

SAN FRANCISCO WALDORF GRADE SCHOOL



THE COMMUNITY ENRICHMENT PROGRAM PRESENTS:

Therapeutic Eurythmy Workshop for Adults Evening Classes with Maria Helland-Hansen

Six Thursdays
Feb 28
- April 4
7:00 - 8:30 PM

Grade School, Eurythmy Hall

RSVPs Requested:
[communityenrichment@
sfgwaldorf.org](mailto:communityenrichment@sfgwaldorf.org)

sfgwaldorf.org

Once again Ms. Helland-Hansen will give a workshop for adults who are interested in knowing more about Therapeutic Eurythmy, both through talks and experience. You will also be given exercises to practice at home to bring rejuvenation, peace of mind and to promote health and flexibility for your life forces. You will experience the joy of moving together in these archetypal forms that Eurythmy offers. This is a series of 6 classes on Thursday evenings.

Ms. Helland-Hansen grew up in Norway. She received her Eurythmy diploma in Sweden in 1985 and later her diploma as a Eurythmy Therapist in Dornach, Switzerland, in 1993. Her previous experiences include biodynamic farming, two years working in Camphill villages in Norway, two years working in the Vidar Clinic in Sweden, and several years of teaching Eurythmy in a Waldorf school in Norway. She teaches courses through the Bay Area teacher training and is a core faculty member of the Therapeutic Eurythmy Training of North America. She has worked as a Eurythmist at SFWS since 1993.

Suggested fee for the series is \$70 however we want you to be able to take advantage of this opportunity, so this is a “pay-what-you-can” event. We recommend that you come to all six classes to get the full benefit.

COMMUNITY ENRICHMENT PROGRAM

Explore topics in childhood development, Waldorf education, and Anthroposophy through our Community Enrichment Program. Check the calendar for events.

San Francisco
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