

THE **KAIROS**
EURYTHMY
TRAINING PROGRAMME



CENTRE FOR CREATIVE EDUCATION
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November 2015

Dear Friends,

The words of the great Nelson Rolihlahla Mandela have echoed for us through our fruitful, yet challenging year.

“Our human compassion binds us when we learn how to turn our common suffering into hope for the future.”

More and more we realise that this empathy for one another makes it possible to live with integrity in these challenging times of the ‘Consciousness Soul Age’. We have as always, had to ride the waves in our Kairos Eurythmy Life and find, that as we come to the end of another year, that our brave little boat is most miraculously still afloat and bears within its hold so many riches from the work throughout the year.

We were able to take on a new 1st year group but unfortunately due to illness and other circumstances, we were left with one remaining student who, during the year, we have incorporated into our 2nd year group as well. These six students continue to flourish and develop as well as our 3rd years whom we were delighted to be able to include in our programme for the Baxter Dance Festival in October. Two of the 4th year students, Geralyn Lasset and Laura Engelke, were able to graduate earlier this year, while the three others, Simone Jane Bedien, Sandise Ngxumsa and Nondumiso Mathimba will have their final artistic presentation at the end of the year and will graduate early in 2016.

Wonderful also was the occasion in October of the National Eurythmy Conference and it was fortuitous that Helga Daniel could be with us sharing her pedagogical wisdom. How lovely to see so many past graduates, now teaching in schools throughout South Africa at this event which once again served to nourish us all.

Our rich tapestry included performing for the Waldorf schools and the Camphill communities, and with the shouts of joy ringing in our ears from the children at Zenzeleni in Khayelitsha, we embarked on our exciting trip to the Graduate Students Conference at the Goetheanum in Dornach, Switzerland. Our 4th year students performed to acclaim and could finally feel part of the great ‘Eurythmy World’ after working in relative isolation here in the Southern tip of Africa. Silke, Michelle and Perry performed at the Eurythmy Teachers presentation and received heartfelt praise for their work. The very moving words by Nelson Mandela (included above) were

spoken by our 4th year student Sandise Ngxumsa to the Speech Eurythmy element in the performance which also won the hearts of the Goetheanum audience. Heartfelt gratitude to all those who made our stay in Dornach possible especially to Celeste Roux who continues to be a true 'Fairy Godmother' to us all and Laura Mönkemeyer who also so generously gave of her time and accommodation. We were so proud to see Laura, one of our past graduates, working so prominently with the Goetheanum Stage Group in the production of Faust.

We were of course delighted to be invited back for the second time to take part in one of the biggest dance events in South Africa, the Baxter Dance Festival, and we did so with tremendous feedback together with our present 3rd and 4th year students as well as our past graduates. With the accomplished Ingrid Salzman on piano and the soul-filled sounds of Luke Townsend's saxophone we brought our multi-faceted programme to a most appreciative public. The very next day the whole Kairos Training was involved in the Annual Fundraiser event for the Anthroposophical Society at the Novalis Ubuntu Centre where the 'Baxter' performance was again shown to a delighted audience. These were some of the treasures from the year!

But where would we be without our shining jewels who continue to add their very valuable artistry, presence and support to our work! So in deepest gratitude we thank all of you out there in the world who continue to give so generously – our dear Funders, thank you so very much. Your contributions are vital for our ongoing work and help us navigate the 'stormy waters'. And to all our Kairos Friends and supporters who give to us in so many respects, please know we are so thankful! To Cecelia Solis and Ursula Zimmerman, we so appreciate your continued support.

And to those on board with us: Ingrid Salzman who accompanies our tone Eurythmy and teaches the music and choir lessons and is a loving, caring presence for the students and us all, Thank you.

To Tim Hyslop, also accompanying the tone lessons and bringing his unique artistry to our work, Thank you.

And our grateful thanks to Tessa de Groote for the wonderful professional quality she brings to our musical accompaniment.

Our deepest gratitude to Helga Daniel, leader of the Eurythmy Pedagogical Work worldwide, who led our students once more into this vital aspect of the work. We do hope we can welcome her again to South Africa.

Also to Liz Smith and Cobie Roelvert for your in depth, inspiring sessions with the students on Kindergarten and Primary School Teaching.

Charlene Shaw for the beautiful artwork with our students; Saul Chanarin and Bridget McCarthy for the wonderful speech and drama; Norman Skillen for his amazing talk on William Shakespeare.

We do indeed value the wonderful gifts and treasures that have manifested over the year through the efforts of all who have contributed to the safe journey of our Kairos ship – and we hope and pray that we may continue our worthy passage on into next year with your most valued help and support.

We wish you all a most blessed festive season, and in all the turbulence we all experience on the seas of our lives, both inner and outer, we will share with you the faith and courage to seek the 'equanimity for whatever the future may bring' and to continue to shine the light for what we know to be the Good, the True and the Beautiful.

With our love

Michelle and Silke

KAIROS EURYTHMY TRAINING



CLASSWORK THEMES

SPEECH AND TONE EURYTHMY

Vanessa Holliday, 1/2 year

The 2nd year's journey into Speech Eurythmy began by exploring the 4 elements. Mother Earth, bringing us structure and stability; Water bringing us flow and rejuvenation; Air bringing us spontaneity and lightness of being, and Fire, bringing us the burning desire of our passions and the driving force of the will. We then burst into the colours of the rainbow, expressing our gestures with the colours of purple, blue, green, yellow, orange, red, white and black. Ending our challenging but fruitful year, with, as Rudolf Steiner says, "The whole content of the soul life may be divided into 3 categories: thinking, feeling and willing." And so, we touched on the 3 Soul forces, providing us with clarity as we ended our year, which culminated in an extract from 'Morte d'Arthur' by Tennyson.

Immersed in the sounds of Bach, Shubbert, Mozart and Chopin, in Tone Eurythmy, we learnt to colour our tones beyond the flat or sharp tones. Flowing and moving the basic musical form, we also learnt the differences between a Motif-Shwung, Rest and Barline. Exploring the qualitative relation between a Major, Minor, Discord and vowels, we stepped into the practice of the ancient mystery wisdom of the Energy and Peace dance and the 'Big Star', receiving the drop of light from the Gods as we explored the Major and Minor Archetypal scales of the evolutionary sequence to end our year. What a rich journey!

TONE EURYTHMY AND INTERVALS

Alison Kane, 3rd year

Over the course of our third year, we have learnt about the intervals in music and the different ways we can correlate them to the tones. We have been on a journey to discover how the different spatial relationships between two tones create various soul qualities and how these qualities can be seen and experienced in our daily life. We

also looked at the transformation that takes place in the sequence of the intervals, from the inner experience of the unison to the outer expansion of the octave, and back again. This we connected to the developmental growth of the human being, from birth to death. However, we also discovered how we can relate the descending sequence of intervals to the evolution of mankind. We looked at how, through the Epochs, the human consciousness descended from the spiritual realm into earthly matter, so that man could find his individuality. Beginning with the octave in the spirit, we journeyed down through the Ancient Civilizations of Ancient India, Persia, Egypt, Greece, and the Middle Ages, right into our modern times, connecting each period to an interval. For each epoch we looked at how the quality of the relevant interval was reflected in the relationship the people had with the heavens and the earth. We also drew inspiration from the art, sculptures and architecture of these times and tried to bring a feeling for the quality these epochs into our movements. It was a most wonderful, enlightening experience.

SPEECH EURYTHMY: GREEK DRAMA

Mandisa Ngwane, 3rd year

In our 3rd year group we had an amazing experience which we had been longing for. The Greek drama, Orpheus and Eurydice, was introduced to our group this year. Living with this story was most inspiring during preparations, till we finally shared the whole work with our colleagues and the public. It was such an amazing experience to play a part in this drama and especially to see the progress from the beginning till the end where we actually felt the whole Drama within our selves. It took lots of effort and hard work to bring the whole Drama alive. Each character had different qualities which we needed to be bring through our movements. This work kept us awake to group dynamics, co-ordination and understanding each other - important elements to keep the good work ethic going in our group.

PEDAGOGICAL MODULE

Nisreen Edross, 2nd year

The wisdom imparted by Helga Daniel once again this year was of such great standard. She gave us immense insight into the preparation of one's own individuality before entering a class. The awareness of the child's needs and how you can nourish the child's soul through your being and enthusiasm was always part of every practice and theory work we did with her. I learnt that through one's words, attitude and understanding, children absorb and fill their innerworld with pictures. We look forward to welcoming her back in the near future with gratitude.

Samantha Schippers, 2nd year

At the beginning of the 3rd term, we worked with Liz Smith for a week on Kindergarten Eurythmy. Every morning from 9 o'clock till 10:30am, she would do Social Eurythmy with us, and we would as a group discover and observe things together without bringing our own perceptions or ideas but actually look at the situation or problem in a Goethean way. From 11 till 12 o'clock we had a study session, where we read a lecturer by Rudolf Steiner and discussed and shared personal opinions and experiences. From 12 till 13:00, we then had a Kindergarten module, where we experienced how it was to be the 'children' with Liz as our Eurythmy teacher. Each lesson would be 20 minutes long, and Liz showed us different examples each day of a kindergarten eurythmy class. After the 20 minute session we would write down our experiences and ask questions. The last two days, of our week together Liz gave the 3rd years an opportunity to teach a kindergarten lesson and we as 2nd years were 'kindergarten children'. We learnt so much from Liz through Social Eurythmy and the Kindergarten module – thank you Liz.

PEDAGOGICAL MODULE (cont.)

Nokusa Jali, 2nd year

What a wonderful experience to explore the primary curriculum and learn more about the primary school child.

The teachings given by Cobie Roelvert gave me more inspiration and love for teaching, it also gave me an understanding on how to structure lessons and to try to meet every child's needs.

I also realised that my personality as a teacher can affect the children's performance in the classroom, therefore as a teacher in training I must work with my inner self so that I do not become self centred but also receive the children in reverence.

Thank you Cobie.

EURYTHMY TEACHING PRACTICALS

Nkosinathi Ndlovu, 2nd year

In the 3rd term all the students at Kairos went on teaching practicals to Waldorf Schools in South Africa. I was delighted with the experience I had when I was doing my practical in Roseway Waldorf school in Durban; being there opened my eyes and enlightened me in my career choice, as it had always been my wish to be in front of children and share my experience. It made me positive and helped me to really strive to be a better person who will be a leader one day.

Roseway is such an amazing school, with amazing teachers and children. The atmosphere in that school is healthy and children flourish.

The teachers were helpful and supportive, and always there for me. The children were so welcoming and really enjoyed being taught by a student teacher.

I would like to have my practicals there next time! My gratitude to Alice Mnguni and Sara Freudenberg, both graduates of the Kairos Training, who guided and mentored me with such care and understanding.

Gugu Mashinini, 3rd year

In August, when I visited the Michael Mount Waldorf School in Johannesburg, I was warmly welcomed and I felt free to ask anything I wanted to know about the school.

The school is set in a quiet, light filled environment.

My mentor Gladys Kurea, who was always smiling, and the other eurythmy teacher Smangele Zwane, are both graduates of the Kairos Training. I could see through the way they interacted with the children and the way the children responded, that they both loved their work and the children come running to the class all the time which showed me how much they enjoyed Eurythmy.

I saw how well both teachers could hold the children and help those who struggled in movement and through my observations I realised that one has to have confidence and one has to know and practice the lesson well before teaching, giving clear instructions and not using complicated gestures with the children.

Through my teaching practical in class 6, the longing grew in me to become a teacher.

Sandise Ngxumsa, 4th year

The practical at Michael Oak was a life changing experience for me because I had to work with adolescents. It was my first time teaching and observing the high school. I had to take initiative and do the best in every moment and chance that I had. Working with high school pupils was a challenge and I had to build a relationship with them. My main objective was to leave a lasting impression - something that would touch their souls. I had two pillars on either side of me - my mentors Dough Raaths and Adelé van Breda who gave me support and guidance. They told me to believe in myself and love what I am doing. I still hold those wise words in my heart.

PRESENTATIONS ON COMPOSERS AND POETS

Ponego Mosige, 3rd year

This year we had talks/presentations on the Great Musical Composers for the 3rd years while the 2nd year's had the Poets. In this whole project we learnt about the biographies and works of these artists, shared it with the rest of the Eurythmy department and always tried to bring the Eurythmy relevance into it. It is exciting and interesting to see each persons approach towards this massive research project. It is an exploration process to link the works of these artists with the art of eurythmy and to discover connecting principles in their works and that of Eurythmy. Presenting our research helps us to develop our confidence as future speakers and teachers.

My thanks to all those who supported us this year in our training to become Eurythmists.

THE BAXTER DANCE FESTIVAL

Alison Kane, 3rd year

For the second year running, Kairos Eurythmy was invited to perform at the Baxter Dance Festival. For me this was extremely exciting, because it was the first time my third year group had to perform on such a big stage and in front of so many people. For our performance we did a medley of Speech and Tone which included, short extracts from Beethoven's "5th Symphony", "Partita Africana" by South African composer, Hendrik Hoffmeyer, "The Swan" by Saint-Saens, and for Speech, a quote by Nelson Mandela.

For me, although it was difficult, I found the whole process leading up to the performance an incredibly valuable experience. Seeing and experiencing this process of rehearsals, costumes, sewing, dress rehearsals, etc. and seeing the time, effort and dedication needed for it, made me think of what lies ahead as I move into my 4th year. It was also wonderful to have to an opportunity to move and work with the 4th years, as well as our teachers, Silke and Michelle and Perry, a member of the stage group,

and the past graduates, Sara Freudenberg and Emma Stotko, not only for the feeling of the bigger group, but also to learn from their experience and to share that moment on stage together. To be given the chance to share our art and movement with the world was incredible, but to be able to feel the interest and attention of an audience, who knows nothing of eurythmy, really created a sense of warmth and appreciation within me.

GRADUATION PERFORMANCE TOUR

Simone-Jane Bedien, 4th year

My experience in Dornach Switzerland at the Goetheanum was one I will never forget and I hope that one day I can go back.

It was amazing to see all the other Eurythmy groups from around the world performing on stage in the Goetheanum. To finally see the Goetheanum and all its beautiful works of art - that was really a wonderful gift!

To practice and warm up with everyone on stage really made me love Eurythmy more because I experienced it in a group of more than 100 Eurythmists. It was very nice to see the different ways of warming up your 'gestalt'.

We also went to Germany to watch a performance by a stage group who are one of the best in the world. Seeing them perform made me want to work harder and become lighter when I move. I really enjoyed our performance night, we really gave a gift to the audience and the feed back afterwards was really amazing, everyone loved it!

Thank you so much to Laura Mönkemeyer and Celeste Roux who looked after us so wonderfully and kindly and gave us such delicious food. We wouldn't have managed without you!

I also travelled to Germany to visit a friend of mine and in Switzerland in our spare time we went swimming and sight seeing. We met a lot of new friends at the Goetheanum youth Centre. The landscape was really beautiful lots of green and fresh colours. It was also my first time flying over seas and I'm happy I did it with my group which is also my family. I am now looking forward to my first teaching post at Michael Mount School in Johannesburg.

Nondumiso Mathimba, 4th year

This year we had the pleasure of attending the World Eurythmy 4th year Conference in Dornach. For me it was my first time travelling overseas that was such an experience. We got to see the Goetheanum for the first time and it was breath taking! Everyone welcomed us with open arms into their hearts and into their homes and our performance was received with open hearts. People so appreciated us and our work and their souls were nourished and moved by the African ethos that we carried on stage. We got to see Eurythmy at its best. Eurythmy schools from around the world met and shared the stage. We got to see the city and performed on different stages. We are of course so grateful to the people who made it possible for us to attend the conference – our sponsors, our teachers, and the wonderful, kind people in Dornach who gave so much of their time and efforts. Thank you especially to Celeste Roux and Laura Mönkemeyer.

Sandise Ngxumsa, 4th year

One of the best experiences of my life, was going overseas and also seeing the Goetheanum. We met lots of other Eurythmists from all over the world and it was interesting to see you how each group performed and how they brought their own cultures into the movement. We had the opportunity to see the Stuttgart and Goetheanum stage group which was something really inspirational and I was so motivated by them. The Goetheanum is a beautiful place that I wish for every Eurythmist to see and explore. We were welcomed so warmly and treated with such great hospitality and these people were so busy themselves! Thank you so much especially to Laura and Celeste.

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***Kairos hopes you enjoyed our update.
We invite you to keep in contact and visit us.***



***Blessed Christmas
and a Joyful New Year from us all!***

Kanessah ✨
Nifreen ✨
Gulau ✨
Jim ✨
Penlyn ✨
Nokweda ✨
Tessa ✨
Samantha ✨
Ingrid ✨
Nkosinathi ✨
Silke ✨
Nomdumiso ✨
Smone-Jare ✨
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