

## Student biography

My name is Ráhel Hassmann and I am from Hungary. I am 26 years old. I grew up in a big family; being the third of four children. Eurythmy has been in my life since I was 5, because I had a Waldorf education all the way from Kindergarten to high school. So I was a Waldorf student for more than 13 years. At school eurythmy was my favourite subject. I was also good at it. I was very lucky, because I was able to take my final exam from eurythmy. After my graduation in 2013, I took a two year course and become a pastry chef in 2015. So I learned to bake beautiful and yummy cakes and cookies. In the last year of the pastry chef school I also studied at a Eurythmy training in Hungary. I couldn't manage the two schools at the same time, so I left the eurythmy course then. At that age I was too young.

Between 2015-2017 I worked at different jobs in different places.

Last summer I had a call from a dear friend of mine, saying that there is a eurythmy training at Peredur, in Sussex in England and if I want, I can try to apply to study there. I was a bit scared at first, because I never spent that long away from my home, such adventures don't usually happen to me. But I decided that I will try. And this was my best decision of my life.

The beginning of the learning was very hard because of the language and the unknown place and people and new things.

After some time, lots of practice this feeling changed. I got a new family and life and the most important thing; I got to be part of something special. I started understanding why eurythmy is so important in the world, especially these days, when many things are about to change in the world. And maybe the thing is more interesting that I started to look at myself in a different way and started understanding why we learned eurythmy at school; because everything is connected. I used to have very low self confidence and I feel that this whole journey strengthened me in many ways. I am very proud of myself and also proud and happy that I got a chance to learn eurythmy, in this very special course in England.