

# EVENTS

Spring / Summer 2020

Rudolf Steiner House 35 Park Road London NW1 6XT

# Welcome to Rudolf Steiner House

## Refurbishment announcement

Rudolf Steiner House is undergoing a refurbishment of the ground floor, including the theatre, foyer, entrance lobby and bookshop. It started on 7th February and is scheduled to be completed on the 22nd April. During this whole period, the theatre will be closed, but the rooms upstairs will be in use. The bookshop and cafe will be open as usual, except for the first two or three weeks in April, when the café will be closed and a provisional bookshop will be set up in the entrance lobby. (Timings may vary during the refurbishment).

We look forward to welcoming you back for events in our beautifully refurbished theatre soon.

**For Summer opening times please check the website.**

### Rudolf Steiner House

35 Park Road, London NW1 6XT

T: 020 7723 4400

[www.rsh.anth.org.uk](http://www.rsh.anth.org.uk)

[f.com/rudolfsteinerhouse/](https://www.facebook.com/rudolfsteinerhouse/)

### Office

Opening hours Monday to Friday 9am–5.30pm

### Doris Bailiss

Finance and Administration Manager

Membership Secretary

E: [doris.bailiss.rsh@anth.org.uk](mailto:doris.bailiss.rsh@anth.org.uk)

### Ilona Pimbert

Communication and Administration Officer

E: [ilona.pimbert.rsh@anth.org.uk](mailto:ilona.pimbert.rsh@anth.org.uk)

### Bookshop

Opening hours

Monday to Friday 12noon–3pm, 4pm–7pm

Saturday 10am–6pm

E: [rsh-bookshop@anth.org.uk](mailto:rsh-bookshop@anth.org.uk)

T/F: 020 7724 7699

### Library

Opening hours Tuesday, Thursday, Saturday,

12noon–2pm and 3pm–7pm

E: [rsh-library@anth.org.uk](mailto:rsh-library@anth.org.uk)

T/F: 020 7224 8398

Library will be closed during August;

hours may vary so please check with RSH nearer the time.

### Café

Opening hours Saturday 9am–5pm

The Café can be opened at other times by request, please contact the Office for further information.

### Receiving EVENTS

For an electronic version of this brochure contact

E: [ilona.pimbert.rsh@anth.org.uk](mailto:ilona.pimbert.rsh@anth.org.uk)

### EVENTS team

Christiana Bryan, Glenn Charles &

Ilona Pimbert

### Please send your submissions to

E: [ilona.pimbert.rsh@anth.org.uk](mailto:ilona.pimbert.rsh@anth.org.uk)

**Deadline for submissions to the next issue** – Monday 6th July 2020

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Opinions expressed in this leaflet are the responsibility of their authors. They do not represent the views of the Anthroposophical Society in Great Britain, as the Society cannot have an opinion, only individuals can.

# ABOUT ANTHROPOSOPHY

**RUDOLF STEINER** (1861–1925) was an Austrian philosopher, scientist and social reformer who extended scientific research beyond the existing parameters of natural science to investigate the non-physical, spiritual realities of life. Using clear and accessible means for attaining spiritual knowledge, he offered insights that have inspired new approaches in many fields of contemporary practical life. He shared the results of his work in over 40 books and 6,000 lectures. Many of these works are available in the bookshop and/or Library in Rudolf Steiner House. Rudolf Steiner Press is the sole publisher and distributor of his work in the U.K.

During the course of his life, Rudolf Steiner collaborated with doctors, therapists, farmers, business people, teachers, scientists and artists. These collaborations created Waldorf Schools, biodynamic agriculture, new economic and social models, the Camphill movement, anthroposophic medicine and a large number of other initiatives that exist today in Great Britain and across the world. Many of the people who come to Rudolf Steiner House are actively working in these fields.

Rudolf Steiner re-founded the Anthroposophical Society at the Goetheanum in Dornach, Switzerland in 1923 as: “an Association of people whose will it is to foster the life of the soul both in the individual and in society, based on a true knowledge of the spiritual world”. The Society is in no sense a secret society as membership is open to everyone regardless of religious belief, race, nationality, social standing, scientific or artistic conviction. Membership is therefore not dependent on agreeing with the results of Rudolf Steiner’s spiritual research. He considered freedom of thought to be fundamental to human existence, including the freedom to disagree with his teachings.

The Anthroposophical Society in Great Britain was founded in Rudolf Steiner’s presence in London in 1923 and in 1932 Rudolf Steiner House at 35 Park Road became its headquarters.

The Society not only embraces the activities that take place in the theatre and meeting rooms here but also work and study in local groups across Great Britain, including the celebration of festivals, artistic performances, courses, trainings, lectures and major national and international conferences. It is funded by its members who are asked to make an annual financial contribution to support its work. Governance of the Society lies with the Council who, together with the Honorary Treasurer and General Secretary, are appointed by its members.

**Marjatta van Boeschoten**

*General Secretary of the Anthroposophical Society in Great Britain*

## SPIRIT IN ACTION

### Thursday evenings 7.30pm-9pm

A series aimed at people in their 20s and 30s with an interest in spirituality, but all are welcome. These evenings are a blend of teaching and activities, usually with some connection to Anthroposophy, a contemporary spiritual path created by Rudolf Steiner for people who want both to develop themselves spiritually and to help the world.

Contribution: £10 (£7 students) pay on the door unless it's a limited numbers evening then online at [www.rsh.anth.org.uk/spiritinaction](http://www.rsh.anth.org.uk/spiritinaction) or by phone to the RSH Office.

### **Water: Accumulator and Transmitter in Nature and Spirituality**

With Ralf Roessner

**Thursday 21st May**

Water is both commonplace and mysterious with uses both mundane and sacred. You can find it in your taps, on the altar in Tibetan Buddhist temples and as a carrier for healing energies used by Native North American medicine men. In Europe, healing springs and wells were known in antiquity and this is a resurgent spiritual science today. Water is also a fundamental factor in the weather and brings life to the landscape beyond just irrigation.

*Ralf has 20 years' experience as a Researcher of the esoteric life of water and developer of vortexing products to revivify energetically depleted water. He is also a former Steiner School art teacher and Biodynamic farmer of light root.*

### **Working with Nature Spirits to Transform Ourselves and the Earth**

With Karsten Massei

**Thursday 4th June**

Nature spirits, also known as elementals, are everywhere. They are very aware of humanity and want humanity to become aware of them so that we can live and work together harmoniously. It's up to humanity to make the effort to understand the lives of our hidden neighbours, their wishes and concerns, so that we can become more directly aware of them and start to work together with the beings behind nature for our mutual benefit.

This talk will be followed by a practical workshop on 6th & 7th June in Sussex. Please call 01342 827 967 for details.

*Karsten is a curative educator based in Zurich. He also gives courses and seminars on the practice of supersensible perception of the beings behind nature. He was a keynote speaker at the Nature Spirits and Humans 2019 conference in Nottingham and has written five books about nature spirits.*

## STUDY AND CONVERSATION GROUPS

**Our reading groups** provide the opportunity in a very informal setting to explore Rudolf Steiner's work with others. There is no need for any prior participation or knowledge, and everyone, young and old, is very welcome to join us at any time, just once or as often as it suits.

We aim to create a friendly, inviting atmosphere, as good humoured as it is serious.

Working together, we share our reflections on the immediate theme and try to pay as much attention to listening as to speaking. We find that studying together provides a wonderful opportunity for the whole group to advance in knowledge and understanding. Previous participation is not necessary and there is no need to book.

**Small donations towards expenses welcome: £3 / £2**

All Rudolf Steiner's lectures and writings that we are studying are available from the library at Steiner House, and, in addition, many may be accessed online at the Rudolf Steiner Archive. Further information also available at: [ssatrsh@virginmedia.com](mailto:ssatrsh@virginmedia.com)

**Meetup web site: [www.meetup.com/rudolf-steiner-spiritual-science](http://www.meetup.com/rudolf-steiner-spiritual-science)**

### MONDAYS

#### **Karmic Relationships, Volume 2**

With Trevor Dance

**11th & 25th May**

**8th & 22nd June**

**6th July**

**7pm-8.30pm**

These profoundly esoteric lectures examine the laws inherent in reincarnation and karma and explore in detail the incarnations of specific historical figures. The opportunity to study this lecture series in a group affords us a chance to really get to grips with these fundamental issues, which demonstrate the realities of the workings of karma in human life.

#### **Christ and the Spiritual World and The Search for the Holy Grail**

With Dr Sue Peat and Adrian Hotten

**18th May**

**1st, 15th & 29th June**

**13th July**

**7pm-8.30pm**

We will be continuing with this course of lectures given in Leipzig in late 1913 and early 1914. They examine from the earliest times the historical pattern of human beings' thoughts and spiritual development in searching for an understanding of the meaning of existence, and offer an illuminating insight into the European development of the soul life through succeeding ages. They contain themes which are only touched upon in these lectures and which Steiner never returned to after the outbreak of the First World War.

### TUESDAYS

#### **The Mission of Folk Souls**

With Brendan McQuillan

**12th, 19th & 26th May**

**2nd, 9th, 16th, 23rd & 30th June**

**7th & 14th July**

**7.15pm-8.45pm**

**(to be extended if needed: contact above)**

On lecture tours of the far North of Europe, Steiner was often asked to talk about the influence of the different spiritual hierarchies on mankind, and in these lectures given in Norway in 1910 he described the reality of the Folk Souls – certain Archangel Beings – which guide various peoples.

### WEDNESDAYS

#### **The Karma of Materialism**

With Trevor Dance

**13th & 27th May**

**10th & 24th June**

**8th July**

**2pm-4pm**

These lectures explore in depth fundamental questions of what is going wrong in the world. The fact that our age is materialistic does not prevent there being many links with the spiritual world, however a dimmed state of consciousness prevents awareness of the true and rightful paths. Wakefulness is needed.

**WEDNESDAYS****Materialism and the Task of Anthroposophy**

With William Bishop

**20th May  
3rd & 17th June  
1st & 15th July  
2pm-4pm**

We will continue with selected lectures from this powerful and timely series of lectures given by Rudolf Steiner in Dornach in 1921.

**The Spiritual Hierarchies and Their Reflection in the Physical Zodiac – Planets – Cosmos**

With Brendan McQuillan

**13th & 27th May  
10th & 24th June  
8th July  
4.15pm-5.45pm**

We will be continuing with these lectures given in Dusseldorf in 1909 which consider the interplay of the various spiritual beings within the world of the senses, addressing questions such as what existed before our solar system was created, the nature of Uranus and Neptune and whether great works of art still leave traces when they are gone.

**Man: Hieroglyph of the Universe**

With Brendan McQuillan

**20th May  
3rd & 17th June  
1st & 15th July  
4.15pm-5.45pm**

We will be beginning these lectures from 1920 which look at the broad theme of the human being in relation to the cosmos as seen by different cultures during several millennia of recent history, in particular from the perspective of the Ancient Egyptians with the whole picture brought up to date in the most comprehensive way by Dr Steiner.

**Essential Steiner – A Reading and Conversation Group  
Social Issues**

With David Lowe

**The Mission of the Archangel Michael  
Wednesdays Weekly from  
6th May until 8th July  
7.15pm-8.45pm**

These lectures given in January and March 1920 look at how we develop the kind of inner life flexible and lively enough to meet the challenges that arise out of the political and social life of our times. These lectures have matured well and read as though addressed to our time.

**Spiritual Science and Medicine**

With David Lowe

**Wednesdays Weekly from  
15th July to 16th September  
7.15pm-8.45pm  
(Not August 19th and 26th)**

Like most of the lectures which form the basis of our reading and conversation these reflect the group's interests. These lectures are a comprehensive overview of Rudolf Steiner's approach to healing, looking at various kinds of illness, the way they may be treated and their spiritual aspect.

**THURSDAY****Reading to the Dead****Staying Connected**

With Iaia Chiesa

**Third Thursday of the month from  
March 7pm-8.30pm**

As one of the recognised tasks of Anthroposophy, we will be reading to the so-called dead, to establish and/or re-establish a connection with the dear ones who have crossed the threshold. For further information, contact Iaia Chiesa.  
E: laiac53@yahoo.com



## BIODYNAMIC MARKET STALL

**Every Saturday from 25th April to 11th July  
10am – 2pm**

The biodynamic stall has been joined by Noel, a nutritionist with great knowledge of the light root (dioscorea batatas) who has been helping Kenny bring the most amazing produce from Tablehurst Farm and Michael Hall's Garden. Availability is seasonal including leeks, jerusalem artichokes, carrots, black and white radish, cavolo nero, kale, golden and purple beetroot, chioggia, kohlrabi, parsnips, red cabbage and apples.

We also have haloumi, cheddars and the 'best yoghurt I have tasted' from Plaw Hatch, eggs and wonderful apple purees, juices, syrups, cordials, fermented fennel and sauerkraut from Brambletye, from Shire Farm. We have their delicious apple juice and highly nutritional aronia berry juice as well as rye and spelt flour. Bread is also available from Gail, an experienced artisan baker.

We look forward to seeing you at the stall from 10am to 2pm every Saturday.

Kenny Coffey  
E: [belikeabird@gmail.com](mailto:belikeabird@gmail.com)  
M: 07957 799 336



## FRIDAY SEMINARS AND LECTURES

### Awakening

A series of Friday Seminars and Lectures arising out of the work of Rudolf Steiner.

**All welcome, no need to book. Suggested donation £5 / £3**

For further information please see [www.meetup.com/rudolf-steiner-spiritual-science](http://www.meetup.com/rudolf-steiner-spiritual-science)

#### Awakening to Nature

With Patrick Dixon

**22nd May 7pm-8.30pm**

The sleeping beauty of Nature wakes from her dreams to new truth. Can we recognise that awakening and realise that we, as human beings, have a vital part to play in it? We watch as one by one our deciduous trees awake from apparent death into life at full leaf – lining our London roads and paths. We watch and wonder – what are the spiritual forces that lie behind this, and what can they teach us of the art of Tree-masonry?

*Patrick Dixon trained at RADA and is an actor, writer, poet and performer. He lives in London gives frequent lectures, seminars and one man shows.*

#### The Grail in Wolfram's Parzival

With Dr Andrew Welburn

**29th May 7.30pm-9pm  
(please note start time)**

Whitsun is the event when the Disciples awaken to their individual responsibility now as Apostles. The story of Parzival is about such an awakening to destiny, and how the healing powers of the Grail are released by the initiative the hero takes. Examining our own lives and the legendary exploits of the Grail knights can lead us to a deeper understanding of destiny, and our ability to transform ourselves to meet the challenges of our time.

This lecture forms part of the Whitsun Festival – further details from Andrew Wolpert E: [andrewjwolpert@gmail.com](mailto:andrewjwolpert@gmail.com)

*Andrew Welburn has been an academic in the fields of English Literature and biblical interpretation and history. A life-long anthroposophist, he has written several books on Steiner's philosophy, esotericism and Christianity, and on the prophet Zarathustra.*

#### Awakening What Lies Within Us

With Dr. Pablo Jeczmiem

**12th June 7pm-8.30pm**

Philosophers, thinkers, psychologists and psychiatrists have spent centuries exploring the psychological makeup of the human being. As humanity evolves and develops our psychological makeup also changes – responding to the challenges of modern life. Working from the insights offered by Rudolf Steiner, Pablo will explore with us what we can find within ourselves when we follow a spiritual path. Delving into the depths of our psychological selves might bring some surprises

*Dr Pablo Jeczmiem is a consultant psychiatrist and anthroposophical psychotherapist working within the NHS and privately. He has a comprehensive knowledge of anthroposophic medicine*

#### The Awakened Heart

With Dr. Peter Gruenewald

**19th June 7pm-8.30pm**

Aligning thinking, feeling and willing within the human heart leads to the awakening of the heart as an organ of freedom and love. It's much, much more than just a mechanical pump that keeps our blood flowing in the right direction! Peter will outline how the heart is a 'sense organ' which responds to every subtle moment by moment change in our physiology. During the seminar he will share some simple practical exercises that can help to awaken the heart as a spiritual organ.

*Peter Gruenewald is an Anthroposophical Doctor working both in the NHS and privately as a specialist and GP. He has a specialist interest in cardiovascular physiology and in how new insights into heart function are leading to a deeper understanding of its central place in our physiology.*

## From Dead Thinking to Living Thinking

With Chris Jones

**26th June 7pm-8.30pm**

In October 1916 Rudolf Steiner gave a lecture entitled 'How can today's poverty of soul be overcome?' This is a question vital to anyone undertaking a path of spiritual development. Working with the concepts outlined in this lecture Chris will explore how our thinking can be completely transformed from something that feels 'mechanical' and 'dead' to a form of thinking that lives, grows and constantly develops. Developing thinking in this way leads us to an appreciation of the realm of thought and to a greater understanding of our own potential.

*Chris Jones has a long term interest in Rudolf Steiner's many lectures and books. He works in the bookshop at Rudolf Steiner House and lives in Kings Langley.*

## Embryology, Birth and its Spiritual Significance

With Sophia Smith

**10th July 7pm-8.30pm**

The first breath of air we take in at birth awakens our whole being to life in a new incarnation on earth. It occurs at a specific time and place unique to each of us. Sophia will outline the significance of the life and wonderful growth of the embryo. She will show how spiritual archetypes can be found lying behind our life in the womb and preparing us for birth and life on earth.

*Sophia is a holistic therapist in the field of fertility and pregnancy and is a doula (birth companion), working in London and Sussex. ([www.sophiasmiththerapies.co.uk](http://www.sophiasmiththerapies.co.uk)).*

## Awakening to our Inner Sun Power

With Eric Klein

**17th July 7pm-8.30pm**

The human soul is the ultimate spiritual battleground between forces of good and evil. We can become aware of these forces constantly pulling us in one direction or another as we experience

the joys, sorrows and challenges of life. Can we learn to recognise the forces streaming through our soul and listen to the music from higher worlds leading us to our future evolution? How can we develop a sensitivity to that force that leads us from within?

*Eric Klein was born in the U.S.A. and studied music there. He is a violinist and teacher with a particular interest in the development of human thought.*

## Monthly Art Talks

With David Lowe

**First Friday of the month**

**7.30pm to 8.45pm**

**All welcome! No need to book.**

Suggested Donation: £5 / £3

## Art of Venice

**1st May**

We will survey the development of Venetian art from the early Renaissance up to 1600.

This offers many opportunities for seeing how human consciousness developed at this time.

The Art of Veneziano is a glance back to an earlier period, one in which the magnificent Basilica of St. Mark arose from the mud of the lagoon. We will then look at the work of the Bellini family, the extraordinary and fantastic paintings of Mantegna, the influence of Giorgione and Antonello da Messina, moving on to the flowering of Venetian art in Titian, Tintoretto and Veronese. Among the many things these Venetian artists contributed to the development of art was the use of rich colour in their paintings, making their works a feast for the eye.

**Looking at Titian**  
**5th June**

The opulent richness of Titian's colour is held in check by a sensitivity and decorum in his work. We may wonder to what extent this reflected the Venetian Society around him. On the surface there was an elaborate politeness and civility, which opened up the opportunity for considerable licence below the surface. Somewhere between the sober Bellini and the extravagant Mantegna, his two predecessors, Titian fully embraced the opportunities of the new age as can be seen in his large-scale history paintings as well as the intimate portraits of his contemporaries. The profundity and depth of his religious paintings are a surprise and a revelation.

**The Two Saint Johns in Art**  
**3rd July**

The feast day of both St John the Baptist and St John the Evangelist was once on June 24th. Now the feast day of St John the Evangelist is moved to December in the church calendar. This is still a good opportunity to examine how these two

revered individuals are portrayed in art both separately and when they come together on the same painting. We will also briefly consider the third St John. From the young St John the Baptist as the playmate of the Jesus child described in Luke's gospel and and painted often by Raphael to St John the Evangelist resting his head on Jesus at the Last Supper, so powerfully portrayed by Leonardo. We will examine these as well as many other paintings where the two are represented.

As usual, we will give over our meeting in August to a walk to the National Gallery. It has an excellent collection of Venetian art which will occupy most of the visit. We will also look at paintings of the two St Johns in the gallery. We are usually a small intimate group so we can take our time looking at the paintings properly and discussing them.

You are very welcome to join us at the earlier time of **6:30pm**. The tour will last for one and a half hours approximately. We will meet in the entrance area to the Sainsbury Wing opposite the bookshop and close to the foot of the stairway.





## **MICHAEL CHEKHOV'S Acting Technique: An In-Depth Exploration**

With Sarah Kane

**Sundays 5th April, 3rd May, 7th June,  
5th July, 6th September  
11am–6pm**

The second block of three one-day practical workshops in a series of nine to run monthly in 2020: participants can investigate the essential elements of Chekhov's imaginative and inspiring approach to acting. Each workshop will explore a different aspect and can be taken as an individual event. All nine together offer an overview.

*Sarah Kane studied Chekhov's approach to acting with many of his students in the 1980s. She now integrates this approach into her teaching, directing and performing.*

### **Admission charge:**

1 workshop: £90; concessions £75  
3 workshops: £240; concessions £195

For further information and bookings  
E: [info@performingartsintl.org](mailto:info@performingartsintl.org)

## An Introduction to Gardening the Biodynamic Way

With Dr. Sue Peat and Philip Martyn

**Sunday 3rd May**

**2pm–5pm**

Biodynamics is an organic method of cultivation, arising out of Rudolf Steiner's spiritual research. It works with the rhythms of the movements of the sun, moon, planets and stars, to which plants respond. The workshop will cover the background to the biodynamic planting calendar, composting and the biodynamic preparations. Participants will be invited to exchange seasonal gardening tips, ideas and experiences. For the last hour we will stir the horn manure preparation (known as 500),

so bring an empty screw top bottle if you want to take some home. A 500ml bottle is enough for an average garden. The workshop is suitable for those new to biodynamics and for anyone who would like to give their garden, window boxes or house plants a spring treat!

*Philip Martyn and Dr Sue Peat are long term students of Rudolf Steiner and enthusiastic gardeners. Philip is a retired lawyer and previously served as co-general secretary of the Anthroposophical Society in Great Britain. Sue is a medical consultant, with a specialist interest in pain relief and medical education.*

All welcome, no need to book. £10 / £5





## Tone Eurythmy Workshop

With London Eurythmy

**6th June, 13th June, 20th June,  
27th June, 4th July  
5.15pm–6.15pm**

Energise and reduce stress with eurythmy, a movement art linked with music and poetry. Get to know this gentle, restorative and harmonising

art and enhance your well-being by joining our introductory workshops. All welcome! £9 at the door.

To find out more about Eurythmy please visit  
<https://eurythmymovement.uk/>  
<https://m.facebook.com/pages/category/School/London-Eurythmy-70637358856/>

For further information, please get in touch with Diana Constantin  
E: [diana\\_constantin@yahoo.com](mailto:diana_constantin@yahoo.com)

## A Mystery Drama Reading *The Soul's Awakening*

With Trevor Dance

**Sunday 21st June  
2pm–6.30pm**

The main theme of *The Soul's Awakening* concerns itself with the trials of those attempting to introduce the concepts and practices of spiritual science into the world of commerce and technology. Personal relationships and reincarnation and karma,

the machinations of Ahriman, the 'Strader machine' and much else is explored.

*Trevor Dance is a writer and printmaker study group leader and experienced facilitator of Rudolf Steiner's Mystery Dramas.*

All welcome, donation at the door  
£5/ £3.50 concessions  
For further information  
E: [trevordance@hotmail.com](mailto:trevordance@hotmail.com)

# Easter Festival

## Good Friday 10th April

7pm–9pm **Portraying the Passion - Looking at Easter art**  
with David Lowe

## Holy Saturday 11th April

2.30pm–3.30pm **Easter as a Transformation of the Mysteries**

Talk by Andrew Welburn

3.45pm–4.15pm **Eurythmy for Easter**

With Mona Bradley

4.30pm–5.30pm **The Mysteries of Easter –  
overcoming and transforming the forces of Death**

Talk by Eric Klein

## Easter Sunday 12th April

2.30pm–3.30pm **The Mystery of the Phantom and the Resurrection Bodies of  
Christ: their Role Since the Turning Point of Time**

Talk by Richard Moxon

3.45pm–4.45pm **The New Powers of the Sun Guiding Mankind's Future Evolution**

Talk with Eric Klein

5pm–5.30pm **Easter Forum / Conversation**

With Richard Moxon and Eric Klein

All welcome to any part of the festival. Donation towards expenses  
For further information: [meetup.com/Rudolf-steiner-spiritual-science](https://www.meetup.com/Rudolf-steiner-spiritual-science)

## Connection and Disconnection

With Eurythmy West Midlands

**Saturday 16th May 6.30pm–7.45pm**

An allegorical journey of movement, with poetry and music, exploring the human being in relation to nature.

What is human nature? Am I free to do all I want? How are we related with the natural world? How does nature live in us and how do we live in nature?

Including music–pieces by Igor Stravinsky, Nigel Osborne, Dimitri Shostakovitch and J.S. Bach, and poetry by Judith Wright, Gerard M. Hopkins and Ted Hughes.

For further information,  
contact Maren Stott  
E: [eurythmywm@gmail.com](mailto:eurythmywm@gmail.com)

Tickets at the door: £10 / £7.50  
Concessions



# Whitsun Festival Parzival

Hosted by The Humanities Section of The School of Spiritual Science  
29th–31st May

A weekend to deepen our understanding of  
Wolfram von Eschenbach's great epic in celebration of Whitsun

## Friday 29th May

**4pm–6pm** Informal gathering over tea for teachers and others working with Parzival to share their enthusiasm, insights, practices and experiences

**7.30pm–9pm** *The Grail in Wolfram's Parzival* – Andrew Welburn

## Saturday 30th May

**10am–11.30am** *Where is Parzival Today?* – Steve Roberts and Jamie King  
Coffee

**12pm–1pm** *Discussion*  
Lunch

**2.30pm–3.30pm** *Artistic activity: Eurythmy, Singing or Recitation*  
Tea

**4pm–5.30pm** *The Planets in Parzival* – Josie Alwyn and William Forward  
Supper

**7pm–9pm** *Various Artistic Presentations*

## Sunday 31st May

**10am–12.30pm** *Festival for Whitsun*  
Music  
*Pentecost in Wolfram's Epic*  
Andrew Wolpert  
Open Space for shared conversation  
Music

The weekend is conceived as a whole, but we recognise that the reality of people's lives may mean they can attend just parts of the whole programme.

Suggested contributions towards expenses  
Friday Lecture £10, Saturday events £35 (£40 combined)  
There is no charge for the Festival on Sunday.

If you are interested in an excursion to Tintagel from  
Tuesday 26th to Thursday 28th  
please contact Andrew Wolpert E: [andrewjwolpert@gmail.com](mailto:andrewjwolpert@gmail.com)

# Summer Conference

**Festival of the Living Earth - What is the Earth asking of us?**  
5th–9th August 2020

**The Anthroposophical Society in Great Britain warmly invites you to take part in its summer conference at Emerson College**

In this Festival we will creatively explore our moral relationship to the living earth, find ways in which we may engage more fully with the formative forces in Nature and seek to gain perspectives on the environmental issues of our time. Inspired by Rudolf Steiner's and John Ruskin's insights into the being of the earth, we wish to awaken a deeper sense of responsibility for our task in relationship to Nature at this time.

Through talks, plenums, workshops and artistic activities we hope to kindle initiatives that go beyond this event and take shape in our lives and communities.

Emerson College, Forest Row, East Sussex, RH18 5JX

For more information and booking: [www.emerson.org.uk](http://www.emerson.org.uk)

## Open House

### Open House London

Sunday 20th September  
1pm–5pm House Tours

Join us at Rudolf Steiner House, the only example of expressionist architecture in London, as part of the Open House London season.

Free admission

[www.openhouselondon.org.uk/](http://www.openhouselondon.org.uk/)

# NATURAL HEALTH BY HOMEOPATHY & HOLISTIC METHODS

Rudolf Steiner House in the Eurythmy Room

In these talks, Manuel and Rosanna will provide an insight into how natural health practitioners support patients with nature's apothecary, using non-invasive diagnostic tools and supporting patients with practical hand-on methods to enhance healing. The practitioners will emphasise the importance of searching for the root cause of dis-eases, outline how they read signs and symptoms of the whole person and share their understanding of healing from a natural point of view.

## Wednesday 6 May 6.30pm-8pm

Overcoming anxiety - understanding common root-causes and using natural tools and remedies to help

## Wednesday 27 May 6.30pm-8pm

Auto-immune diseases - finding the causes and healing with a natural approach

## Wednesday 17 June 6.30pm-8pm

Using natural medicine and methods when children are sick

## Wednesday 1 July 6.30pm-8pm

Mental health issues - trauma, accident, stress and grief - how to clear cellular memories and heal consciously

## Wednesday 8 July 6.30pm-8pm

Skin diseases - how to heal from inside out

**Tickets: £10**

To book online, visit:  
<https://buytickets.at/naturalhealthtalks>



### Manuel Torreblanca

BSc (Hons) LCHE  
RSHom RCST

Cranialsacral Therapist  
Homeopath



### Rosanna Law

MA (Cantab) MSc (LSE)  
LCHE RSHom

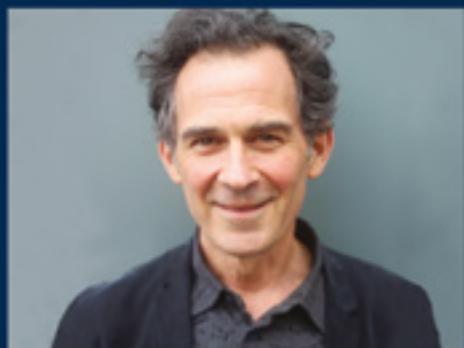
Journey Practitioner  
Homeopath  
Iridology / EAV

**Speakers' websites:**

[www.holisticircle.co.uk](http://www.holisticircle.co.uk)  
[www.journeyhomeopathy.co.uk](http://www.journeyhomeopathy.co.uk)

# Rupert Spira

The Essence of Non-Duality



"Meditation is what we are, not what we do; the separate self is what we do, not what we are."

## 2020 Events at Rudolf Steiner House

**Evening Meeting** Friday 12 June 7pm – 9pm **£10**

**Evening Meeting** Friday 10 July 7pm – 9pm **£10**

**Evening Meeting** Friday 11 September 7pm – 9pm **£10**

Online booking recommended due to high demand.

In his meetings, Rupert explores the perennial, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, such as Advaita Vedanta, Kashmir Shaivism, Hinduism, Buddhism, mystical Christianity, Sufism and Zen, and which is also the direct, ever-present reality of our own experience.

This is a contemporary, experiential approach involving silent meditation, guided meditation and conversation, and requires no affiliation to any particular religious or spiritual tradition. All that is needed is an interest in the essential nature of experience, and in the longing for love, peace and happiness around which most of our lives revolve.

For full details: [www.rupertspira.com](http://www.rupertspira.com) Enquiries: [niya@rupertspira.com](mailto:niya@rupertspira.com)

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## Quietude Workshop - Exploring Death and Dying

with Annie Blampied-Radojčin

**Saturday 27th June**

**10am-4pm**

Would you like to understand how to offer spiritual care for those on the journey of death and dying?

During this workshop we will look at the phases leading towards death, and how we can support someone in practical spiritual ways at each phase. In addition we may develop our own spiritual practice and discover resilience through deepening our inner life.

Course Fee: £45

For further dates, bookings and information visit

[www.emerson.org.uk/quietude-workshops](http://www.emerson.org.uk/quietude-workshops)

or contact Annie on 07791 942544



## Nurturing Arts

**Tuesdays: 28th April**

**5th, 12th, 19th May**

**2nd, 9th, 16th, 23rd and 30th June**

**6.30pm-9.30pm**

Come and join us for our new nurturing arts evening dabbling with watercolours, pastels, charcoal and clay.

In this programme we will take an anthroposophical approach to exploring colour and form using nature rhythms, the seasons, the elements, the temperaments, poetry and fairy tales to inspire, calm, restore and explore our individual experiences of life in the here and now.

All art materials are provided, and no previous painting experience is necessary as the focus is on the restorative process of art-making. £15 / £10

For more information  
contact Sue on 07849 008 358

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# Doctor Healer Network presents Crystal Sound Bowl Meditation – an Exploration

With Charlotte Hastings

**Sunday 3rd May  
2pm – 4pm**

Sound has the capacity to return us to a place before words, a potential state where we can reconnect with our creative essence and the part of us which exists out of time and space.

The tones produced by crystal bowls are not just heard by the ear; you can feel them in your body, with different tones affecting specific energy centres for healing, balancing and meditation.

Charlotte Hastings works with a variety of instruments as well as the Alchemy Crystal Singing Bowls. Her influences in sound span a lifetime, from classical training to choral singing and connecting with sound in the context of wisdom shared through indigenous lineages globally.

All welcome, no need to book. £10

For further information visit  
[www.soundsalchemical.com](http://www.soundsalchemical.com)  
[www.doctorhealer.org](http://www.doctorhealer.org)



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# Holistic Childcare Workshops

Supporting young children & parents in challenging times. with Early Childhood Experts – Dorothy Marlen & Sam Greshoff

**Saturdays 9.30am to 5pm**

## **Tell me a story 9th May**

What stories are needed for these challenging times? How can storytelling and puppetry support the youngest children in families and early childhood settings? We will be exploring the healing and therapeutic properties of storytelling work and how to develop our confidence as storytellers.

## **The natural world is the child's natural home 6th June**

Models and approaches of holistic outdoor care for young children that work in a variety of

different early childhood settings. What is necessary and also what is unnecessary in Early Childhood provision in order to ensure that children truly experience the natural world?

## **Ensuring children's wellbeing in a digital age 4th July**

What are the challenges of digital media for children and parents? How to create health-giving spaces for children and support parents.

£55 per workshop

You are welcome to attend all or any of the workshops in the series.

Book online via [www.eequ.org/experience/601](http://www.eequ.org/experience/601) or contact Dorothy: [dorothy@dorothymarlen.net](mailto:dorothy@dorothymarlen.net)  
01904 612 683



## Holistic Baby and Child Care Course

Dorothy & Sam warmly invite you...

If you are interested in learning how to caring for young children, and support parents in a holistic and respectful way, and would like to find out more about the NCFE CACHE Level 3 Diploma in Holistic Baby and Child Care (Early Years Educator) course. A part-time professional training starting September 2020.

[www.emerson.org.uk/holistic-baby-and-child-care](http://www.emerson.org.uk/holistic-baby-and-child-care)

Dorothy Marlen & Sam Greshoff will be running two FREE TASTER MORNINGS here at Rudolf Steiner House designed to give prospective students an overview of the course, a chance to meet and speak with the core teachers.

### **FREE TASTER MORNINGS**

**Sat 4th April 2020 - 11am-1pm**

**Sat 27th June 2020 - 11am-1pm**

Book online via [www.eequ.org/experience/695](http://www.eequ.org/experience/695) or contact Dorothy: [dorothy@dorothymarlen.net](mailto:dorothy@dorothymarlen.net)  
01904 612 683



## THE THERAPY AND WELLNESS CENTRE

The Therapy Centre at Rudolf Steiner House is run by qualified therapists, doctors and practitioners. Our work is based on an anthroposophical understanding of health and illness, and we work out of strong ethical principles. We try to understand not only what makes someone unwell or in need but also what leads a person back to wholeness and wellbeing. There are currently two Anthroposophical Medical Doctors associated with the Centre:

**Dr Peter Gruenewald** CAHSC reg.

For further information: [www.londonintegratedhealth.co.uk](http://www.londonintegratedhealth.co.uk)

M: 07898 650 182 or E: [epi@londonintegratedhealth.co.uk](mailto:epi@londonintegratedhealth.co.uk)

**Dr Jenny Josephson**

For further information

T: 01342 824 422 or write: 21 Hartfield Road, Forest Row, East Sussex RH18 5DY



### Artistic Therapy (children and adults)

*Anniek Verholt AATA, CAHSC reg.*

Anniek works in private practice; she also meets clients via Skype. After more than 17 years, she has developed a unique way of working which combines counselling and coaching techniques with a holistic therapeutic approach using mindfulness and creative expression.

For further information: [www.artstherapylondon.co.uk](http://www.artstherapylondon.co.uk)

M: 07717 525782 or E: [info@artstherapylondon.co.uk](mailto:info@artstherapylondon.co.uk)



### Counselling

*Julia Dvinskaya Reg. MBACP (Accred)*

Julia is a biographical counsellor with several years of experience working with people struggling with relationships, life turning points, stress, crisis, anxiety, loss, uncertainty, confidence and other questions of finding strength to face their life challenges. Julia also facilitates biography work in groups.

For further information: [www.mylifeandcounselling.com](http://www.mylifeandcounselling.com)

M: 07939 011508 or E: [juliadv.counsellor@gmail.com](mailto:juliadv.counsellor@gmail.com)



### Psychotherapy and Counselling

*John Lees UKCP reg, BACP Snr accred, CAHSC reg.*

John offers individual anthroposophic psychotherapy and counselling for the effects of trauma, anxiety, depression, life crises, incarnation problems and psychosomatic problems. He is trained in anthroposophic psychotherapy and leads the training course in anthroposophic psychotherapy at Emerson College. He has worked as a therapist for 28 years and as a clinical supervisor for 22 years.

For further information: [www.johnleestherapy.com](http://www.johnleestherapy.com)

M: 07931 319454 or E: [fjohnlees@aol.com](mailto:fjohnlees@aol.com)



## Physiotherapy and Rhythmical Massage

*Anna van Zelderden Chartered Physiotherapist MCSP, HCPC registered & Rhythmical Massage Therapist MRMTA*

Anna has a special interest in pain management and rehabilitation and offers physiotherapy from a holistic perspective. She works with an integrated approach, which means Rhythmical Massage and/ or 1–1 Pilates Rehabilitation could be incorporated where appropriate or could also be applied as separate therapies.

For further information see: [www.annavanzelderden.com](http://www.annavanzelderden.com)

M: 07789 852 378 or E: [info@annavanzelderden.com](mailto:info@annavanzelderden.com)



## Skin Care – Dr Hauschka

*Elaine Sadler is an award-winning health and beauty therapist, working as a Dr Hauschka Esthetician & Holistic Therapist.*

Elaine won Therapist of the Year 2009–2010 at the Professional Beauty Awards where she used Dr Hauschka treatment and products in all entries. The Dr Hauschka body and face treatments are restoring, harmonising and rejuvenating experiences.

For further information

M: 07890 668359 or E: [elaine.sadler6@gmail.com](mailto:elaine.sadler6@gmail.com)



## Body and Face Care – Weleda

*Elizabeth King is a Holistic Facialist & Skincare Educator and passionate about care of the skin.*

Her extensive knowledge is based on the principle that the skin protects as well as reveals the inner self as it mediates between individual, people and environment.

Working with Weleda products and using special rhythmical movements, the skin and inner self feel met and held, so that radiance can emerge. Elizabeth has particular experience with rosacea, teenage acne as well as irritated, hypersensitive skin conditions.

For further information

M: 07504 821593 or E: [elizabeth@skinsensibility.co.uk](mailto:elizabeth@skinsensibility.co.uk)



## Homeopathy, Reflexology & Weleda Advisor

*Katerina Roberts, BSc(Hons), Cert.Ed.*

Katerina has over 30 years of experience as a Complementary Therapy Practitioner, treating general health issues in adults and children. She has a degree in homeopathy and has taught health professionals and the general public at various colleges around London.

She also takes a holistic approach to health. She believes that in today's fast changing world, people need assistance at all levels, not only physically but emotionally and spiritually. By bringing relaxation and balance to the individual, her aim is to help each person to become the best version of themselves in their journey towards good health and wellbeing. Homeopathic Skype appointments available on request.

For further information: [www.katerinaroberts.com](http://www.katerinaroberts.com)

Tel: 01689 827936 or E: [katerinapersonal@yahoo.com](mailto:katerinapersonal@yahoo.com)

Facebook: [HolisticHealthTreatment](https://www.facebook.com/HolisticHealthTreatment)

## KAIROS REHABILITATION

### **Anthroposophical Medical Assessment and Therapy Kairos Rehabilitation Trust**

For adults & children with long-term conditions which prove hard to treat (may include sleep disturbances, chronic fatigue, anxiety, depression, autistic spectrum disorders, attention deficit disorders, post-traumatic stress & other medically unexplained symptoms.

Kairos has moved and our new address is: Heronsgate Medical Centre, 1A Goosander Way, Thamesmead, SE28 0ER.

### **STUDY GROUP**

**Every Monday starting from 16th March 7pm-8.30pm in Charlton.**

For details please contact Ingrid Hermansen on 07712 810 108 or [gepainservice@gmail.com](mailto:gepainservice@gmail.com)



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## TEMPLE LODGE CHRISTIAN COMMUNITY

For details about events and talks please contact  
51 Queen Caroline St, London W6 9QL  
E: [ccsecretary@btconnect.com](mailto:ccsecretary@btconnect.com) T: 020 8748 8388  
[www.templelodgeclub.com](http://www.templelodgeclub.com)



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## The North London Rudolf Steiner School

1-3 The Campsbourne, Hornsey, London N8 7PN  
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**Open Afternoons:** 12th May and 9th June

**Kindergarten Experience Mornings:** 18th May and 15th June

### *The Children's Garden*

**KINDERGARTEN for children  
age 3 to 6.**

*'Children thrive and have great fun as they learn in this nurturing kindergarten. They learn valuable life skills and gain independence through their daily routines.'* Ofsted – March 1st, 2018

#### **PARENT AND CHILD GROUPS**

Monday afternoons (term time only)  
2.45pm to 4.15pm £7 per session

#### **OPEN DAYS**

Saturday 9th May 11am to 1pm

#### **KINDERGARTEN**

Monday to Friday 9.30am to 1.30pm  
Afternoon club 1.30pm to 3.30pm

Grove Gardens Chapel, Lower Grove Road,  
Richmond TW10 6HP

T: 020 8948 2959

#### **Information**

E: [regine.childrensgarden@gmail.com](mailto:regine.childrensgarden@gmail.com)  
[www.thechildrensgarden.org.uk](http://www.thechildrensgarden.org.uk)



#### **LONDON STEINER SCHOOL**

9 Weir Road, London SW12 0LT

T: 020 8772 3504

E: [office@londonsteinerschool.org](mailto:office@londonsteinerschool.org)

[www.londonsteinerschool.org](http://www.londonsteinerschool.org)



#### **ST. MICHAEL STEINER SCHOOL**

Park Road, Hanworth Park,  
London TW13 6PN

T: 020 8893 1299

E: [info@stmichaelsteiner.hounslow.sch.uk](mailto:info@stmichaelsteiner.hounslow.sch.uk)

[www.stmichaelsteiner.hounslow.sch.uk](http://www.stmichaelsteiner.hounslow.sch.uk)



#### **GREENWICH STEINER SCHOOL**

Woodlands, 90 Mycenae Road, Blackheath,  
London SE3 7SE

T: 020 8858 4404

E: [admin@greenwichsteinerschool.org.uk](mailto:admin@greenwichsteinerschool.org.uk)

[www.greenwichsteinerschool.org.uk](http://www.greenwichsteinerschool.org.uk)

#### **ST PAUL'S STEINER SCHOOL**

1 St Paul's Rd, London N1 2QH

T: 020 7226 4454

[www.stpaulssteinerschool.org/](http://www.stpaulssteinerschool.org/)

[www.michaelhall.co.uk](http://www.michaelhall.co.uk)



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E: charbel@akiki.co.uk [www.akiki.co.uk](http://www.akiki.co.uk)

**Brambletye Biodynamic Fruit Farm**  
Fruit, eggs, veg, juices, honey & jams  
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E: steinleenders@gmail.com  
[www.brambletyefruitfarm.co.uk](http://www.brambletyefruitfarm.co.uk)

**Brockman's Farm Biodynamic Growers**  
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[www.brockmansfarm.co.uk](http://www.brockmansfarm.co.uk)

**Fern Verrow Farm Biodynamic/Demeter Certified Farm**  
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E: fernverrow@btopenworld.com  
[www.fernverrow.com](http://www.fernverrow.com)

**Jacob's Ladder Farms**  
Biodynamic & organic produce by small farms in Kent & East Sussex  
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**Mushroom Table**  
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E: info@mushroomtable.com  
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**BIODYNAMIC WINE RETAILERS**  
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Using biodynamic vegetables from Fern Verrow Farm.  
E: press@springrestaurant.co.uk  
[www.springrestaurant.co.uk](http://www.springrestaurant.co.uk)

**The Hive Wellbeing Biodynamic & Organic Cafe and Natural Wine Bar**  
286-290 Cambridge Heath Road, London E2 9DA T: 020 8981 9245  
E: info@thehive wellbeing.com  
[www.thehive wellbeing.com](http://www.thehive wellbeing.com)

**NATURAL SKINCARE BRANDS USING BIODYNAMIC INGREDIENTS:**  
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**Counsellor, Psychotherapist and Psychophonetics Practitioner**  
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47, Harrington Gardens, SW7 4JU  
E: kennish46@gmail.com  
T: 07973 680959

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**Christa Parkinson**  
24 Woodland Gardens, Muswell Hill, London N10 3UA T: 020 8444 6331

**Craniosacral Therapist (BCST)**  
**Dagmar Steffelbauer** Registered at CSTA UK  
90 A, The Avenue, Wembley, HA9 9QL.  
E: d.steffelbauer@gmail.com

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T: 07841 904 871

**Registered Osteopath & Eurythmy Therapist**  
**Michael Mehta**  
Hermes Health Limited, Templeton House, 33-34 Chiswell Street, London EC1Y 4SF  
T: 020 7638 3202 [www.hermeshealth.uk](http://www.hermeshealth.uk)

For further therapies, please see Therapy Centre at RSH on pp. 26/27 of *Events*



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**31st March-3rd April 2020**

**2nd-5th June 2020**

**12th-15th October 2020**

Book now by contacting Mary:

[mary@babyandchildmassage.co.uk](mailto:mary@babyandchildmassage.co.uk)

07528 589 859

[www.babyandchildmassage.co.uk](http://www.babyandchildmassage.co.uk)



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