



Rudolf
Steiner
House

EVENTS

Autumn / Winter
2020

Rudolf Steiner House 35 Park Road London NW1 6XT

Welcome to Rudolf Steiner House

Opening hours are subject to change following Covid-19 restrictions.
Please check our website for the latest updates.

Rudolf Steiner House

35 Park Road, London NW1 6XT
T: 020 7723 4400
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

Ilona Pimbert

Communication and Administration Officer
E: 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
T/F: 020 7724 7699

Library

Opening hours
Tuesday, Thursday and Saturday,
12noon-2pm and 3pm-7pm
E: rsh-library@anth.org.uk
T/F: 020 7224 8398

Café

Opening hours Saturday 8.30am-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

EVENTS team

Christiana Bryan, Glenn Charles & Ilona Pimbert

Please send your submissions to

E: ilona.pimbert.rsh@anth.org.uk

Deadline for submissions to the next issue – Friday 30th October.

Front cover picture:

St Martin, Bishop of Tours, a Roman soldier, is celebrated each year at Martinmas on 11th November, when the autumn wheat has been sown. He is shown here sharing his cloak with a beggar during a snowstorm.

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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

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. Members and friends are warmly invited to groups at any time even for one-off visits.

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

Meetup web site: www.meetup.com/rudolf-steiner-spiritual-science

MONDAYS

Karmic Relationships, Volume 2

With Trevor Dance

5th & 19th October

2nd, 16th & 30th November

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.

How to Know Higher Worlds

With Dr. Sue Peat and Philip Martyn

12th & 26th October

9th & 23rd November

7th December

7pm-8.30pm

This book outlines a sure path from the everyday world of physical existence into a living, personal experience of the spiritual world. We will be carefully following the text together, discussing how we may best apply the spiritual exercises Rudolf Steiner outlines in it to our own lives and maybe experiencing how working with these exercises can be a transformative experience.

TUESDAYS

The Apocalypse for the Clergy

With Brendan McQuillan

6th, 13th, 20th & 27th October

3rd, 10th, 17th & 24th November

1st & 8th December

7pm-8.30pm

These lectures, from September 1924, on the Apocalypse of St John were given to priests of the Christian Community. In them Steiner speaks, from his own direct experience and knowledge, about the spiritual truths contained in St. John's mysterious pictures.

WEDNESDAYS

The New Spirituality: The Christ Experience in the 20th Century

With David Lowe

23rd & 30th September

7th, 14th, 21st & 28th October

4th, 11th, 18th & 25th November

2nd, 9th & 16th December

7.15pm-8.45pm

We are a group open and welcoming to those wishing to develop their esoteric knowledge. It helps if you are on the anthroposophical path but is not necessary. The lecture series from which we take our readings are concerned with the most significant spiritual events in the early 20th Century.

WEDNESDAYS

The Karma of Materialism

With Trevor Dance
7th & 21st October
4th & 18th November
2nd December
2pm-4pm

Materialism draws a veil between ourselves and the spiritual world. The fact that our age is materialistic does not, however, prevent there being many links with that world. These lectures examine many aspects of this paradox, from Luther to Einstein.

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

With Brendan McQuillan
7th & 21st October
4th & 18th November
2nd December
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.

Materialism and the Task of Anthroposophy

With William Bishop
14th & 28th October
11th & 25th November
9th December
2pm-4pm

We will be studying selected lectures from this deep and relevant series of lectures given by Rudolf Steiner in Dornach in 1921.

Spiritual Science as a Foundation for Social Forms

With Brendan McQuillan
14th & 28th October
11th & 25th November
9th December
4.15pm-5.45pm

We will be reading selections from this lecture series given in Dornach in August 1920. As a result of the way we are educated today we are conditioned to interpret our sense perceptions, such as those, for example, from our sense of touch, as conveying a different kind of external reality than the phenomenal reality of the rainbow. Steiner argues that on the contrary it is 'feeble-minded' to expect to find in the external world something other than phenomena similar to the phenomenon of the rainbow. In pursuit of clarity in this realm he takes us on a very interesting journey that explores our various senses as they transition from 'outer' to 'inner'. If space permits, we will explore one or two of these senses ever so gently dynamically.

THURSDAYS

Reading to the Dead

Staying Connected

With Iaia Chiesa
Third Thursday of the month from
September 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, please contact Iaia Chiesa.
 E: laiac53@yahoo.com

FRIDAY SEMINARS AND LECTURES

Awakening

Fridays 7.30pm – 9pm

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 or E: ssatrsh@virginmedia.com

The Ways we Awake: Individual and Archetypal Awakening in our Biography

With Julia Dvinskaya

2nd October

In the course of our lives, we experience awakenings of different kinds and at different levels of our being. During the evening, we will look at the archetypal gesture of awakening, at how we experience awakenings in different life-phases – what do we make of them, and for what do they prepare us? Looking at past and current events of our biography, we may recognise the moments of waking up to the themes and leitmotifs of our whole being. There will be suggestions of how you can continue to explore your life events (outer and inner) using a few guiding questions.

Julia Dvinskaya is a biographical counsellor and therapist working with individuals and groups.

How Can we Deepen our Relationship to the Plant World?

With Dagmar Steffelbauer

9th October

The plant world is so manifold in its expression and formation. Every year it is fascinating to see how plants appear, grow, blossom, fruit, wither and finally withdraw.

Rudolf Steiner expressed the relationship of the human being to the kingdoms of nature (mineral, plant and animal) many times. He has also given some advice on how to approach the plant world with a deeper understanding than is commonly the case. This evening will be a 'work in progress' and will introduce us to the beings of the stinging nettle and the oak tree. Everybody interested is warmly welcome.

Dagmar Steffelbauer trained as a General Nurse then added an anthroposophical nursing training. She worked for many years in anthroposophical hospitals in Germany. Twelve years ago she moved to England and a few years later became a craniosacral therapist.

Awakening to the I — Bringing the Higher Consciousness to Life

With Angus Jenkinson

16th October

Personal experience and evidence are typical wishes of the contemporary personality. We value advice but want to know for ourselves. Those who do confront the world in a different way. Whether it's the fears of death or the ambitions of life, a new colouring and purpose comes to life in those who have awakened the profound depths and heights of human existence. Perplexities become transparent. Such experience lives in everyone less than a heartbeat away. How do you discover that heartbeat?

Angus Jenkinson is the author of four books. He is a scientist, artist, and business leader. This subject has been a central theme of his life for decades.



Awakening to COVID 19

With Peter Gruenewald

23rd October

The pandemic has woken humanity up the world over! This new, fast spreading disease is presenting us with unprecedented challenges and multiple unanswered questions in the realms of healthcare and lifestyle. As with any disease, we are being asked to make changes and make progress in how we relate to our own health and the health of communities. Peter will give an update on current medical opinion and share ways in which we can consider the impact of COVID 19 and its management on our own health and on the health of humanity.

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.

Embryology, Birth and its Spiritual Significance

With Sophia Smith

30th October

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 Smith 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)

Awakening to Ourselves

With Dr. Andrew Welburn

13th November

Are we happy to wake up as ourselves, or would we like to be someone else? Are we sure there isn't another person in us who could wake up if we wanted it? Many spiritual traditions hold that we are really asleep, give or take a glimmer, and that if we fully 'woke up' we would know for the first time who we really are – but could we cope? Rudolf Steiner gives a surprising perspective that may help. At any rate let's try.

Dr. 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

20th November

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 and in particular to the challenges that 2020 is bringing to us. 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.

Awakening to Nature

With Patrick Dixon

27th November

The sleeping beauty of Nature wakes from her dreams to new truth each spring, and returns to her slumbers each autumn.

Can we recognise her sleeping and 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 change colour, drop their leaves onto our London paths and roads and apparently die. We watch, wait and wonder – looking at our ‘dead’ trees as they stand bare in winter frosts and winds. What are the spiritual forces that lie behind this, and what can they teach us of the art of Tree-masonry? This year, as no other, we have a lot to learn from them.

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

Awakening to The Holy Spirit: Mary's Conception of the Jesus child

With Louise Sofair

11th December

The conception of the two Jesus infants described by St Matthew and St Luke, as alluded to by Rudolf Steiner, reveal different ways in which The Holy Spirit worked.

We will look at the part played by The Holy Spirit in the development of humankind, the role through history, the unique connection with Mary and how this spiritual force changed after the Mystery of Golgotha.

A healing force thereafter is available to humanity. Can we awaken to this in our lives today? What is its importance for the future?

*Louise Sofair is a mother of four living in Hertfordshire. She was an upper school teacher of drama and religion in a Waldorf-Steiner school for many years and is the author of the book *Women with Christ* (Temple Lodge Press).*

Monthly Art Talks**Looking at Art**

With David Lowe

**Friday 6th November and
4th December 7.30pm-8.45pm**

The 6th November talk is on the spiritual impulses working through Raphael's Art. The 4th December talk is on Renaissance Venetian Art including Veneziano, the Bellini Family, Mantegna and Giorgione with an emphasis on their paintings connected with the events we remember at Christmas.

David Lowe is a researcher into the spiritual impulses in cultural evolution who has lectured in varied parts of the UK as well as many different countries.

For further information and bookings

E: freerlife@gmx.com

T: 07926 196 446

All welcome! There is no need to book.

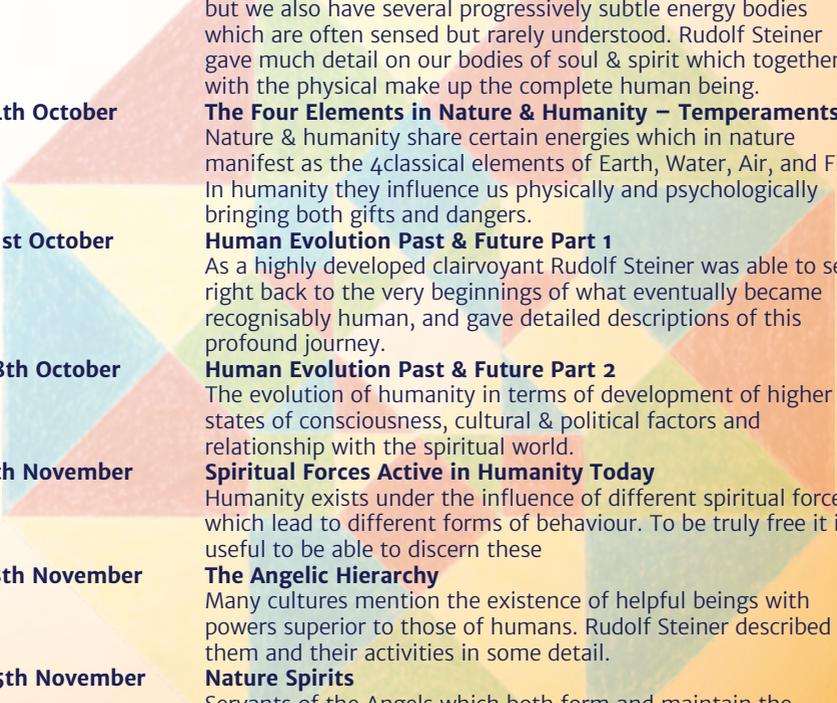
Suggested donation: £7 / £5



INTRO TO ANTHRO

Wednesdays 7.30pm-9pm

Encountering Anthroposophy for the first time can be like meeting a wise elephant: you may want to get to know the elephant, but a hug is going to be a bit of a stretch. Intro to Anthro takes 8 areas of Anthroposophy and explains them in such a way as to be of use to someone starting out on a spiritual path. Topics covered are:

- 
- 30th September** **Karma - What? Why? and How?**
The little understood background to everyone's life, how the actions of one lifetime are reflected in the conditions and experiences of the next.
- 7th October** **Human Constitution beyond the Physical**
We all have a physical body visible through our physical eyes, but we also have several progressively subtle energy bodies which are often sensed but rarely understood. Rudolf Steiner gave much detail on our bodies of soul & spirit which together with the physical make up the complete human being.
- 14th October** **The Four Elements in Nature & Humanity – Temperaments**
Nature & humanity share certain energies which in nature manifest as the 4 classical elements of Earth, Water, Air, and Fire. In humanity they influence us physically and psychologically bringing both gifts and dangers.
- 21st October** **Human Evolution Past & Future Part 1**
As a highly developed clairvoyant Rudolf Steiner was able to see right back to the very beginnings of what eventually became recognisably human, and gave detailed descriptions of this profound journey.
- 28th October** **Human Evolution Past & Future Part 2**
The evolution of humanity in terms of development of higher states of consciousness, cultural & political factors and relationship with the spiritual world.
- 4th November** **Spiritual Forces Active in Humanity Today**
Humanity exists under the influence of different spiritual forces which lead to different forms of behaviour. To be truly free it is useful to be able to discern these
- 18th November** **The Angelic Hierarchy**
Many cultures mention the existence of helpful beings with powers superior to those of humans. Rudolf Steiner described them and their activities in some detail.
- 25th November** **Nature Spirits**
Servants of the Angels which both form and maintain the physical planet and nature, they seek a collaboration with humanity, but we need to refine ourselves first.

This is a course with the knowledge building week on week, so regular attendance is advised. Most evenings are a combination of lecture and activities. Led by Alex Wright who has an MA in Law from Oxford University, is a qualified Steiner Waldorf Class Teacher and a graduate of the 3 year Emerson Visual Art course.

The course costs £70 (£50 students). You are welcome to attend the 1st or 2nd evenings for £10 (£7 students) and then pay the balance should you decide to continue.

If you would like to be informed when the next course will run, then please email IntrotoAnthro2020@gmail.com

SPIRIT IN ACTION

Thursdays 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, no card payment.

The 3 Parts of the Human Spirit

With Inessa Burdich

1st October

This talk is mainly focussed on the spiritual worlds and the human spiritual constitution. Our developed higher spiritual structure consists of 3 parts – Spirit Self (Manas), Life Spirit (Buddhi) and Spirit Man (Atman). We develop these over multiple lifetimes and they remain active in the spiritual worlds between incarnations. They also give us an orientation towards other souls in a process of spiritual–community building. Inessa will be giving a 4 weekend course on Research in Spiritual Science at Emerson College, starting 11th December 2020. www.emerson.org.uk/spiritual-science

Inessa graduated as a physicist and then spent 20 years in an international business career. She has been an active meditator for over 30 years and is a professional supersensible researcher specialising in diagnosing the spiritual components of cancer, psychosomatic illnesses, vaccination, addiction and autistic spectrum disorder. www.geistesforschung-gmbh.de

Water: Accumulator and Transmitter in Nature and Spirituality

With Ralf Roessner

15th October

Water is more than just a commonplace liquid, it has uses both mundane and sacred. You can find it in your taps, on the altar in Tibetan Buddhist Temples, in Mosaic water blessings and in the miraculous Zamzam fountain in Mecca. In nature trees communicate with each other and uphold the life giving cycle between heaven and earth through the medium of water. Through looking at all these uses we can begin to understand what Paracelsus meant when he said, **Water is life.**

Ralf will be holding an earth bee–hive workshop at Lauriston BD farm in Essex the following weekend, call 01342 827 967 for details, www.lauristonfarm.co.uk

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, biodynamic farmer of light root and a beekeeper, www.imton.de

The 3 Elementary Realms

With Are Thoresen
29th October

For many years Are has been able to clairvoyantly see the etheric world and its multitude of entities, a part of this world directly concerned with the foundation of material existence is the elementary world. Recently his perception of the three realms of the elementary world has deepened, along with an understanding of how these realms connect with the astral and angelic worlds.

Are is a Norwegian vet and acupuncturist with significant clairvoyant capacity and experience. He runs an independent holistic healing practice and is the author of 'Demons & Healing' and 'Experiences from the Threshold', both published by Temple Lodge. Are's latest book, 'The Three Realms of the Elemental World', is now available on Amazon and at the RSH Bookshop on request. He will also be giving a workshop on a different topic at Emerson College the following weekend, www.emerson.org.uk/events

How to Live Healthily with Wireless Technology

With Oliver Perceval
26th November

Many people today have concerns about the effect on them of ever more pervasive Wi-Fi technology. In this illustrated talk we will take a layman's look at the underlying science behind the devices, including 5G, how they affect our physical and mental health, and what we can do to live healthily with them. We will also discuss what are safe exposure levels.

Oliver is a practising architect with an interest in healthy buildings and healthy people. He is involved in national and local campaign groups raising awareness about wireless radiation to schools and councils, www.coherent-architecture.co.uk

Rudolf Steiner House Café
Every Saturday from 12th September
8.30am–5pm

As part of the refurbishment, we have plans to reinvent ourselves. We schedule to extend our opening hours, operating 4 days a week from October, as a Deli. We will be featuring organic bread & cakes, biodynamic goods (juices, coffee, and pasta, eggs), and homemade pestos & granola.

In addition, we have teamed up with Kenny's Biodynamic Market Stall using some of their produce to launch our exciting 'Aussie/New York-inspired' Brunch menu which will vary seasonally. We want to keep our menu as small as possible to ensure only the freshest ingredients. Some items that might be featured: smoothie bowls, smoked salmon bagels, egg baps, poached egg avocado toast, french toast and muesli bowls.

Stay in the loop by checking our website for menu changes, events and opening hours.

Badruddin Pouget
W: <https://www.rsh.anth.org.uk/cafe/>
E: info@rshcafe.co.uk



Biodynamic Market Stall
Every Saturday from 12th September to 12th December
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, 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. Also bread is available from an experienced artisan baker called Gail.

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

Kenny Coffey
E: belikeabird@gmail.com
M: 07957 799 336



How Can I Become a Truly Creative Performing Artist?

With Sarah Kane

**Sunday 6th September, 4th October,
15th November, 6th December,
3rd January, 7th February, 7th March,
11th April & 9th May
11am–6pm**

In total this is a nine-month part-time artistic exploration of Michael Chekhov's approach to acting and theatre for actors/performers, from September 2020–May 2021.

The nine sessions aim to – introduce participants to and deepen their understanding of – the strongly creative and highly artistic techniques developed by Russian actor Michael Chekhov in the

middle of the twentieth century. Their purpose is to inspire and empower actors for their future work. They have been growing in popularity in the UK since the 1990s.

Workshop fees:

1 workshop £35; concessions: £30
3 workshops £90; concessions: £75
9 workshops £220; concessions: £180

Sarah Kane is the Co-Founder of the Michael Chekhov Centre UK (now Michael Chekhov UK) and of MICHA USA.

For further information and bookings
E: info@performingartsintl.org
W: www.performingartsintl.org



An Introduction to Gardening the Biodynamic Way

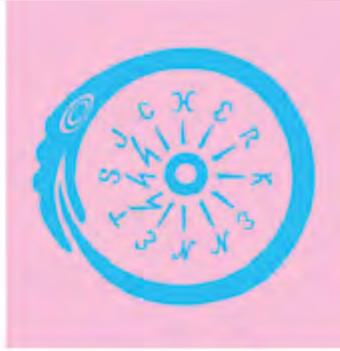
With Dr Sue Peat and Philip Martyn

Sunday 25th October 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 the 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 an autumn treat!

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

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



Goethean Psychology

With Graham Kennish

**Every Thursday and Saturday in 2020
12pm-1pm**

This is a 1 hour (free) Zoom workshop to learn a practical anthroposophical method of handling anxiety and stress, through the Goethean observation of one's own inner emotional state, with the language of gesture.

You will leave with a practical resilience exercise that you can use in daily life.

Graham Kennish is a Steiner science teacher trainer, a driving instructor and a psychotherapist (MBACP Accredited) holding many workshops and individual sessions in Goethean Psychology.

Donations are very welcome.
For further information and bookings
E: kennish46@gmail.com or
Tel: 07973 680959

Mystery Drama Reading The Portal of Initiation

With Trevor Dance

**Sunday 22nd November
2pm-6.30pm**

The first of Steiner's 'Mystery Dramas' and still as revolutionary as when first staged. Rudolf Steiner said, 'If people would exert themselves during the next few years to work with the drama, I would not have to give any more lectures for a long time!'. Reading it as a group is both enjoyable and highly enlightening. Lucifer and Ahriman appeared for the first time on stage; the workings of karma are examined through the deeds of the characters.

Beginners will learn much, experienced hands also – the plays generously repay very deep study.

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

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/

Celebrating the re-opening of Rudolf Steiner Theatre with a eurythmy performance: **Connection and Disconnection**

With Eurythmy West Midlands

Saturday 26th September
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

Tickets at the door:
£10 / £7.50 Concessions



Michaelmas Festival The Archangel Michael and the Michaelic Age

With Dr. Sue Peat and Philip Martyn
Sunday 27th September
2.30pm – 5pm

Michaelmas is a time for gathering the forces of the summer sun and for taking initiative! We experience this in our tradition of starting the academic year in the autumn. Looking to nature we see fruiting plants in abundance and the iron from the August meteoric showers beginning to embed itself into the life

of our planet. The picture of Michael with his sword standing over the dragon can inspire us to seek those forces within us that are capable of overcoming evil and prepare to meet the challenges that we face. Drawing on the insights into the season given by Rudolf Steiner we will explore the spiritual meaning of Michaelmas for the earth, for humanity and for the future.

For further information
E: suejoanpeat@gmail.com

All welcome, no booking required, donation at the door.

Holy Nights 24th December 2020 – 6th January 2021

The Holy Nights cross the boundary between the old and new year and can be seen as a time to prepare for the coming 12 months. We gather round our Christmas tree, decorated with sacred

symbols, roses and candles, to enter into the spiritual significance of this time for reflection and renewal. Each meeting includes a presentation and light refreshments. All are welcome to join us.

For a full programme please contact
E: suejoanpeat@gmail.com

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Bella Lack
Conservationist

Tim Lang
Professor of Food Policy

Richard Layard
Co-founder of Action for Happiness

Bill McKibben
Environmentalist

Jonathon Porritt
Forum For the Future

Nick Robins
Sustainable Finance

Merlin Sheldrake
Author of Entangled Life

Tim Smit
Co-founder of the Eden Project

Jayn Sterland
Managing Director, Weleda

Gelong Thubten
Buddhist monk and author

Mark Vernon
Psychotherapist and author

Farhana Yamin
Journalist and environment editor

Event Sponsors
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Join us for an **online event on Saturday 31st October 2020**
Tickets and information: www.resurgence.org/wellbeing20



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- To improve a wide range of physical ailments including headaches, heart ailments, gastrointestinal disorders and pains

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9:30 am - 6 pm 12th & 13th September 31st Oct & 1st November 5th & 6th December	10 am - 6 pm 26th & 27th September 28th & 29th November	6 pm - 8 pm 26th September 28th November
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 www.pranichealinglondon.uk



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 is currently one Anthroposophical Medical Doctor associated with the Centre:

Dr Peter Gruenewald *AMA reg. (previously CAHSC reg.)*

For further information: www.londonintegratedhealth.co.uk

M: 07898 650 182 or E: epi@londonintegratedhealth.co.uk



Artistic Therapy (children and adults)

Anniek Verholt BA, MA, AATA

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

M: 07717 525782 or E: info@artstherapylondon.co.uk



Counselling

Julia Dvinskaya Reg. MBACP (Accred.), MPABC, MUKAACP

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

M: 07939 011508 or E: juliadv.counsellor@gmail.com



Psychotherapy and Counselling

John Lees UKCP reg, BACP Snr accredited.

Int Cert Anthroposophic Psychotherapy

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

M: 07931 319454 or E: fjohnlees@aol.com



Physiotherapy and Rhythmical Massage

Anna van Zelder Chartered Physiotherapist MCSP, HCPC registered & Rhythmical Massage Therapist MRMT

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.annavanzelder.com

M: 07789 852 378 or E: info@annavanzelder.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



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.

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For further information

M: 07504 821593 or E: 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

Tel: 01689 827936 or E: katerinapersonal@yahoo.com

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Sophia Smith, BSc, ITEC, MAR, MNFSH, Registered Birth Doula.

A holistic therapist for the past thirty-five years, and doula (birth companion) for the past thirteen years, Sophia specialises in the fields of stress management, fertility and maternity support, and generally nurturing body and soul. For fourteen years at the Active Birth Centre, her foundational therapeutic method is biodynamic reflexology, weaving together intuitive counselling, trace element supplementation and lifestyle advice. Treatments are profoundly relaxing, integrating and may be insightful.

For further information: www.sophiasmiththerapies.co.uk

M: 07951 305897

KAIROS REHABILITATION

Kairos Rehabilitation Trust

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Patients are asked to contribute financially towards the costs of their treatment.

For further information:
www.kairosrehabilitation.org.uk
Contact us:
info@kairosrehabilitation.org.uk
Heronsgate Medical Centre,
1A Goosander Way, Thamesmead,
SE28 0ER

STUDY GROUP

**Every Monday starting from
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For details please contact
Ingrid Hermansen on 07712 810 108 or
gepainservice@gmail.com



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Information

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