Summer Retreat for Professional Eurythmists

Mettabee Farm and Arts, 551 Harlemville Rd.  
Hillsdale, NY 12529  mettabeefarm.com

Sunday evening, July 22 through Saturday lunchtime, July 28, 2018

Eurythmy lifts the physical body into the realm of the etheric, bringing life - and levity!  
Our aim in this retreat is to encourage, support, and enliven artistic work in the midst of busy lives.

Let the beauty we love be what we do … Rilke

We are excited that every morning Dorothea Mier will lead us deeper into the elements of tone eurythmy through Ave Verum by Mozart, which has a beautiful Steiner form! Dorothea will offer master classes for the last half hour every morning as requested. Let us know if you have a piece you would like to work on with her. Pianist Marcus Macauley will play for the retreat.

In the afternoons there will be a choice between: Painting with Hans Schumm or: Speech Eurythmy with Christina Beck and Jeanne Simon-MacDonald.

Hans writes about the painting workshop: “Fundamentally speaking, color may be said to be the outer expression of our life of feeling. Our feeling-life is objectified in the outer world as color” (R.St. Lecture 6, E. as Visible Speech). We will explore the inner nature of color. Painting with specific watercolor sequences, we will see how gesture and form arise out of color. What do yellow, blue, or red try to tell us? How do colors interact with one another?

Christina will lead us in an exploration of eurythmy indications in the English language, Steiner forms, and sound indications gathered by Molly von Heider from early eurythmists: Dubach-Donath, Baravalle-Kimball, Leinhas-von Sonklar, Neuscheller-van der Pals, and Kisseleff among others. With Jeanne we will work with vowels as “inner stance” and consonants as “movement,” looking at how this indication suggests zone, gesture, and also the creation of forms. We will work with contemporary poetry and Emily Dickinson among others.

Cost: $300 – $450 for retreat, snacks, and vegetarian evening meals (breakfasts and lunches not included). Housing will be arranged locally at an extra cost. Free camping is available. Travel grants are offered through EANA! Apply to Gino ver Eecke.

For registration or more information please contact: Victoria Sander at victoria3foldwalker@gmail.com  518-672-4289  
or: Jeanne Simon-MacDonald at gregorjeanne@gmail.com  518-672-7367
**PROGRAM**

**Sunday, July 22**
4:00 PM  Registration
6:00  Supper
7:00  Welcome and Opening Remarks from Victoria Sander, with Artistic Contributions

**Monday through Friday, July 23-27**

9 – 10:30  11 – 12:30  Tone Eurythmy with Dorothea
12 – 12:30  Master Classes with Dorothea as requested

Lunches available at Hawthorne Valley Farm Store in Harlemville, NY

2:30 – 3:15  Practice Spaces available at Mettabee and Windy Hill
3:30 – 5:15  Painting with Hans Schumm
Or:
3:30 to 4:15  Speech Eurythmy with Jeanne
4:30 to 5:15  Speech Eurythmy with Christina

5:30 – 6:00  Christina and/or Jeanne are open to working on speech pieces by request

5:30  Dinner at Mettabee Farm
7:30  Friday Evening Informal Collage: Offerings from the retreat and pieces from participants!

(Friday afternoon will be preparation for this program)

**Saturday, July 28**

9 – 10:30  Tone Eurythmy with Dorothea
11 – 12:00  Closing Conversation

**DOROTHEA MIER** grew up in England, where she attended Waldorf Schools. In 1954, she graduated from piano studies at the Birmingham School of Music. In 1958, she graduated from the Lea van der Pals Eurythmy School in Dornach and went on to teach there for 17 years, and perform with the Goetheanum Eurythmy Stage Group. From 1980–2005, she was the Artistic Director of Eurythmy Spring Valley, NY, leading both the eurythmy training and stage group. Since her retirement, she has taught workshops and courses worldwide.

**HANS SCHUHM** grew up in Switzerland. His further education included Art Education in Zurich, Waldorf Teacher training, Painting training with Gerard Wagner, and Special Education Training — all in Dornach, Switzerland. He teaches watercolor painting at the Arteum Painting School which he founded in 1993 in Harlemville, NY. Hans gives presentations about color in relation to the four elements, the four ethers, and the four temperaments. He leads annual painting courses for the students of Eurythmy Spring Valley.

**CHRISTINA BECK**, eurythmist, received a stage and teaching diploma from Else Klink in Stuttgart, Germany. She has been active as a teacher, stage artist, and eurythmy trainer since 1977. Her current performance project is “I go where I love . . .” For more information see: amarantheurythmytheater.org. She teachers at the Waldorf School in Chapel Hill, NC.

**JEANNE SIMON-MACDONALD** is a freelance eurythmist, therapist, and teacher, who was on the faculty of Sunbridge College for many years. She performed with Eurythmy Spring Valley throughout the U.S. and abroad, before co-founding Grasshopper Productions in 1999. She works as a therapeutic eurythmist at Camphill Copake in Copake, NY.

**MARCUS MACAULEY** is a graduate of the Eastman School of Music. He is engaged with Eurythmy Spring Valley.