

Eurhythmics, a contemporary model of connection between movement, rhythm and sound

Nelida Nedelcuț

“Gheorghe Dima” Academy of Music, Cluj-Napoca

Abstract

The author points out the fact that eurhythmics is a contemporary method which promotes the connection between movement, rhythm and sound. Rhythm is the base of the eurhythmic expression, facilitating the perception of the emotional expressiveness to be reproduced in special, individual forms. The 20th century revitalized the eurhythmic concept. Rudolf Steiner and Jaques Dalcroze have advanced laws of expressing sound through movement and gestures, through associative elements which translate the expressive force of the vowels and consonants in speech. In the educational area, the activity not only of the Waldorf schools, but also of the institute founded by Dalcroze in Geneva and Brussels, associates games with rules, freedom with rigour, improvisation with creative thinking, promoting eurhythmics as an educational method applicable to people of all ages.

Key words: eurhythmics, movement, education, rhythm, art.