodies help them in facing the different challenges that their age bring?

Could the practice of rod exercises support the balance in their physical, etheric, astral bodies and their I?