



EURYTHMY | MOVEMENT TOWARDS BEING HUMAN

A MORNING TALK WITH

ZACHARY DOLPHIN & ALEXANDRA SPADEA

Join us as we explore the transformative art of eurythmy and its profound ability to guide us toward a deeper understanding of our humanity. This movement practice nurtures our physical being as well as our emotional and spiritual selves, making it particularly enriching for everyone, especially our growing children.

Mr. Dolphin graduated from Eurythmy Spring Valley in 2018. He first began teaching part-time in 2019 and has increasingly devoted his attention to education since then. He is currently the Lower School Eurythmy teacher.

Ms. Spadea grew up in a Waldorf School in Germany, loving eurythmy from an early age. She began her professional eurythmy training at the Goetheanum, Switzerland, and graduated from Spring Valley in 1994. She joined Steiner in 2009 teaching eurythmy to Grades 7-12.

FRIDAY, FEBRUARY 28 @ 8:30 AM
UPPER SCHOOL LIBRARY