

INFORMATION & BOOKINGS

- Join Rudolf Steiner House Mailing List
- Receive Book Catalogues
- Receive Information on Rudolf Steiner and Initiatives based on his Work


ENROL FOR THE FOLLOWING WORKSHOPS:

- Spiritual Generosity - The Actor's Art
- Tone Eurythmy workshop
- The Fool's Gift
- Parent and Children: How Family Relationships Matter
- Karma Awareness
- Who was Rudolf Steiner and What is
- Anthroposophy
- Creating a Loving Space at Home
- The Storyteller Within
- Preparing your Garden for Spring
- The Mystery of Music
- Bridging the Gap between the Living and the Dead







RECEIVE INFORMATION ON:

- London Centre for Steiner Waldorf Education
- London College of Eurythmy

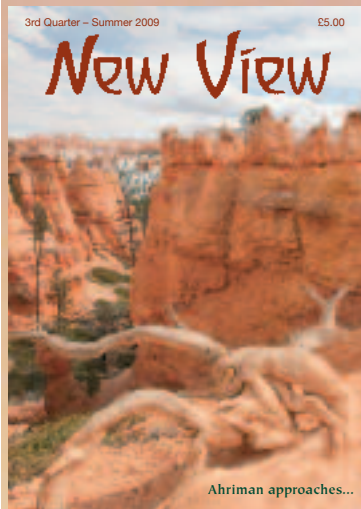

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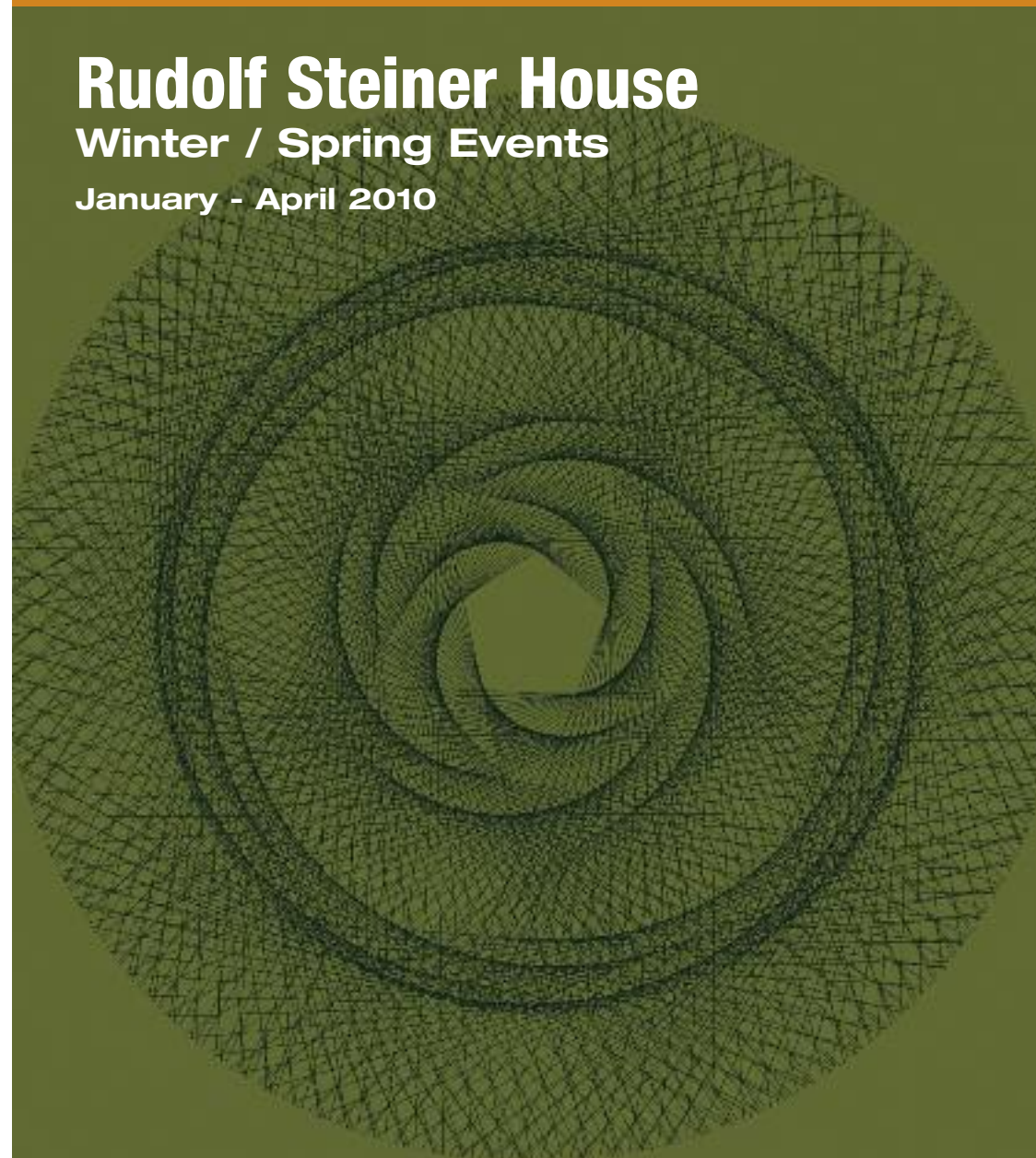
Probably the finest read in the English language about contemporary events informed by insights arising from Rudolf Steiner's Anthroposophy.

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SPIRITUALITY – EDUCATION – NUTRITION – THE ARTS

Rudolf Steiner House Winter / Spring Events

January - April 2010



Venus-Earth linklines at Venus-Sun-Views



35 Park Road London NW1 6XT
Tel 020 7723 4400 Fax 020 7724 4364
rsh-office@anth.org.uk www.rsh.anth.org.uk

About Rudolf Steiner

In the face of increasing global challenges, Dr. Rudolf Steiner (1861 - 1925) pointed to the need for a spiritual renewal of western culture, in areas including education, agriculture, medicine, economics, the sciences, religion and the arts. Today there are literally thousands of schools, clinics, farms, and other organisations doing practical work based on his insights. He offered a comprehensive path of spiritual development and research, which when pursued can contribute to the creation of a more humane world.



The Anthroposophical Society in Great Britain is based at Rudolf Steiner House



Goetheanum designed by Rudolf Steiner

and is part of the General Anthroposophical Society founded by Rudolf Steiner.

See www.anthroposophy.org.uk

We warmly invite you to attend our groups etc. If you have any questions do not hesitate to contact us on 020 7723 4400.

Advance bookings are not necessary unless stated otherwise.

Saturday 23 January 7.30 – 9.45pm

One-man play: An Evening with Dementia

A bitter-sweet play about an old actor who is suffering from dementia.

Followed by lecture:

The Evolution of Theatre: From Ritual to Therapy

With Trevor T. Smith

£8 (£5 concessions) for play and lecture

Saturday 13 March 3pm

The Little Prince

By Antoine De Saint-Exupéry

A storytelling performance with Matthew Dexter

A gentle and funny story, perhaps for children, but appealing to the child in all of us. The adventures of a little prince who sets out to discover the universe, who meets quaint and quirky characters and creatures on various planets, and finally on the Earth.

A 'mystery story' suffused with esoteric Christianity in a way that can speak to audiences today: with a lot of humour.



£7.50 adults, £5 children

Saturday 27 March 6pm

Poetry and Music made Visible through Movement

A presentation by the students of the London College of Eurythmy

Eurythmy is a modern art of movement that arose out of the work of Rudolf Steiner. He describes it as 'visible language and visible singing'. Pieces of music as well as poetry are performed by solo artists or groups.

The students of the four-year eurythmy training will show what they have worked on this term.

Retiring collection at the door - No bookings required

For more details please contact the London College of Eurythmy on 020 7723 4400 ext 208 (please leave a message on the answer phone) or email lceurythmy@freeuk.com

Sunday 28 March – Sunday 4 April

A Festival for Easter Michelangelo and Shakespeare Easter and The Spirit of Our Time

With Rev. Peter van Breda and Andrew Wolpert

A sequence of lectures during Holy Week to accompany and deepen our connection to the Easter events.

Programme of lectures:

Palm Sunday 28 March 7.30pm

Opening lecture on the theme of 'The Renaissance in Italy'

Monday 29 March, Wednesday 31 March,

Friday 2 April 7.30pm

Death and Resurrection in Shakespeare's 'King Lear'

With Rev. Peter van Breda

Tuesday 30 March, Thursday 1 April,

Saturday 3 April 7.30pm

Michelangelo and the Mystery of Golgotha

With Andrew Wolpert

Easter Sunday 4 April 3pm

Closing lecture 'How does this art speak to us today?'

With Rev. Peter van Breda and Andrew Wolpert

There will also be the opportunity for text work on 'King Lear' in the afternoon of Tuesday 30 March at 3pm and a visit to the National Gallery on Good Friday 2 April at 4.30pm.

Admission free – Donations welcome

Sunday 25 April

Meeting for New Members

We will be inviting members who have recently joined the Society to meet at Rudolf Steiner House. The meeting will take the form of short presentations followed by discussions and questions, with ample opportunity for new members to meet with each other. Topics will include: The First Class of the School of Spiritual Science, the General Anthroposophical Society and the Goetheanum, meditation and spiritual exercises. We also hope to share in some artistic activities arising out of Anthroposophy. Members who have joined the Society within the last three years will be receiving personal invitations early in the spring.

Friday 30 April 7.30pm

Lecture and book launch:

Christ Consciousness – A Path of Inner Development

With Danielle van Dijk

What does 'The Mystery of Golgotha' mean for the development of the Consciousness Soul in our time? What happened at the moment of the Resurrection of Christ?

Danielle van Dijk will speak about Jesus as a human being, the incarnation of Christ on Earth, and the cosmic Christ. She will describe how we can develop a higher spiritual consciousness within ourselves – 'Christ Consciousness' – that enables us to share in the making of a new world in which love is uppermost. She will also speak of practical exercises for inner development, as well as the Rosicrucian and Christ meditations.

£3 (£1 concessions)

All welcome – No bookings required



Exhibitions

Monday 7 December - Friday 1 January 2010

Elizabeth Wagner

'The Four Seasons, and the Angels'

Monday 4 January - Friday 29 January 2010

Gerard Wagner

'Examples of Colour Metamorphosis'



Monday 1 February – Friday 26 February 2010

Libuse Mikova

'The Mystery of Us'

Monday 1 March – Friday 26 March 2010

Martin Sexton

'Extinction of the Magicians – Return of the Magi'





What Am I Here For? Finding My Path Through Life

Our path through life is as individual as we are but there are common threads which are part of being human. In this series we are looking at some of the questions that arise along the way.

12 January – Russell Evans Why on Earth are we here? The Search for Meaning in Life

Our 'know how' has vastly increased over the past two centuries, but we are in peril of losing our 'know why'. Purpose is becoming lost. Yet there is so much more to life than meets the eye. Our life journey can be a means of opening new eyes, the eyes of the soul. A beginning can be made now, where life questions lead to a meaningful quest.

Russell Evans is by profession a chartered electrical engineer, aiming to become a professional Human Being.

19 January – Rev. Pearl Goodwin Coming and Going – Being Born and Dying

When we come into earthly life we already bring with us much from the past with who we are. We are however free in our choice in what we make of that. What do we take with us when we go through the gate of death?

Rev. Pearl Goodwin is a mother and a long-standing priest of the Christian Community, the movement for religious renewal founded on the work of Rudolf Steiner. She trained in embryology, and unites her scientific training with her work as a priest.

26 January – Terry Goodfellow Life Unexpected

The course of our lives does not always turn out as we wish or intend. In this talk we will look at what significant events and meetings have affected us on life's journey, and how these may be illumined by Rudolf Steiner's understanding of karma.

Terry Goodfellow was House Manager at Rudolf Steiner House for many years and has contributed a number of articles on current events for New View magazine.

2 February – Margli Matthews Biography Work: Opening the Present of our Lives

In this talk Margli will explore biography work as a path of development that opens us to the potential of the present moment and its creative unfolding into the future. It awakens our interest in others and the world, engendering love for the human being in every circumstance.

Margli Matthews is a biographical counsellor, trainer and supervisor with over 25 years' experience in private practice and adult education.

9 February – Nick Thomas Spiritual Experience gives Meaning to Life

In this age of the triumphs of materialism many people feel estranged from their destiny and find little or no real meaning in their lives. We can find that meaning when we wake up to the fact that we are spiritual beings. The future of the Earth and the cosmos depends upon that happening, and in this age we can train ourselves to have spiritual experiences and find again true meaning in life.

Nick Thomas was trained as an electrical engineer in the RAF. He has been interested in Rudolf Steiner's Anthroposophy since his teens and lectures widely on many themes. Currently he is engaged in research to develop a new spiritually-based scientific paradigm.

16 February – Angus Jenkinson The Role of Work Challenges in your Path

Surprisingly, stress can be a valuable aid in understanding 'What Am I Here For? Finding My Path Through Life'. Life is a development process and 'stresses' are also soul signals for spiritual and practical development.

Angus Jenkinson is author of 'From Stress to Serenity, Gaining Strength in the Trials of Life' and will explore the origins, meaning and wisdom of different kinds of stress (while commiserating with the pain!).

23 February – Dr. John Lees The Different Paths of Anthroposophic Therapy, Psychoanalysis and Transpersonal Therapy

Counselling and psychotherapy has grown exponentially in recent years and different approaches to therapy offer different ways of understanding our path through life. This lecture will look at the similarities and differences between some fundamental approaches to therapy and their relevance to the crisis facing humanity at the beginning of the twenty-first century.

Dr. John Lees is an accredited therapist in private practice and researcher at the University of Leeds.

2 March – Sevak Edward Gulbekian Holding Your Own in Mass Culture

Contemporary culture throws up many challenges and obstacles in the path of the spiritual seeker. Should we nevertheless try to embrace our culture as it stands, or should we distance ourselves from it by retreating to our own spiritual communities? Alternatively, is there a third possibility – a way that allows for participation and balance, as well as transformation?

Sevak Edward Gulbekian is publisher and editor of Rudolf Steiner Press, Clairview Books and Temple Lodge Publishing. He is also the author of 'In the Belly of the Beast, Holding Your Own in Mass Culture' (2004).

7.30 – 9pm
£3.50 (£1 concessions, students and under 25s)
No bookings required – Just turn up

9 March – Hazel Adams Living in Creative Tension

The negative aspects of stress and tension in daily life are frequently aired with many interesting solutions on offer. Can pitfalls and growth points be identified in the landscape of human existence, which although clothed in individual gestures and colours nevertheless contain a common thread?

Hazel Adams will address themes which arise in her work as an Art Therapist and Colour Light Therapist at Blackthorn Medical Centre, Maidstone, Kent, which is an NHS practice integrating anthroposophic medicine and therapies.

16 March – Dr. Tessabella Lovemore To Learn To Love

Most people know the importance of love, but learning to love when it does not naturally flow out of you seems impossible. Rudolf Steiner gave many indications of how one can develop the capacity to love anyone unconditionally and unreservedly. This active practical love he described as the moral ethic or foundation of Anthroposophy is within everyone's capacity to develop. It is not some kind of magnanimous expression of loving everyone, but an unreserved flow of health giving activity from one individual to the other. Dr. Tessabella Lovemore is specialist in behaviour, relationships and learning after 20 years as a Steiner Waldorf teacher and 14 years as an education consultant and counsellor.

23 March – Rev. Peter van Breda Christ – The Lord of Karma

Rudolf Steiner saw the incarnation of the Being of Christ as central to the ongoing development of humanity and the Earth. In our life before birth, and in our life after death, we will meet with spiritual beings who assist and guide us through the process of learning from the experience of one incarnation and preparing ourselves for the next. Christ is the being who, with us, reviews and prepares our future karma.

Rev. Peter Van Breda is a priest of the Christian Community in London, having lived and worked as a priest in South Africa for many years. His many interests include the relationship of classical art and literature to the work of Rudolf Steiner and the spiritual life.



MONDAYS

11 & 25 January, 8 & 22 February, 8 & 22 March 2 – 4pm

The Spiritual Guidance of the Individual and Humanity

With Lucine Nazikian and Trevor Dance

This is a new, informal afternoon group to read and share thoughts on this classic text, which is one of only two lecture cycles revised by Rudolf Steiner for publication. The group will meet on an ongoing basis and new participants are welcome to join at any time. Beginners are very welcome, absolutely no prior knowledge of Anthroposophy required.

£1 – No bookings required

18 January – 22 March 6.15 – 7.30pm

Discover Eurythmy – A Modern Art of Movement

With Georgie Tresidder-Howlett

Eurythmy is an art of movement initiated by Rudolf Steiner and later developed by others. Poetry, music, colour: through eurythmy all soul experiences can be expressed in movement.

With its tendency towards beauty and harmony eurythmy brings great healing and enlivening strength and counteracts the weakening influence of everyday life. Everyone is welcome, no experience necessary. Please wear soft shoes and comfortable clothes.

£7 (£5 concessions) per session - No bookings required

For more details please contact the London College of Eurythmy on 020 7723 4400 ext 208 (please leave a message on the answer phone) or email lceurythmy@freeuk.com



11 January – 22 March 7.30 – 9pm

A Path to Self-Knowledge

With Dr. Sue Peat

Rudolf Steiner outlined many exercises which, when carefully and patiently carried out, can enable us to develop the hidden faculties that

we all have. In this group we share our experiences of doing the exercises he describes in his book 'How to Know Higher Worlds'. All warmly welcome - No bookings required

£3.50 (£1 concession)

11 January – 22 March 7.30 – 9pm

Transforming the Soul

With Kenny Coffey and Ian Campbell

This informal study group will study various lectures by Rudolf Steiner building on the present theme of transforming the soul. The group meets on an ongoing basis. You are welcome to join at any time.

£1 – No bookings required

TUESDAYS

12 January – 23 March (half term to be confirmed) 10am – 12 noon

Geometry Lessons for Children aged 12+

With Paula Maybury

Practical geometry lessons presented imaginatively and pictorially, thereby developing your child's knowledge of the geometrical figures, their laws, properties and relationship to the surrounding world.

£10 per session per student – 10 sessions
Payable in advance at first session – Full term commitment required

Advance booking recommended. For booking and further information please contact Paula on 07902 908 668

12 January – 23 March 4.30 – 5.45pm

Five o'clock Tea with a Touch of Philosophy

With Christina Buecking and

Malgorzata Spaan-Liesegang

Free discussion group – Open to everyone – No bookings required

Followed by:

12 January – 23 March 6 – 6.40pm

'The Philosophy of Freedom' through the Eyes of Eurythmy

With Christina Buecking and

Malgorzata Spaan-Liesegang

This group explores Rudolf Steiner's ideas through practical Eurythmy exercises.

£2 - No bookings required

12 January – 23

March 6.45 – 8pm

The Kalevala – A Finnish Epic

With Christina Buecking

Eurythmic movement combined with the art of storytelling and mask theatre.

Professional tuition.

£7 (£5 concessions) per session



19 January – 23 March 6.15 – 7.15pm

The Christian Festivals in the Cycle of the Year

With Michaela Wijnberg

Studies, contributions and conversations about the Christian festivals as they follow each other in the cycle of the year. All welcome.

£1 - No bookings required

12 January – 23 March 7.30 – 9pm

Drawing: A Waldorf Way Beginners Course in Creative Drawing

With Michael Humphreys

All equipment supplied except for drawing board.

£10 (£8 concessions) per session

For more information and to book please contact Michael Humphreys on 07854 793 224 or email spikehumphreysart@yahoo.co.uk

WEDNESDAYS

13 January – 24 March 10am – 12 noon

Snowdrop Parent and Toddler Group

For children up to 3 years

With Letitia Costain

£7 (£6 concessions) per session,

£3 for sibling

Booking essential.

Concessionary rate if paid in advance.

For more information please contact Letitia Costain on 020 8806 8818.



13 January – 31 March (half term 17 February) 1.30 – 2.30pm

Home Educators Art Sessions for Children aged 6 and above

With Carol Baker

These sessions will give the children the opportunity to learn about and explore different art media through projects that will run for 3 weekly periods.

£6 per child per session, £2 sibling rate

Please note this is not a drop in class and must be booked in advance.

To book and for more information please contact Ilana King on 07956 099894.

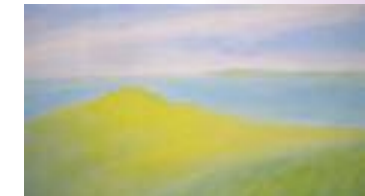
13 January – 24 March (3 February half term)

Painting classes

With Lyle Gold

3.45 – 5.30pm Watercolour painting class for beginners

Wet-on-wet method. To give newcomers a real opportunity to start from the beginning, this class will introduce simple colour moods and seasonal images especially for participants new to this method.



6.15 – 8pm The Four Elements – Part II

The four elements will lead us to soul moods and stories. Wet-on-wet method. Mainly for previous students, or others with some experience in painting 'the Steiner way'. Materials provided.

Taster £13 first session only, please notify tutor.

£125 (£110 concessions)

Commitment for the whole term, and advance payment required.

Bookings through 07503 137703 or lyle.gold@gmail.com

Those booking and pre-paying both classes will pay £225 (£195 concessions)

13 January – 24 March 6 – 8.15pm
Rudolf Steiner House Singers

With Ian Campbell

A space for everyone who likes to sing - for joy, for the soul, and for others. We are a self-led group exploring Rudolf Steiner's insights on music, taking turns to bring songs, and benefiting from the talents, experiences and enthusiasms of all.

'In the future... people will regard the tone as a kind of window through which they enter the spiritual world.' Rudolf Steiner

For more information please contact Ian Campbell at singers@f2s.com or 020 8998 8604

£1 - No bookings required

13 & 27 January, 10 & 24 February, 10 & 24 March 6.15 – 7.45pm

Members Study Group

This group, for Members of the Anthroposophical Society, will meet on alternate Wednesdays. We will study and deepen our understanding of various texts by Rudolf Steiner. These will vary depending on what the group would like to study and where the theme takes us.

All Members warmly welcome.

20 January, 3 & 17 February, 3 & 17 March 7.30 – 9pm

Macrocosm and Microcosm

With Philip Martyn and David Lowe

We will be reading and discussing the lecture series 'Macrocosm and Microcosm' given by Rudolf Steiner in 1910.

£3.50 (£1 concessions) - No bookings required

THURSDAYS

14 January – 18 February 11am - 12.30pm

Thinking about Current Events

With Susanne Mainzer & Terry Goodfellow

Through the study of selected lectures by Rudolf Steiner, we shall attempt to understand the spiritual impulses behind the flux of present day events. The

material to be studied will be agreed during the course of the initial sessions and will depend on the interests of the participants. All

welcome, background in Anthroposophy helpful.

£1 - No bookings required

21 January, 4 & 18 February, 4 & 18 March 7.30 – 9pm

Introduction to Rudolf Steiner's Teachings

With Philip Martyn

In our sessions we will discuss the following:

1. Who was Rudolf Steiner and What is Anthroposophy
2. The Human Being as a Spiritual Being
3. What happens when we die
4. Understanding Karma and Reincarnation
5. The basics of Steiner Waldorf education

All welcome.

£3.50 (£1 concessions) - No bookings required

FRIDAYS

15 & 29 January, 5 & 19 February, 5 & 19 March 5.15 – 6.45pm

The Reappearance of Christ in the Etheric

With David Lowe

These lectures given by Rudolf Steiner in 1910 concern the most significant spiritual event of the 20th century and what it means for humanity in general and also for individuals.

Reading and conversation - All welcome

£3.50 (£1 concessions)

22 January, 26 February, 26 March 7.30 – 9pm

Looking at Art

With David Lowe and Trevor Dance

This term we will be looking at Italian Renaissance painters.

22 January – Piero della Francesca

26 February – Botticelli

26 March – Visit to the National Gallery (meet at Rudolf Steiner House at 7pm)

£1 - No bookings required

FRIDAYS

15 & 29 January, 5 & 19 February, 5 & 19 March

Experiencing the Etheric

Introduced by David Lowe

In 1910 Rudolf Steiner gave a lecture called 'Spiritual Science as a Preparation for Etheric Vision' (in the lecture cycle 'The Reappearance of Christ in the Etheric'). This term speakers have been asked to talk about how they experience the etheric in their own spiritual research, keeping in mind this event in the etheric world.

All welcome - Some knowledge of Anthroposophy will be assumed

15 January - Nick Thomas

Christ and Etheric Forces, Etheric Technology

Rudolf Steiner discovered etheric forces of various kinds which are related to the existence of Christ in the etheric realm.

These relate to future developments in technology when humanity is ready to form the esoteric groups necessary to use such technology. This talk will explore these ideas.

Nick was trained as an electrical engineer in the RAF. He has been interested in Rudolf Steiner's Anthroposophy since his teens and lectures widely on many themes. Currently he is engaged in research to develop a new spiritually-based scientific paradigm.

29 January - Robert Lord

What happens to the etheric body after death?

Life is possible so long as the etheric body is attached to the physical body. When, at death, this connection is severed, usually the ether body 'dissolves' into the cosmic ether. This talk will consider this process and why the word 'dissolve' could give the wrong picture.

Originally trained in pure mathematics, Robert has been working as an architectural colour consultant and lazare artist for about 30 years. In 2002 he founded 'The Invisible Community' with the aim of providing a focus for understanding the afterlife and afterlife contact.

7.30 – 9pm

£3.50 (£1 concessions, students and under 25s)
 No bookings required – Just turn up

5 February - Philip Martyn

Angels and the Etheric

The spiritual beings closest to human beings are the Angels. How do they experience the etheric world? What is their relationship to human society?

Philip worked in the City and is Joint General Secretary of the Anthroposophical Society in Great Britain.

19 February - Martin Large
Community Building

How are we building relationships between people and places, reconnecting with land and communities?

Martin Large works as a facilitator in organisational development, in business and in co-op development. He also has a background as an academic. A father of four children, he campaigns for the de-commercialisation of childhood.

5 March - Sylvia Francke

Sacred Waters, Sacred Places and the Sounding Cosmos

It is possible to perceive how a gradual awakening to the activity of the etheric world has begun to take place in the scientific community at large when comparing the late 20th century discovery of nine dowse-able resonance patterns in water by two Austrian scientists with statements made by Rudolf Steiner ninety years earlier.

Sylvia Francke will link these recent findings with observation of the waters at ancient sacred places which resonate to the influence of the 'Music of the Spheres'.

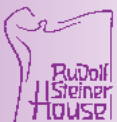
19 March - Dr. Brien Masters

Out of the Blue:

The most prominent manifestation of the etheric in childhood

The remit of class teachers in Rudolf Steiner or Waldorf schools is to teach children during the second septennial phase of their incarnation, i.e. from 7 – 14 years inclusive, the pedagogy being focused on the etheric. What can we learn of the nature of the etheric from this?

During all his fifty-plus years working with Anthroposophy, Brien has been engaged in teaching at all levels, including adult education. His PhD and most of his publications address one aspect of education or another.



Friday 22 January 7pm

Public lecture:

What happens when we live?

Learning in life and reviewing in death.

Anthroposophical facts about reincarnation.

£5

Saturday 23 January 10am – 5pm

Experiencing the Workings of Karma through Artistic Work

With Clare Kunze

Watercolour, pastels and clay

£70 (£55 concessions) -

Booking essential

Bookings through 07503 395

263 or care4art@yahoo.co.uk



Sunday 24 January 10am – 4pm

Spiritual Generosity – The Actor's Art

With Trevor T. Smith

For this acting workshop please bring a text or poem on which you would be willing to work in the afternoon.

£20 - **Booking essential**

To book please contact Rudolf Steiner House on 020 7723 4400

Sunday 24 January 10am – 5pm

Working with Your Guardian Angel

With Julia Kubler

Your Guardian Angel has been with you always and knows your karma. In this workshop we shall be exploring how to contact, recognise and develop a deeper understanding and conscious working relationship with your Guardian Angel. The spiritual significance of this work will assist in consciously directing your destiny. This will be a non-intrusive, interactive process of expression through colour, speech, movement, creative visualisation and meditation.

Please wear loose comfortable clothing. Paintbrushes, paper and paint can be provided.

To book please call Julia on 01206 396 224

£65 – Limited to 12 people

Sunday 24 January 2 – 5pm

The Wonder of the Honeybee

With Heidi Herrmann and Anne Damerell of the Natural Beekeeping Trust

www.naturalbeekeepingtrust.org

Participants will be introduced to some of the rich and astounding facets of bee life. What do bees need from us? How can we make space for them in our life, in our culture? Where does biodynamic husbandry fit into the picture?

Together we will explore and discuss new ways of relating to these extraordinary creatures whose essence Rudolf Steiner describes as Love.

£8 (discretionary concession available)

No pre-booking required – Just pay on the day



Saturday 30 January 10am – 12 noon -

Public talk and discussion

£10 (£8 concessions)

Saturday & Sunday 30 & 31 January

1.30 – 4.30 pm – **Workshop**

Who Will I Meet When I Die?

With Kelly Connor

This talk and workshop explains how to recognise contact from the dead, why contact happens and why it is essential to recognise it.

Drawing on Rudolf Steiner's indications about our after-life journey and Kelly Connor's life experience and dedicated research, the workshop will confirm that we can all follow the after-life journey of those that have died because there is an inherent wisdom and elegance in the mystery of death that can be unravelled through love.

£40 (£35 concessions)

For booking please contact Kelly on 01342 823 820 or email kelly@kellyconnor.com

For more details see

www.kellyconnor.com/kamaloca

Sunday 31 January 2 – 5pm

Tone Eurythmy workshop

With Georgie Tresidder-Howlett

Eurythmy provides food for the soul which is so often lacking in our everyday lives. It puts us back in touch with the creative sources of life.

In this workshop we will explore how through movement the different elements of music which we can hear can be made visible to the eye.

£20 (£15 concessions) – **Booking essential**

For more details please contact the London College of Eurythmy on 020 7723 4400 ext 208 (please leave a message on the answer phone) or email lceurythmy@freeuk.com

Sunday 31 January 2.30 - 5pm

Celebrating Candlemas

With Mary Anne Paterson and David Lowe

The light of the sun returns to the earth and gradually the earth organism awakens to new life and growth.

We will be reading about the festival and then painting the light.

All welcome – No expertise required

£5 (£3.50 concessions)

Sunday 14 February 9.30am – 5.30pm

The Fool's Gift:

Embracing Uncertainty and the Unknown

With Juan Korkie

In moments of uncertainty, doubt and unpredictability, our vulnerabilities are exposed and our securities threatened. Yet the archetype of The Fool dwells in the unknown. Uncertainty cannot threaten one who lives fully in the here-and-now. The Fool knows that between the certainties of daily living are hidden seeds for new possibility and creativity. The Fool's Gift is about embracing these seeds and moments with freshness, playfulness and curiosity. This workshop explores ways of discovering The Fool in each of us.

£10 – **Booking essential** – Limited to 12 participants

For more information email juankorkie@yahoo.com

To book please contact Rudolf Steiner House on

020 7723 4400



Sunday 14 February 10.30am – 5pm

Parents and Children: How Family Relationships Matter

With Lourdes Callen

In this workshop we build our understanding of the dynamics of relating within the family – the interactions between adults, and between parents and children. As we meet challenges in everyday family life, we wonder: Are our learned patterns of relating serving us now? We will look at:

- What children look for in their relationship with parents and how this connection influences them
- Understanding anger and reactions – Breaking through negative cycles
- Discovering and attending the inner child in us
- Transforming difficulties into greater possibilities
- Enriching family life. Creating harmony and trust

In these workshops adults meet each other in a space that encourages support and learning. They bring their questions and experiences, opening the way to new ideas, commitment and enthusiasm for the task of parenting.

£80 (£55 concessions) Places limited - **Booking essential**

To book please contact Rudolf Steiner House on 020 7723 4400

Friday 19 February 7pm

Public lecture: The Relevance of Goethe's Colour Phenomenology for Transformative Painting Today

£5

Saturday 20 February 10am – 5pm

Sunday 21 February 10am – 1pm

Goethe 1810: 200 years of Colour Phenomenology

With Clare Kunze

Practising transformative painting. With prism observations.

£90 (£65 concessions) - **Booking essential**

Bookings through 07503 395 263 or care4art@yahoo.co.uk

Sunday 21 February 9.30am – 5.30pm

Karma Awareness

With Malcolm Daniels

Unpleasant and unwelcome events in our lives can be a real challenge for us. Crises come and we wonder 'Why should this happen to me?' Our repeated life patterns may well have their origin in past lives. How can I recognise them? What can I do about them? How can I understand my karma better?

£50 (concessions by negotiation)

Booking essential – Limited to 10 participants

To book please contact Rudolf Steiner House on 020 7723 4400

Sunday 21 February 2.30 – 5pm

Who was Rudolf Steiner and What is Anthroposophy?

With Susanne Mainzer and Doris Csida

This workshop is for people who are new to Anthroposophy and want to find out more about the work of Rudolf Steiner.

£3.50 (£1 concessions)

Sunday 28 February 10.30am – 4pm

Creating a Loving Space at Home

With Charlie Kennedy and Philip Martyn

Wherever we are there is energy. This can be out of balance and can create an imbalance for us and our loved ones. Today we will look at our personal space and that within our homes and work places and how that has an effect on our physical health. Be that our appetite, sleep patterns, relationships and our general health. We will explore the possible energetic effects of these patterns as well as find suitable methods of clearing them individually and creating a positive environment for us as individuals, our loved ones and work colleagues.

£15 (£7 concessions) – Advance booking necessary

Sunday 28 February 11am – 5pm

Awakening to the Genius of Childhood - Reconnecting with the Child Within

With Dr. Raoul Goldberg

Drawing on his research, medical work and Rudolf Steiner's insights into child growth and holistic



medicine, Raoul, author of 'Awakening to Child Health – Holistic Child and Adolescent Development', starts by reconnecting with the wonder of childhood through evoking one's own experience as a child. Payment on the day at the door – No bookings required £20 (£10 concessions)

Sunday 28 February

4 – 5.15pm The Imagination of Artists

With David Lowe

We will be looking at slides of the works of artists such as Leonardo and Michelangelo, Picasso and Kandinsky to see how they experienced the world.

£3.50

5.45 – 7pm Drawing

Bring a pencil and paper and join a small friendly drawing group.

All welcome – No expertise required £1

Sunday 14 March

9.30am – 5.30pm

The Storyteller Within: Becoming the Author of Your Own Life Story

With Juan Korkie

There are times when we feel that we are no longer living our own lives – that we have somehow ceased to be the author of our own life story. We find that we have become the passive victims, focusing only on moments of hardship, struggle and loss. It is so easy to live from one moment to the next without stopping to capture the essence and beauty of each day. This workshop is about stopping and revisiting what we include in our own life story – what we choose to tell ourselves and others and why.

£10 – Booking essential – Limited to 12 participants

For more information email juankorkie@yahoo.com
To book please contact Rudolf Steiner House on 020 7723 4400



Sunday 14 March 11am – 4.30pm

Preparing your Garden for Spring & Seasonal Tips

With Dorette Schwabe

Hosted by London Biodynamic Gardeners This workshop will look at the steps involved in preparing your garden for a new season and offer some seasonal tips. It will include information and advice on improving soil conditions using biodynamic preparations and sprays and biodynamic compost



making. The last hour will be spent stirring the soil preparation BD500. Please bring an empty bottle (pint/litre) if you want to take some home for your garden.

£10 (£5 concessions)
Booking essential

Saturday 20 March 10am – 5pm

Sunday 21 March 10am – 1pm

Plantwork II – The Flower

With Clare Kunze

Continuing from the exploration of leaf and tree last autumn, we will explore process inspired ways of painting and drawing flowers. Colour pencils are needed for Sunday. All else provided.

£85 (£60 concessions) -

Booking essential

Bookings through 07503 395 263 or care4art@yahoo.co.uk



Saturday 20 March 10.30am – 5pm

The Mystery of Music

With John Dalton

John Dalton plays harp and wind instruments, and in this workshop will discuss: music and the other arts, their purpose, the origins of sound, Chladni, Hans Jenny and the effects of sound on matter, the evolution of music and consciousness, harps and angels, music from Antiquity to jazz and rock, Indian and Chinese music, the human being as musical instrument, sound, utterance and tone, music for healing, misuses of music, effects of electricity, amplification, modern trends.

Examples will be played on harp and wind synthesizer. A stimulating time is guaranteed for all. £25 (£18 concessions)
To book please contact Rudolf Steiner House on 020 7723 4400



Sunday 21 March 3 – 5.30pm

An Introduction to Leonardo da Vinci

With David Lowe and Trevor Dance

A special afternoon looking at the work of this great master, one of the most famous artists in the world. We will be looking in detail at the 'Mona Lisa' and 'The Last Supper'. All welcome – No specialist knowledge required

£5 (£3.50 concessions)

Sunday 28 March 2.30 – 5pm

Bridging the Gap between the Living and the Dead

With Dr. Sue Peat

In this workshop we will consider our spiritual journey after death, share some meditative work and simple exercises and address some frequently asked questions including what happens following suicide or sudden and unexpected death and how we can understand our contact between the living and the dead.

All welcome - No bookings required £3.50 (£1 concessions)

DISCOVER EURYTHMY
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based at Rudolf Steiner House
London College of Eurythmy
loneythmytrials.com or 020 7723 4400 ext.128

Facilitators' biographies:

Baker, Carol: Carol trained in Fine Art and 3D Design at Chelsea College of Art and John Cass School of Art and also trained as a Steiner Waldorf Kindergarten Teacher. Carol has worked in different areas of Art Education in museums, schools and community centres and for many years she has been working in Kindergartens and Parent and Toddler groups.

Breda, Rev. Peter van: Peter is a priest of the Christian Community in London, having lived and worked as a priest in South Africa for many years. His many interests include the relationship of classical art and literature to the work of Rudolf Steiner and the spiritual life.

Buecking, Christina: Christina trained as a professional performance art eurythmist. She runs Mythological Dance Theatre productions since 1995 and performs nationwide in theatres and schools.

Callen, Lourdes: Lourdes facilitates learning groups on parenting which include experiential exercises, talks and dialogue. She is a counsellor with a background in Steiner Early Years education, working both here and in Spain. See www.atimeforchildhood.com

Campbell, Ian: Ian experienced the transforming power of song in the Christmas Plays at Rudolf Steiner House, and attends regular discussion groups, talks and classes.

Coffey, Kenny: Kenny is a facilitator at Rudolf Steiner House.

Connor, Kelly: Kelly was born in the UK and emigrated to Australia at eleven. At seventeen, following the trauma described in her book 'To Cause A Death', she travelled across Australia, met Anthroposophy in 1984 and moved to England in 2001. Kelly travels internationally giving talks and workshops on the relationship between the living and the dead.

Costain, Letitia: Letitia has a Primary Certificate in Education and also trained in Kindergarten work at the Rudolf Steiner School in Kings Langley. She ran the Mulberry Bush Kindergarten in Islington, which moved onto what is now St. Paul's Steiner School in Islington, London.

Dance, Trevor: Trevor is a lecturer, working with Hammersmith & Fulham Adult Education Service. He has given talks and written articles on art and artists and is curator of exhibitions at Rudolf Steiner House.

Daniels, Malcolm: Malcolm is a senior facilitator of the New Adult Learning Movement and runs courses and seminars arising out of Anthroposophy throughout the UK but also abroad.

Dexter, Matthew: Matthew has performed his one-man shows to audiences all over the UK, Ireland, Europe and the USA. As an actor he imbues his stories with a dramatic vividness.

Dijk, Danielle van, MA: Danielle has taught literature, philosophy and ethics at the Steiner Waldorf school in Zeist, the Netherlands, for more than 30 years. During this time she has also made an intensive study of Christian esoteric teaching and Anthroposophy

Gold, Lyle: Lyle studied art and Anthroposophy in Israel, graduated from the NeueKunstSchule painting school in Basel, Switzerland, and is currently completing her Transpersonal Arts in Therapy training at the Tobias School, East Grinstead.

Goodfellow, Terry: Terry was House Manager at Rudolf Steiner House for many years and has contributed a number of articles on current events for New View magazine.

Humphreys, Michael: Michael is an experienced art tutor and freelance anthroposophical artist.

Kennedy, Charlie: Charlie is an accountant and management consultant with a lifelong connection to the spiritual and is an experienced counsellor and workshop facilitator.

Korkie, Juan: Juan is a Clinical Psychologist working with adults with mental health problems in the NHS. His interest is in finding ways of bringing psychology, mental health and Anthroposophy together.

Kubler, Julia: Julia has been a practising Colour Therapist and Counsellor since 1991.

Kunze, Clare: Clare is a freelance tutor in Art and Anthroposophy. Painting since 1985, she has developed her own style of teaching process-oriented painting based on the colour insights of Johann Wolfgang von Goethe and Rudolf Steiner.

Lowe, David, MA (Art History): David is a teacher and lecturer in the UK and the USA. He is the joint author of 'Goethe, Palladio and the Discovery of Metamorphosis' and of 'Michelangelo and the Grail Impulse' (To be published in 2009).

Mainzer, Susanne: Susanne's working life includes editing, library work and teaching, and for many years editorial and administrative work for the Anthroposophical Society in Great Britain. Susanne has a degree in History.

Martyn, Philip: Philip worked in the City and is Joint General Secretary of the Anthroposophical Society in Great Britain.

Maybury, Paula: Paula holds a diploma in Waldorf Education and has been teaching Mathematics and Sciences in Waldorf Upper Schools in the UK since 2005.

Nazikian, Lucine: Lucine graduated from the Teacher Training College in Cyprus, and has been studying Anthroposophy for many years now.

Peat, Dr. Sue: Sue is a medical consultant specialising in pain control.

Schwabe, Dorette: Dorette trained in horticulture and Biodynamics in Switzerland where she ran a landscape gardening business for 10 years. She is now one of the UK's foremost biodynamic gardeners.

Smith, Trevor T.: Trevor has been a professional actor for many years appearing with the RSC, Theatre Workshop, at the Old Vic, in the West End, on film and television. During the 1990s he became a class-teacher in a Steiner Waldorf school taking a class through its eight-year cycle.

Spaan-Liesegang, Malgorzata: Malgorzata is a musician and psychologist. Since 1989 she has been working on and for Anthroposophy with groups in Poland, Germany and Scotland. At present she is a student at the London College of Eurythmy.

Tresidder-Howlett, Georgie: Georgie is one of the principal teachers at the London College of Eurythmy. After her training with Isabelle Rivierez and Hajo Dekker she worked with the Novalis stage-project in Witten-Annen, Germany. Georgie taught eurythmy and drama at the Brighton Steiner School for many years and has been a performing eurythmist with London Eurythmy for more than 10 years. She is also a qualified Eurythmy Therapist.

Wolpert, Andrew: Andrew's work has included the story of Parzival, Italian Renaissance Art and Shakespeare, as well as English language and culture, and Anthroposophy.

RUDOLF STEINER HOUSE - Office
Opening hours: Mon – Fri 12 – 7pm
Tel: 020 7723 4400 – 201

Email: rsh-office@anth.org.uk
www.rsh.anth.org.uk

LIBRARY: Membership of the Library is open to everyone, but would-be borrowers who are not members of the Anthroposophical Society will be asked to provide a reference. There is an administration charge for all borrowers of 30p per book or £10 per year. Please enquire further for details
Tel/Fax: 020 7224 8398

Email: rsh-library@anth.org.uk

Opening hours:
Tuesday, Thursday & Saturday -
12 noon - 2 & 3 - 7pm
(Monday, Wednesday, Friday
& Sunday - Closed)

RUDOLF STEINER BOOKSHOP

Tel/Fax: 020 7724 7699

Email: rsh-bookshop@anth.org.uk

Mon – Fri 12 noon – 3 & 4 – 8pm
Sat 10am - 2 & 3 - 6.30pm

When possible the Bookshop will be open on those Sundays when workshops are taking place.

TRANSPORT: We are situated close to Regent's Park and a five minute walk from Baker Street station.

BIODYNAMIC CAFÉ

Opening hours (in term times):

Tuesday: 6 – 7.30pm Saturday: 9am – 5pm

The Café can be opened at other times by request



INFORMATION & BOOKINGS

If you would like to take part in any of our workshops or events, join our mailing list or receive information on Rudolf Steiner and anthroposophical activities, kindly fill in this form with all the appropriate details, adding payment where required, payable to 'Anthroposophical Association', and send to:

RUDOLF STEINER HOUSE
35 PARK ROAD, LONDON NW1 6XT

PLEASE NOTE THE FOLLOWING:

Credit Card bookings can only be taken in person. If you require receipt for payment for a booking or enrolment, please send a SAE. Proof of eligibility for concessions is required in all cases. Cancellations with less than two weeks' notice will not be refunded.

OUR CONCESSION PRICES APPLY TO:
Under 18, over 60, full-time student, ACE card, Westminster Resident and Staff Cards, those in receipt of: Working Family Tax Credit, Invalidation Benefit, Disability Living Allowance, Job Seekers Allowance, Incapacity Benefit.

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