

Mountain Song Community School

invites you to join our

Saturday Artistic Workshop

June 22, 2019

9:30 a.m. – 11:00 a.m.

Eurythmy with Jenny Foster

Eurythmy is a unique form of movement that brings presence and awakened awareness to its practitioners. Through a sequence of flowing geometric patterns, the class together creates a moving mandala. These patterns help to unlock physical, soulful, and social knots that may hinder optimum health and performance. Practitioners develop a heightened sense of connected awareness, leaving the class feeling refreshed, energized, and fully awake!



Jenny Foster has served Waldorf Education as a Eurythmist, early childhood teacher, and adult educator since 1995 in both the United States and Europe. In addition to teaching, she has performed and toured with several Eurythmy troupes. Jenny also holds a 200-hour yoga teaching certificate. When not teaching, Jenny enjoys long walks with her Corgi, Nova, in the hills near her home in Wilton, New Hampshire, where she teaches at High Mowing School.

Workshop Fee: \$25

To register for the workshop, contact Tiffany Maniates:

tmaniates@mountainsongschool.com

(720) 445-2169 (leave message)

Workshop will be at Mountain Song Community School

2904 West Kiowa Street

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