

Week	Theme	Exercise (esp. Steiner «Nervous conditions in our times»)	Eurythmy therapy	Nervousness, weakness of soul, illness
1	The human body, the four elements	<ul style="list-style-type: none"> ▪ Elements exercise ▪ Moving objects 	<ul style="list-style-type: none"> ▪ A–gesture ▪ H–A laughter ▪ A–H worship 	<ul style="list-style-type: none"> ▪ Forgetfulness
2	The soul, the temperaments	<ul style="list-style-type: none"> ▪ Changing handwriting ▪ What was easy/difficult for me today 	<ul style="list-style-type: none"> ▪ Levity ▪ Schwere ▪ O–gesture 	<ul style="list-style-type: none"> ▪ Little connection between soul core and deeds ▪ Burnout ▪ Fright and Anxiety ▪ Cramps/uptightness
3	The ego	<ul style="list-style-type: none"> ▪ Running thoughts backwards ▪ Selfing 	<ul style="list-style-type: none"> ▪ I–A–O in the human form ▪ I–gesture ▪ I am present 	<ul style="list-style-type: none"> ▪ Disinterest ▪ Self-doubt and overconcern
4	The spirit/mind	<ul style="list-style-type: none"> ▪ Observing oneself ▪ Changing movement habits 	<ul style="list-style-type: none"> ▪ E–gesture ▪ Big E ▪ Love E ▪ Fivepointed star 	<ul style="list-style-type: none"> ▪ Political alcoholism ▪ Overactivity and loss of control ▪ Anger und shame
5	Compassion	<ul style="list-style-type: none"> ▪ Abandonment of small desires ▪ Where did I experience compassion today? 	<ul style="list-style-type: none"> ▪ M–step ▪ Sympathy ▪ Antipathy 	<ul style="list-style-type: none"> ▪ Psychosomatic illnesses ▪ Dependence on substitute gratifications
6	Conscience	<ul style="list-style-type: none"> ▪ Weighing up and carrying out decisions ▪ Where did I experience conscience today? 	<ul style="list-style-type: none"> ▪ Rhythm ▪ Yes – No 	<ul style="list-style-type: none"> ▪ Indecision, not knowing what to do with myself ▪ Obsessive thoughts
7	Astonishment, plant observation	<ul style="list-style-type: none"> ▪ Conscious opinion-forming ▪ Refrain from criticism ▪ Where did I experience amazement today? 	<ul style="list-style-type: none"> ▪ Back space ▪ Hope–U 	<ul style="list-style-type: none"> ▪ Caught in thoughts/ideas ▪ Obsessive thoughts
8	Reversal of the exercise program	<ul style="list-style-type: none"> ▪ Devotion, compassion, conscience 	<ul style="list-style-type: none"> ▪ A–wonder ▪ O–compassion ▪ I–conscience 	<ul style="list-style-type: none"> ▪ Doubt in the efficacy of spiritual views ▪ Dependency