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## PANEURHYTHMY AND EURHYTHMY – PHILOSOPHY AND PRACTICE

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### **Abstract**

*The paper acquaints with paneurhythmy. It is a Bulgarian kind of gymnastics, dance or method introduced by Peter Deunov (the Master Beinsa Douno) in the first half of XX century. Some authors determine paneurhythmy as a science as well: "science of the harmonious, conscious movement, based upon the laws of the Living Nature". Translation of the term means "Supreme Cosmic Rhythm". Paneurhythmy consists of a sequence of exercises, danced under music accompaniment with poetic text at the same time. Paneurhythmical gymnastic complex (=28 exercises or paneurhythmic forms) is fulfilled early in the morning from 22 March until 22 September for the people from the North Hemisphere. Logically for the people of the South Hemisphere it must be played from 22 September to 22 March. As paneurhythmy is already built and unchangeable system nobody has the right to introduce some changes in it. But in practice correct performance of exercises even nowadays leads to many heated debates. Contribution of this material is the spreading of the system, explanation of its philosophy, seeking its place in the school system. Another system precedes the Paneurhythmy and this is the system of Rudolf Steiner called Eurhythmy. The paper is also an attempt a comparative analysis between the two systems to be done.*

**Key words:** *paneurhythmic forms, comparative analysis*

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