

hAmoves Eurythmy • The Art of Harmonious Movement

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Workshop at Summer Dance School

**Eurythmy: The Sound of
Words and Music in Movement**

When

June 26 – July 1, 2017

Where

Ljubljana, Slovenia

Organization

JSKD Dance

Application

On the web pages of JSKD Dance

<http://www.jskd.si/ples/>

Lower prices through May 25



JSKD Dance and hAmoves Eurythmy

present

Eurythmy: The Sound of Words and Music in Movement

at Summer Dance School 2017

in Ljubljana, Slovenia,

from June 26 through July 1, 2017

Where does a gesture begin? How to find a movement that reflects the integrity of soul, spirit, and body as human capacities? How to consciously nurture the space among the dancers?

Soulful Wizardess Marta Stemberger, MA

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The laws of music and poetry are revealed in eurythmy to find a movement, through which music and poetry become alive in space. The whole body becomes a larynx that sings and speaks through conscious movement. Silence is transformed into image; sound changes into a gesture. We create continually changing live multi-dimensional picture impression as we carefully choose gestures from a rich treasury and attentively lead one gesture into another.

The space in-between becomes an energy flow of awareness among dancers, which expands outwards and inwards. With integrative approach to movement, the dancers refresh themselves, the space, and the audience.

Through harmonious movement, arising from eurythmy, we find harmony among different parts of the self, deepen movement awareness in space, strengthen the sense of energy among the dancers, and develop kinesthetic perception of the sound.

In the workshop **Eurythmy: The Sound of Words and Music in Movement**, we'll get familiar with the basics of eurythmy as an artistic movement technique to the sound of live music and spoken poetry:

- Movement principles (harmonious movement of a group in a circle, contraction and expansion as breathing in space, difference between moving forward, backward, left, right),
- Dance of geometry in space (straight lines, curves, spirals, stars, infinite eight),
- Movement expression of rhythm in music and poetry,
- Harmonious three-fold way of human walking,
- Rich treasury of gestures (for individual music tones and intervals, vowels and consonants, moods, colors).

We'll prepare short choreographies to classic piano compositions, and to English and Slovene poetry.

Eurythmy is a harmonious movement art, developed by the Austrian Rudolf Steiner at the beginning of the 20th century, first in Germany, and then in Switzerland. Eurythmy is a dance technique, a pedagogical method (used in Waldorf schools), a movement therapy, a social art (to relax the soul, the body, the relationships), a spiritual approach to life. Eurythmy creates pictures of the sounds of words and music through movement; choreographies become visible speech and visible music.

The most important professional performing eurythmy groups in Europe are in Stuttgart, Germany, and Dornach, Switzerland; and Eurythmy Spring Valley in the U.S., where Marta Stemberger completed her studies.

You can read more on the websites www.hamoves.net and www.eurythmy.org.

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Marta Stemberger, MA, a native of Novo mesto, Slovenia, has been living in New York City for almost 25 years. She has fond memories of Summer Dance Schools 1989-1994. First, she was a devout dance student (1989-1993), and then she was teaching as well: Horton technique at the Summer Dance School 1994.

In 1989, she founded Terpsihora Dance Company in Novo mesto; some of the dancers were Jana Menger, Andreja Kopač, Sabina Schwenner, Gregor Luštek, and Boštjan Pavček. During her dance studies in Paris in the autumn of 1991, she met Mr. Fred Lasserre, who then came to teach in Slovenia that same autumn, through the Public Fund for Cultural Activities of the Republic of Slovenia. Marta followed his advice, and in October 1992, went to study dance at the Alvin Ailey American Dance Center in New York City. Upon completion of the three-year program, she continued with her dance studies at the Martha Graham School of Contemporary Dance, also in New York City, where she injured her knee two years later.

The journalist Milan Markelj from Novo mesto wrote after her departure to the U.S.: "Marta likes dance. Not the way we like small things that are close to our heart, but would easily live without them. No, Marta loves dance, so much so that she is devoting all her forces to it and is planning her life through it." (Weekly newspaper Dolenjski list, 05-Nov-1992). Dance is in her bones, and she didn't give up. She was searching and searching, from yoga to 5 rhythms to flamenco. And finally she found eurythmy. She completed the intense four-year study of eurythmy at the Eurythmy Spring Valley school, one hour North of New York City. Currently, she teaches public eurythmy classes in Manhattan, works on new choreographies, hosts her own radio show, writes two blogs, and brings eurythmy to wider audience with lectures and workshops.

You can read more on her website www.hamoves.net.



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