



*Kairos is the Greek God who embodies "the fulfilled moment in time." Our vision of training and performance embodies this stream of time, bearing the ever moving qualities of past, present and future.*

## Degree in Eurythmy – Bachelor of Arts (dance)



**Cape Town - South Africa**

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Centre for  
Creative  
Education

### Degree in Eurythmy Bachelor of Arts (dance)

The 4 year course in speech and music Eurythmy includes modules in painting, choir, music theory, philosophy, anatomy, history of art, and anthropology.

- Four years full-time
- Prerequisite: matriculation exam pass and fluency in English
- Pedagogical aspects are Waldorf based
- Integrates modules from first year teacher education
- Research project: mini-dissertation on a Eurythmy-related theme
- Qualification includes pedagogy and didactics

Fully accredited by the Council on Higher Education. Registered by the South African Department of Higher Education and Training (cert. 2000/HE08/003). Recognised by the General Anthroposophical Society Section for the Arts of Eurythmy, Speech, Drama and Music, Goetheanum, Dornach, Switzerland

### Upgrade from Diploma in Eurythmy to Bachelor of Arts (dance)

- Prerequisite for the Upgrade: Diploma in Eurythmy and fluency in English
- Duration: one year full-time (subject to assessments for recognition of prior learning)
- Creating and rehearsing an artistic programme and performing in South Africa
- Solo work in tone and speech Eurythmy
- Research project: mini-dissertation on a Eurythmy-related theme.
- Artistic work in small groups creating own choreography
- Modules on advanced topics
- Eurythmy in the workplace

### Degree graduates

Degree graduates can take this course as a year of further artistic development.

## Kairos Eurythmy Training Programme & Stage Ensemble

Centre for Creative Education, Cape Town, South Africa

Eurythmy is the dynamic new art of movement that makes the sounds of speech, and the elements of music visible. It teaches absolute awareness of being, and body language. It is an expression of energy in motion, which comes to life through poetry, prose, dramatic works and music.

Eurythmy works on a deep level with our emotions. It stimulates the Body, Mind and Spirit, enabling us to meet the challenges of modern life. In this way Eurythmy is not only a performing art and educational tool, but also a therapy. Graduates can further their careers on stage, in the classrooms, in business, community work or in a healing capacity. The Kairos Eurythmy Training Programme offers a BA Degree Course full time or part time. Workshops are also on offer for all age groups wishing to develop their individual and social skills.  
– Michelle Kaplan and Silke Sponheuer (Department Head)

*"Bring your creative and dynamic  
self to full expression."*







Michelle Kaplan  
and Silke Sponheuer



The Centre for Creative Education offers other courses in connection with the Eurythmy training: Bachelor of Education (Foundation and Intermediate Phase) and Certificates in Early Childhood Development.

<http://www.cfce.org.za>

## Main Facilitators

**Silke Sponheuer** (Department Head): Silke has been teaching children, training teachers and performing eurythmy since 1983. Her work includes 17 years as a trainer at the world-renowned Eurythmy School of Hamburg in Germany, and many years as a performance artist throughout Europe and South Africa. During her years in Germany she was part of a consulting body for The Alternative Bank, where she used eurythmy as a medium for organisational development. In 1998 Silke initiated Kairos Eurythmy Training in Cape Town. In addition to training students for formal Eurythmy qualifications, her vision has included classes and workshops for the general public and for organisations. "My special interest lies in the connection of Eurythmy and Music, exploring the way music stirs expressive movement. This led me to embark on the research project for my Masters Degree at the University of Cape Town in 2009. The theme was 'Expression of Music through the Movements of Tone-Eurythmy' and included various choreography principles for an artistic presentation." (Silke graduated with distinction.)

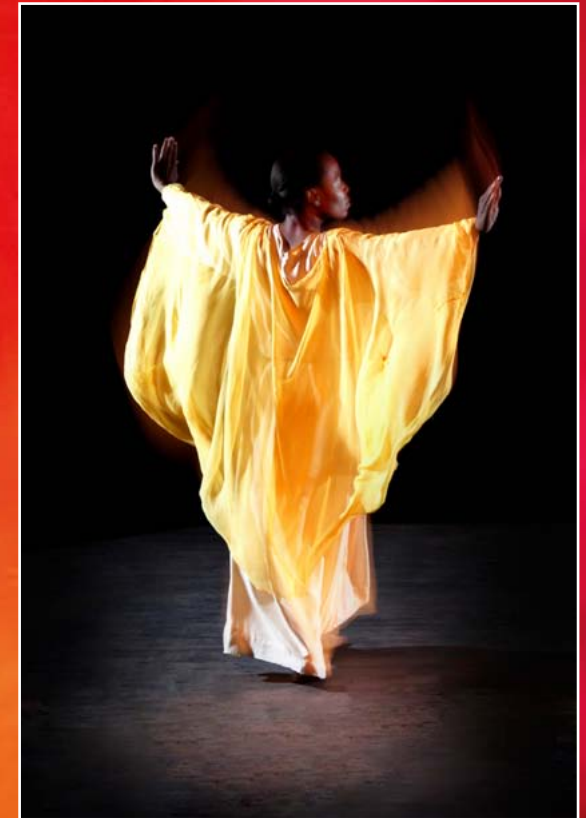
*"I see in Eurythmy the creative means for experiencing the values of our humanity. For me Eurythmy offers an empowering artistic, self-developmental, community building way to counterbalance the onslaughts we face in our lives. Eurythmy can bring a deeper alignment to our higher spiritual source, thus strengthening our inner core to deal with the challenges and potentials within ourselves, in relationships and in world scale events."*

**Michelle Kaplan:** Michelle experienced Eurythmy throughout her childhood in a Waldorf school in Cape Town. After completing her eurythmy training, she joined various performing groups, which included a tour in Russia, then became a permanent member of the Goetheanum Stage Group in Dornach, Switzerland. Over the years she has performed and held workshops in Europe, Thailand and South Africa, taught in Eurythmy schools in Switzerland and England, and given Eurythmy to children in Waldorf schools. Michelle now devotes her time to adults through the Centre for Creative Education, both in the Teacher Training Programme and in Kairos Eurythmy Training. Her deep involvement in The Kairos Eurythmy Stage Ensemble's artistic productions is leading her to seek closer relationships and interactions with other dance, drama and music companies

*"My relationship with Eurythmy seems to grow deeper every day. I never cease to be amazed and delighted at the rich, fresh experiences it continues to offer. It inspires and motivates my creativity and constantly convinces me of its ability to be the synthesis of all arts – in my opinion it is a key to the 'art of life' itself!"*

## Kairos Eurythmy

### Training Programme & Stage Ensemble



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