



An evening workshop with

**Dr. Andrea Rentea and Susanne Zipperlen**  
*Family Physician & Pediatric Doctor and CWS's Therapeutic Eurythmy Teacher*

**Wednesday March 19, 2014**

7pm-9pm, Lower Eurythmy Room, Chicago Waldorf School

**This workshop will explore how therapeutic eurythmy can support the memory forces in the school aged child.**

*Eurythmy*, which means "harmonious rhythm," was developed by Rudolf Steiner, a few years before he founded Waldorf Education in 1919. He founded eurythmy as a renewal of the movement arts and as an antidote to what he foresaw in the future of humanity.

*Therapeutic Eurythmy* is a holistic therapy which looks at and addresses imbalances of different levels of the child and the adult. This includes our physical body, life/energy/etheric body, emotional and spiritual parts of the human constitution.

**In the workshop Dr. Andrea will share her insights into how to support the children by the means of therapeutic eurythmy exercises, which Susanne will demonstrate and then invite all guests to try. We will examine how these movement exercises affect us in body, soul and spirit and share our experiences. A short Q&A session will follow.**

*\*Come prepared to join in therapeutic eurythmy movements and exercises! Please wear loose fitting clothing and be prepared to remove your footwear.*

For more information please call 773-465-2662

Dr. Andrea Rentea, MD specializes in holistic and natural medicine, treating, whenever possible, chronic and acute illnesses with natural supplements, homeopathic medicines, and other disease specific topical ointments.

This free event is sponsored by ATHENA (Association of Therapeutic Eurythmy in North America) and Chicago Waldorf School.

chicago waldorf school