

Table 2: Eurythmy exercises with therapeutic indications relevant to neurological illnesses, from the early years of Eurythmy

| Exercise | Indication/ therapy aim | Year | Source |
|--|---|-------------|---|
| Lemniscate, Initially slowly then ever faster Turning into the form | Dizziness | 1912 | (30, p. 21) |
| DFGKH | Nervousness and restlessness, calming and relaxing | 1912 | (30, p. 23) |
| LMNPQ | Tiredness, lethargy, excessive need to sleep, stimulating | 1912 | (30, p.23) |
| Expansion - Contraction | Anxiety, feeling helpless: Strengthening the I | 1912 | (30, p.36) |
| HALLELUIAH | Inner cleansing | 1912 | (30, p.38) |
| 5 pointed star | Strengthening forces, consolidate the etheric body | ? | (4, p. 277) (30, p.39) (31, p. 61-62) |
| TIAOAIT | Chaotic thinking | 1915 | (30, p. 98) |
| Spiral in forward: We seek the soul Spiral in to the back: We are illumined by the Spirit | “Vital-eurythmy-geometry” harmonising | | (30, p. 107) (30, p. 41) |
| Tones: b a e d done eurythmically: TAO (eurythmy meditation) | “...The inner organisation is made pliable, graceful and artistically able” | 1924 | (2, p. 119) |
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