

# Eudaemonia *by Sandra Kluge*

[sandrakluge.com](http://sandrakluge.com) | 04/10/2025 - #6

**Practicing 10 different polyrhythms while walking  
100k steps in 1 day / playing with my right foot  
only**

---

## Focus

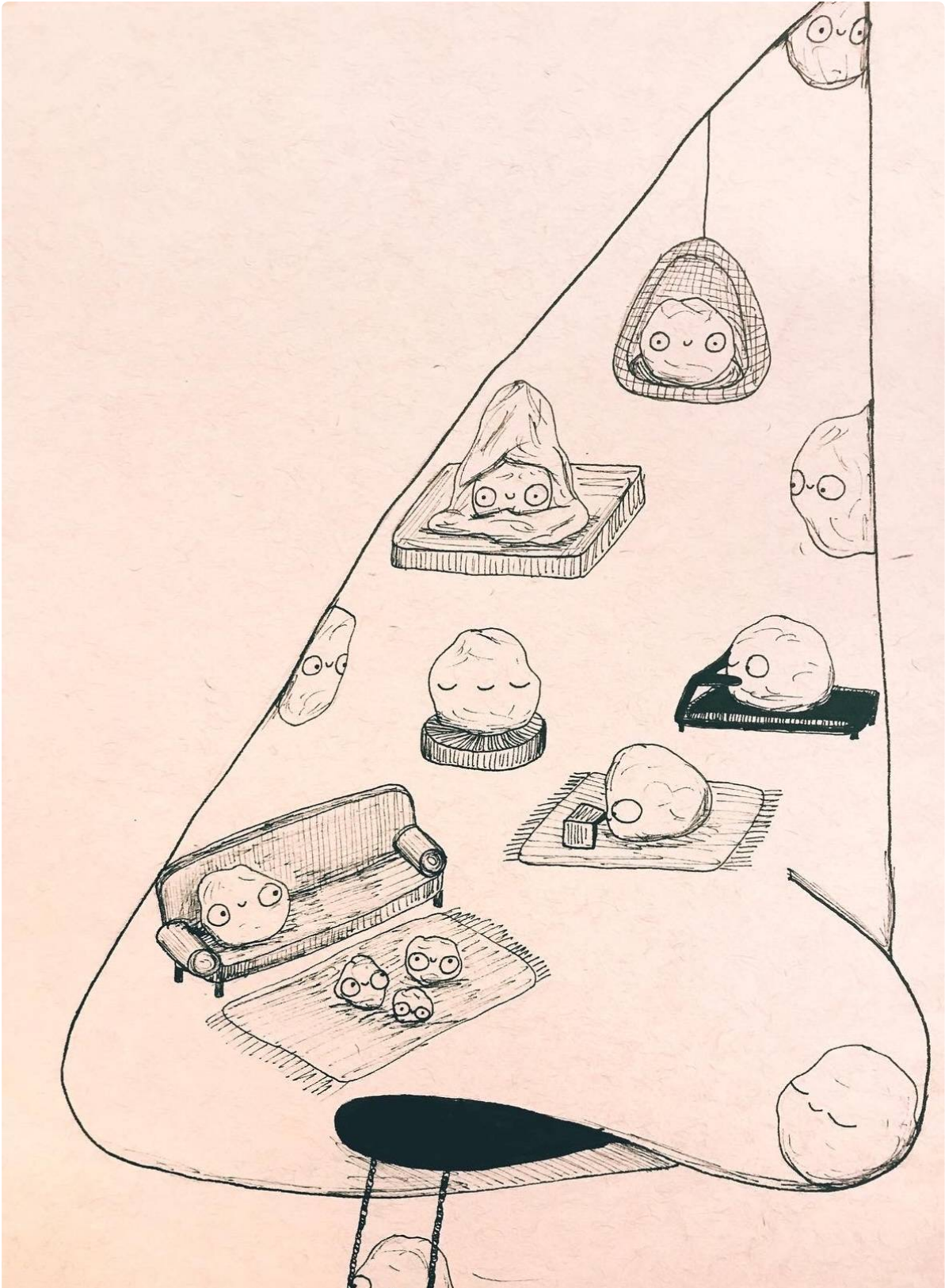


Had a super fun time playing **The Duo Series #4** with Hari Nandu last Saturday!

At the event, audience members can share prompts for our fully improvised set. The prompt for this one was, "**use only your right foot**", and we extended it to Hari only using his right hand (and foot) as well.

It was actually a super fun limitation. Next time we'll do the left side (uh-oh).

Self-awareness





Ink on paper, 5x7 in, 2022

In light of some of you starting to feel springtime allergies, I want to share an illustration I made for the Inktober prompt "Booger" a few years ago. Which booger are you?

[Also call me weird but I think sneezing feels amazing. It's so cathartic and hilarious at the same time.](#)

---

## Determination



**Last Monday, I walked 100,000 steps in less than 1 day.**

But I didn't want to *just* walk 100,000 steps. Plenty of people have done that.

I wanted to find something that no one had done before.

**So I decided to practice 10 different polyrhythms\* while walking 100,000 steps.**

*[\*If you don't know what polyrhythms are, don't worry: throughout the video, you can follow along what I practice with the colored numbers on the bottom right corner - orange is what I walk in my feet, yellow is what I clap in my hands.]*

Going into this, I felt quite confident - walking is a core element of my daily life, and on average, I walk 15-20k steps on any given day without trying very hard.



Why did I do this? Find out at the end of my video.

*(Spoiler: I didn't even feel sore after.)*

**Stats:**

- 100,000 steps
  - 51 miles (= 82km, or almost 2 marathons)
  - 16.5 hours (incl. short breaks)
  - 10 polyrhythms
  - 4824 kcal expended / 3409 kcal consumed
- 

**What makes my life more colorful this week**







I love the Brooklyn Botanic Garden at any time of the year, but the blossoming of the magnolia and cherry trees is always a special time.

---

**Eudaemonia is collaborative, so don't be a stranger! Hit reply if:**

- What I share makes you feel/think about something.
- You want to share something with me that you think I'd find interesting.
- You want to say hi :)

*May you be joyful, healthy, and at ease this week.*

~ Sandra

---

Eudaemonia (ancient Greek) describes a life well lived. It's the lifelong process of realizing our true nature, therefore fulfilling our most virtuous potentials. The eudaemon life is one dedicated to developing the excellences of being human.

In each newsletter, I share 3 things related to 3 qualities I want to embody. It's an effort to be the best and most authentic version of myself, for me, and for the world.

---



No longer interested? [Unsubscribe](#) here.

Built with **Kit**