



Lucía Del Valle Noguera Padilla
Auriel Eurythmy
Mexico City

Eurythmy Costumes

Throughout my Eurythmy training, the topic of Eurythmy costumes has been of great interest to me. My interest began as an admiration for silk, which is used to make veils and costumes for Eurythmy. To this day, I remain deeply in awe of silk, as I consider it a very special and noble material.

It is because of this admiration that I decided to conduct research on the background of Eurythmy costumes, highlighting several points that were considered important and which will be discussed in more detail in my paper. My research includes topics learned during the training, exploring documents and conferences, and also adding personal experiences. My research was based on my questions, such as:

What should I use in terms of sewing techniques, pattern making, and manufacturing?
Which types of silk are most suitable for dresses or veils?
When is it appropriate to use fabrics other than silk for costume making?
When is it best to use a sewing machine to make costumes and when is it better to do so by hand?
What is the theory behind the different styles of dresses and veils?
How do I choose the colours of the costumes and how do they relate to the feeling and essence of the tone of the pieces?
Does it make a difference from which era the poem, story, or music originates: modern, contemporary, romantic, classical, or baroque?
How does my movement influence the dress and veil?
How do I care for eurythmy costumes?

In my search for answers to these questions I found instructions by Rudolf Steiner on shapes and colours for costumes. I also spoke to many eurythmists and have observed the changing styles of dresses created by various performing groups.

Finally my personal exploration took me to the question of whether there is a differences between wearing or not wearing costumes during classes or practices, as well as to discovering suitable clothing for teaching eurythmy in schools.

The full paper is written in Spanish. If you would like more information, please contact me:
delvallenoguera15@gmail.com