

I am Anna Pavan, I am originally from Italy, and I have been living at the Mount Camphill Community in East Sussex for the past 2 years and a half.

My first experience of Eurythmy wasn't quite positive. I was at the Goetheanum and I saw a Eurythmy performance in German. I couldn't understand it. I think I wasn't ready for it.

After few months I arrived at the Mount I was invited to be part of a little "performance" for the "Night for those who died". I agreed and so I learnt the "Hallelujah". This experience blew my mind. I realised how incredible it was to create something in the space with intention and in a group. From that moment my interest in Eurythmy increased, I did a bit of research and asked many questions to C.H., Eurythmists who lives at The Mount. I sporadically joined the open classes at Peredur on Friday.

Soon I was pretty sure that I wanted to study Eurythmy. Peredur centre seemed to me the perfect place for me.

I have to say that my path towards the commitment of studying Eurythmy was quite natural and spontaneous. I haven't found many obstacles on my way. Finally for once in my life everything was flowing smoothly. This feeling of ease gave me the tranquillity and the strength to recognize that I was doing the right thing for myself; at the same time I didn't build any expectations on the training, I was open to learn and somehow I was seeking for something that would change me completely.

My first year wasn't easy for many reasons.

The most important challenge for me it was finding the right rhythm between my training and my commitment in the community, this is an ongoing process.

A second reason could be the fact that half way through my first year, I found myself as the only student. It was hard being alone and finding the strength to get up every morning to be there, but my teachers supported me beautifully. Even if being the only one receiving the attention was at times overwhelming, I am very grateful for that because I improved very much as I could really focus in what I needed.

A third reason could be that since I started the training I felt spaced out. My way of being was changing, I couldn't stop the process but at the same time I didn't really know exactly what was going on with me!!

My second year has been completely different. I have two lovely school mates bringing positive energy to the course. I could say that during this year it has been easier to get up in the morning and go to my training, but on the other side the changing process started on my first year is getting deeper and I feel it more on an emotional level.

Approaching the end of my second year I couldn't be more grateful for this experience. I know for sure I am a different person. I doubted and I am still doubting my strengths, or what I thought were my strengths. My way of perceiving the world, of thinking and memorizing is changing. I can't trust myself as I used to. I was pushed to find another kind of trust, to let things go.

I was led to face my limits. I learnt the way to overcome my limits doesn't have to be the one you THINK is the preferable one.

I am very grateful and I wouldn't change anything of what it had been.

A special thank you has to go to my teachers, incredible performers and amazing and caring teachers.