



EVENTS

Winter / Spring
2021

Rudolf Steiner House 35 Park Road London NW1 6XT

Welcome to Rudolf Steiner House

These are our normal opening times below however during the current pandemic, please check actual opening hours on our website.

Rudolf Steiner House

35 Park Road
London NW1 6XT
www.rsh.anth.org.uk

Office

Opening hours
Monday to Friday 9am – 5.30pm
T: 020 7723 4400

Doris Bailiss

Finance and Administration Manager
Membership Secretary
doris.bailiss.rsh@anth.org.uk

Ilona Pimbert

Communication and Administration Officer
ilona.pimbert.rsh@anth.org.uk

Bookshop

Opening hours
Monday to Friday 12 noon – 3pm,
4pm – 7.30pm. Saturday 10am – 6pm
rsh-bookshop@anth.org.uk
T/F: 020 7724 7699

Library

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

Café

Opening hours
Saturday 9am – 5pm
The Café can be opened at other times by request, please contact the Office for further information.

Receiving the EVENTS BROCHURE

For an electronic version of this magazine contact
ilona.pimbert.rsh@anth.org.uk

EVENTS team

Christiana Bryan, Glenn Charles, Ilona Pimbert

Design & Print

Printaprint Crawford Street, W1U 6BH

Please send your submissions to

ilona.pimbert.rsh@anth.org.uk

Deadline for submissions to the next issue – Monday 15th February 2021

Contents

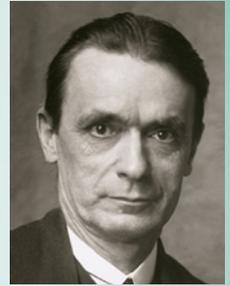
- 2 Welcome to Rudolf Steiner House**
- 3 About EVENTS Rudolf Steiner & RSH**
- 4 Regular Events**
 - Study & Conversation Groups 4
 - Friday Seminars & Monthly Talks 7
 - Biodynamic Market Stall 9
 - Intro to Anthro 10
- 11 Special Events**

- 12 Workshops**
 - Introduction to Gardening the Biodynamic Way
 - The Inner Child a Goethean Psychology 13
 - The Psychology of Freedom through a Goethean approach
- 14 The Therapy and Wellness Centre**
- 17 Other Steiner Events in London & Beyond**
- 18 Steiner Waldorf Education**
- 19 London Directory**

Opinions expressed in this leaflet are the responsibility of their authors. They do not represent the views of the Anthroposophical Society in Great Britain. A 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 the Rudolf Steiner lectures and writings that we are studying are available from the library at Rudolf Steiner House and, in addition, many may be accessed online at the Rudolf Steiner Archive.

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

MONDAYS

Reading to the Dead Staying Connected

With Iai Chiesa

**First Monday of the month from
February 6.45pm – 8.15pm**

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, laia53@yahoo.com

Karmic Relationships Volume 2

With Trevor Dance

**11th & 25th January; 8th & 22nd
February; 8th & 22nd March
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. For further information, trevordance@hotmail.com

How to Know Higher Worlds – On Zoom

With Dr. Sue Peat and Philip Martyn

**18th January; 1st & 15th February; 1st,
15th & 29th March**

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 experiencing how working with these exercises can be a transformative experience. All are very welcome, whether you are new to the work of Steiner, or have worked with these exercises before.

Join Zoom Meeting

<https://tinyurl.com/yxsn9yo3>

Meeting ID: 836 3754 3927

Passcode: 356940

For further information,
suejoanpeat@gmail.com

TUESDAYS

The Apocalypse for the Clergy

With Brendan McQuillan

**12th, 19th & 26th January; 2nd, 9th, 16th
& 23rd February; 2nd, 9th, 16th, 23rd &
30th March 7pm – 8.30pm**

We will be continuing with these lectures on the Apocalypse of St John, from September, 1924, which 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. For further information, ben.mcquillan@outlook.com

WEDNESDAYS

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

With Brendan McQuillan

13th & 27th January; 10th & 24th February; 10th & 24th March
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 and whether great works of art still leave traces when they are reduced to dust. For further information, ben.mcquillan@outlook.com

The Bridge between the Universal Spiritual and the Human Physical Constitution

With David Lowe

20th and 27th January; 3rd, 17th, and 24th February; 3rd, 17th, 24th and 31st March; 14th, 21st and 28th April
7pm – 8.30pm

These lectures from the end of 1920 are a response to an important question for anyone engaged in learning about the worlds of soul and spirit. Exactly what is our relationship with them? You are welcome to attend at any time. For further information, freerlife@gmx.com

Selected lectures from the 12 lectures in the book, Colour by Rudolf Steiner

With William Bishop

20th January; 3rd & 17th February; 3rd, 17th & 31st March 2pm – 4pm

In these lectures Rudolf Steiner, building on the achievements of Goethe in his Theory of Colour, shows how colour has an objectively moral effect on the feeling life, and even the health and well-being of the observer, and much more. For further information, william.bishop@blueyonder.co.uk

Art as Seen in the Light of Mystery Wisdom

With Brendan McQuillan

20th January; 3rd & 17th February; 3rd, 17th & 31st March 4.15pm – 5.45pm

We will be reading selections from this lecture series given in Dornach during the Holy Nights of Christmas 1914. The lectures look at the effect of art and technology on modern culture, and at 'pythic', 'prophetic' and 'spiritual-scientific' clairvoyance.

For further information,
ben.mcquillan@outlook.com

Anthroposophy and Clairvoyance

With David Lowe

13th January 7pm – 8.30pm

What kind of spiritual knowledge does Anthroposophy give us? Are there different kinds of clairvoyance and are they helpful to us? What is our relationship to knowledge given out by clairvoyants?

For further information,
freerlife@gmx.com

Different stages of Life

With David Lowe

10th February 7pm – 8.30pm

We recognise that each stage of life brings many challenges and the need to change our approach to how we live. What have we learned from these? What are the special challenges for those in their 26th year and how does it affect the rest of life?

For further information,
freerlife@gmx.com

Moral Aspects of the Present

With David Lowe

10th March 7pm – 8.30pm

We are individually faced with huge moral questions today which affect the way we live and our relations to others. How should we respond to them? Can Anthroposophy help us to find a balance in our lives in face of so much that threatens to overwhelm us?

For further information,
freerlife@gmx.com

The Path to Freedom and Love?

With David Lowe

7th April 7pm – 8.30pm

What are these two fundamental ideas and how do they relate to our lives. Easter is a time that raises these questions at their deepest level and shows us the power of evil but also how it may be overcome.

For further information,
freerlife@gmx.com

FRIDAYS

Looking at Art

With David Lowe

**5th February; 5th March;
7th May 7.30pm – 8.45pm**

5th February

Renaissance Venetian Art Works by Veneziano, the Bellini Family, Mantegna and Giorgione fuse the art of Northern and Southern Europe as well as the exotic East. They developed a character entirely their own with some of the most enigmatic masterpieces of art. Giovanni Bellini is a painter with a rare capacity for expressing beauty.

5th March

Spiritual Impulses in the Art of Raphael. Raphael lived when Italy was torn asunder by internal wars and periodically invaded by foreign powers. His paintings only occasionally represent the horror around him. Instead they radiate serenity, a mysterious subtle beauty and great healing power. We will try to understand how this all comes to expression, focusing on his works up to *The School of Athens*.

7th May

Constable, Palmer and Turner. What spiritual impulse worked through these three great English painters? How did it sound on in the work of later artists? For further information, freerlife@gmx.com



FRIDAY SEMINARS AND LECTURES

Renewal and Rediscovery Fridays 7.30pm – 9pm

What does the current world situation demand of us? How can we renew and rediscover ourselves and our spiritual connections in these difficult times? Our series of seminars offer the opportunity to work on these questions with speakers who are inspired by the work of Rudolf Steiner. We expect to be holding these meetings on zoom, and offer a warm welcome to both those who are new to Rudolf Steiner's work, and to those who are familiar with it.

**Join Zoom Meeting: <https://tinyurl.com/yxwh8v2u>
Meeting ID: 818 9511 5672 Passcode: 301757**



Nature Prepares to Perform....

With Patrick Dixon
22nd January

Natures is a drama acting out between supernature and subnature. What we will see in the spring with our eyes is an overture to summer and what we experience in the depths of winter we can feel as the embryonic image of the future. We anticipate the curtain raiser of spring in anticipation of the full summer performance where all the players of nature come on stage. During this talk Patrick will take us behind the scenes to explore the work of nature's production team who bring about this yearly performance. Every production is a new one and we as human beings have our place within it!

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

What is Michael waiting for from us?

With Andrew Wolpert
29th January

(If the situation allows this event will be held in the Theatre at Rudolf Steiner House)
Our very humanity is threatened by the conditions we have created, and people are

reacting in different ways to what seems to lie in store for us. It is not how we react to this crisis that will be spiritually significant, or even effective on earth. It is how we act out of an intuitive sense of what a very different kind of future can be. To react is to enter the arena set by the adversary. In that arena we also fight each other often more energetically than countering what is our common adversary. There is a different dimension from which we can together envision and also enable a future that consecrates our becoming human, an aim that we may feel united in for Michael. *Andrew Wolpert has been giving courses, seminars and lectures on various aspects of anthroposophy in Britain, Europe, Australia and Asia.*

Addressing our Souls – The Foundation Stone Meditation

With Geoffrey Norris
12th February

Our speech is uniquely human, and uniquely ours. We can work with speech to address our souls and tell ourselves of the wonders of our own being. We can tell ourselves how the soul lives in the body and in what we do, feel and think. As Geoffrey guides us in how we can work with the meditation Steiner gave at the founding of the Anthroposophical Society we can experience an ever renewing and deepening force within that strengthens and guides us in these challenging times. The aim is summed up in the aspiration expressed in the final lines that 'Good may become' of the actions that we found in the realm of the heart, and direct with clear thinking. *Geoffrey Norris is an actor, director, storyteller and master of Creative Speech. He is the founder of the Speech and Drama Studio. www.speechanddramastudio.com*

The Coloured Glass Windows of the Goetheanum

With Douglas Miller

19th February

The First Goetheanum (begun in 1913 and destroyed by fire on New Year's Eve 1922/23) was built in Switzerland to serve as a centre for anthroposophical research in many applied fields of life; Rudolf Steiner, the building's designer, called it "an organ for the language of the gods." Nine large coloured glass windows in the Great Hall led the human being past the Guardian of the Threshold into a step-by-step experience of a modern conversation with the spiritual world. This illustrated lecture will consider what these windows (now found in the Second Goetheanum) can mean for an understanding of anthroposophy and its tasks. *Douglas Miller is a retired professor of German at the University of Michigan—Flint in the United States; his research, publication, and lecturing has focused on Goethe's accomplishments as a scientist and writer, as well as on the history and meaning of Rudolf Steiner and anthroposophy.*

Rediscovering our Inner Sun Power

With Eric Klein

26th February

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? *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.*

The changing face of karma in our times

With Rick Moxon

12th March

How do the concepts of 'karma' and 'freewill' relate to each other? Are events we experience in our own lives, and those of the nations and groups we belong to only a result of events in the past, and do they form the future? Are we simply 'victims' of circumstance, or can we work with our karma consciously? We will look at Rudolf

Steiner's indications on how karma works in people's lives, and explore how new possibilities for dealing with and intervening in karma have opened up in recent times, using examples from contemporary culture. *Rick Moxon works in environmental protection and lives in London.*

Passiontide – a time for Discovering Our Selves

With Peter Van Breda

19th March

Traditionally the weeks before Easter are a time for looking more deeply and intensively into our own biographies and a time for giving up something, maybe relinquishing a habit or giving up chocolates. From a more modern point of view we could put another emphasis on this time by considering taking on something that will bring help and healing to our troubled world and fellow human beings. This is of course the path that Christ took, and one that we can follow and identify with as he goes towards his passion and death. *Peter Van Breda lives in London and is a priest of The Christian Community, a movement for religious renewal.*

Renewing the forces of the Free Spirit

With Stephen Usher

26th March

Through Iron and Michael we can overcome our lower natures and achieve the ability to act out of freedom. Remarkably, when we act out of freedom we annihilate our life forces. Rudolf Steiner explains this in his seminal work THE PHILOSOPHY OF SPIRITUAL ACTIVITY. That leads to a question: Should a human being achieve the remarkable feat of acting most of the time out of freedom how would he survive? Rudolf Steiner also answers this question. The answer is found in the 'Michael Letters' – a series of letters he wrote to members of the Anthroposophical Society towards the end of his life. Elsewhere in his many lectures and books he points to the renewal of life forces. *Stephen E. Usher holds a PhD in Economics. In his early career he worked as a staff economist at the New York Federal Reserve Bank, then for 8 years served as the Managing Director of the Anthroposphic Press. Currently he resides in Austin, Texas and manages a family agricultural interest. His recent book is titled 'Conversations with Saul Bellow on esoteric-spiritual matters' (Steiner Books 2017 ISBN 978-1-62148-207-9)*

BIODYNAMIC MARKET STALL

**Every Saturday from 9th January
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
belikeabird@gmail.com
07957 799 336



INTRO TO ANTHRO

Wednesday evenings 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:

- | | |
|----------------------|--|
| 3rd February | <p>Karma – What? Why? and How?</p> <p>The little understood background to everyone's life, how the actions of one lifetime are reflected in the conditions and experiences of the next.</p> |
| 10th February | <p>Human Constitution beyond the Physical</p> <p>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.</p> |
| 17th February | <p>The Four Elements in Nature & Humanity – Temperaments</p> <p>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.</p> |
| 24th February | <p>Human Evolution Past & Future Part 1</p> <p>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.</p> |
| 3rd March | <p>Human Evolution Past & Future Part 2</p> <p>The evolution of humanity in terms of development of higher states of consciousness, cultural & political factors and relationship with the spiritual world.</p> |
| 10th March | <p>Spiritual Forces Active in Humanity Today</p> <p>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.</p> |
| 17th March | <p>The Angelic Hierarchy</p> <p>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.</p> |
| 24th March | <p>Nature Spirits</p> <p>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.</p> |

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

HOLY NIGHTS AND WHITSUN FESTIVAL

Holy Nights - on Zoom

24th December 2020 - 6th January 2021
7pm - 8.30pm

The Holy Nights cross the boundary between the old and new year and are a time to prepare for the coming 12 months. We enter into the spiritual significance of this special time for reflection and renewal with a series of informal zoom gatherings led by facilitators sharing their work with insights brought by Rudolf Steiner.

No meeting on Christmas day, Boxing day and Sunday 3rd January 2021.

<https://tinyurl.com/yyxvdre2>
Meeting ID: 892 3280 6041
Passcode: 043331

For a full programme please visit www.meetup.com/rudolf-steiner-spiritual-science or email suejoanpeat@gmail.com

Whitsun Festival on the theme of Wolfram von Eschenbach's Epic Parzival
Hosted by The Anthroposophical Society in Great Britain

Friday 21st May 7pm - 10pm
Saturday 22nd May 10am - 10pm
Sunday 23rd May 10 am - 1pm

The three days will focus on the theme of Parzival with lectures, artistic activities, and the opening performance of a newly commissioned play by Peter Oswald performed by students and staff of Ruskin Mill.

Donations towards expenses gratefully accepted.

Contact details for further information and booking: andrewjwolpert@gmail.com



WORKSHOPS

An Introduction to Gardening the Biodynamic Way

With Dr Sue Peat and Philip Martyn

Sunday 21st February 2 – 4pm

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 which plants respond to. The workshop will cover the background to the biodynamic planting calendar, composting and the biodynamic preparations. Participants will be invited to exchange gardening seasonal tips, ideas and experiences of growing everything from veg to trees. The workshop is suitable for those new to biodynamics and for anyone who would like to explore using the principles in their garden this year.

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.

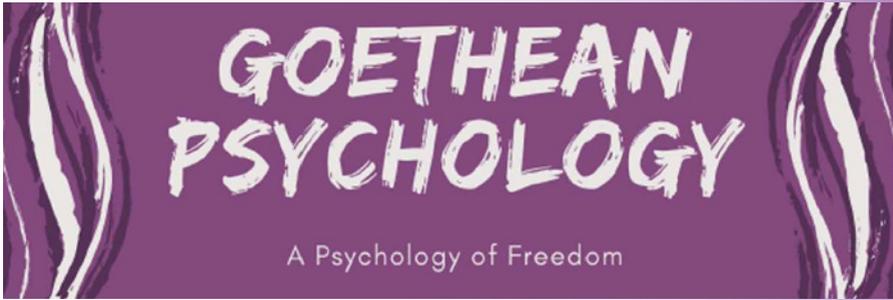
Join Zoom Meeting

<https://tinyurl.com/yyjwjmz9>

Meeting ID: 829 4556 8227

Passcode: 636586





The Inner Child

a Goethean Psychology

With Graham Kennish

Fortnightly Saturdays from 9th January 10.30am - 1pm

"It is never too late to be a better parent to your inner child"

Donations welcome.

To book: kennish46@gmail.com

www.goetheanpsychology.co.uk

The Psychology of Freedom through a Goethean approach

A Psychology of Freedom, leading to practical applications for handling stress and conflict in our professional and personal lives

With Graham Kennish

Fortnightly Saturdays from 16th January 12pm - 1pm

As workshop participants, you will discover processes in the psychology of the soul through perception of your own gestures, involving no analysis or interpretation by yourself or others. You will learn how to create gestures for increasing resilience and empathy. No personal intimacies need be shared and the process is entirely confidential to yourself.

Donations welcome.

To book: kennish46@gmail.com

www.goetheanpsychology.co.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 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 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 juliadv.counsellor@gmail.com



Psychotherapy and Counselling

John Lees UKCP reg, BACP Snr accredited.

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: 07931319454 or fjohnlees@aol.com



Physiotherapy and Rhythmical Massage

Anna van Zelder 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.annavanzelder.com

M: 07789 852 378 or 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 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 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 katerinapersonal@yahoo.com
Facebook: HolisticHealthTreatment



BIODYNAMIC REFLEXOLOGY

for fertility, pregnancy, and beyond.

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



MCKS PRANIC HEALING LONDON

LEARN PRANIC HEALING

Pranic Healing is an energetic medicine or balm that can be applied to enhance one's healing ability. The structured techniques of Pranic Healing are rooted in ancient esoteric knowledge. Presented in a simple, easy to learn manner, you will be introduced to the chakral system, how to scan, cleanse and energise the chakras to bring relief on the physical, mental and emotional level. This is a touch free healing modality that anyone can learn!

Enrol on our courses to learn Master Choa Kok Sui's Pranic Healing techniques, taught by Rohit Sujanani

rohit@pranichealinglondon.uk

07984 679 387



www.pranichealinglondon.uk



ADVERTISEMENT

KAIROS REHABILITATION TRUST

The trust works primarily with patients dealing with long term muscular skeletal pain who are resident in the borough of Greenwich. It is open to others with hard to treat conditions. The Kairos physician, Dr David McGavin, will judge if we are able to take someone on and will liaise with the person's GP regarding treatment. Patients are asked to contribute financially towards the costs of their treatment.

For further information please see: www.kairosrehabilitation.org.uk

Contact us on info@kairosrehabilitation.org.uk

Heronsgate Medical Centre, 1A Goosander Way, Thamesmead, SE28 0ER

STUDY GROUP

For details please contact Ingrid Hermansen on 07712 810108 or [gепainservice@gmail.com](mailto:gepainservice@gmail.com)



TEMPLE LODGE CHRISTIAN COMMUNITY

For details about events and talks please contact
51 Queen Caroline St, London W6 9QL
ccsecretary@btconnect.com T: 020 8748 8388
www.templelodgeclub.com



The Childrens 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 (Birth to 3)
Mondays and Thursdays 2.45 to 4.15pm

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



Information
T: 020 8948 2959
regine.childrensgarden@gmail.com
www.thechildrensgarden.org.uk

THE NORTH LONDON STEINER SCHOOL

THE NORTH LONDON STEINER SCHOOL

1-3 The Campsbourne Hornsey, London N8 7PN
T: 020 8341 3770
info@rudolfsteiner.london.sch.uk
www.rudolfsteiner.london.sch.uk



LONDON STEINER SCHOOL

9 Weir Road, London SW12 0LT
T: 020 8772 3504
office@londonsteinerschool.org
www.londonsteinerschool.org



ST. MICHAEL STEINER SCHOOL

Park Road, Hanworth Park,
London TW13 6PN
info@stmichaelsteiner.hounslow.sch.uk
www.stmichaelsteiner.hounslow.sch.uk



GREENWICH STEINER SCHOOL

Woodlands, 90 Mycenae Road, Blackheath,
London SE3 7SE
T: 020 8858 4404
admin@greenwichsteinerschool.org.uk
www.greenwichsteinerschool.org.uk

StPaul's STEINER SCHOOL

ST. PAUL'S STEINER SCHOOL

1 St Paul's Road, London N1 2QH
T: 020 7226 4454
www.stpaulssteinerschool.org/

Healthy Shopping, Healthy Eating, & Health Generally

BIODYNAMIC FARMS

For LONDON MARKETS see websites
 Akiki Organics Biodynamic farm
 Fruit, veg, eggs, meat, juices & preserves
 T: 01905 381420
 charbel@akiki.co.uk
 www.akiki.co.uk

Brambletye Biodynamic Fruit Farm

Fruit, eggs, veg, juices, honey & jams
 T: 07867 740 040
 steinleenders@gmail.com
 www.brambletyefruitfarm.co.uk

Brockman's Farm Biodynamic Growers

UK's oldest biodynamic farm
 Fruit, vegetables & juice
 T: 01227 732 001
 perrycourtfarm@gmail.com
 www.brockmansfarm.co.uk

Fern Verraw Farm Biodynamic/Demeter Certified Farm

T: 01981 510 288
 fernverrow@btopenworld.com
 www.fernverrow.com

Jacob's Ladder Farms

Biodynamic & organic produce by small farms in Kent & East Sussex
 T: 07565 303 559
 jayne@jacobs ladderfarms.co.uk
 www.jacobs ladderfarms.co.uk

Mushroom Table

Pioneering Mushroom Growing
 T: 01206 231 660
 info@mushroomtable.com
 www.mushroomtable.com

BIODYNAMIC WINE RETAILERS

Vintage Roots. www.vintageroots.co.uk
 Bar Buvette www.barbuvette.co.uk

RESTAURANTS/CAFES USING BIODYNAMIC/ORGANIC PRODUCE

Spring Restaurant.
 Somerset House, London WC2R 1LA
 T: 020 3011 0115
 Using biodynamic vegetables from Fern Verraw Farm.
 press@springrestaurant.co.uk
 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
 info@thehive wellbeing.com
 www.thehive wellbeing.com

NATURAL SKINCARE BRANDS USING BIODYNAMIC INGREDIENTS

Dr Hauschka
 www.dr.hauschka.com/en_GB/
 Martina Gebhardt
 Demeter Certified biodynamic brand
 www.liv.co.uk/martina-gebhardt/
 Weleda www.weleda.co.uk

HEALTH AND COUNSELLING

Biographical Counselling in London
 Giovanna Mabanta MPABC, reg MBACP
 Biographical Counsellor
 T: 07720 783 780
 www.biographyworklondon.co.uk

Counsellor, Psychotherapist and Psychophonetics Practitioner

Graham Kennish MBACP
 47, Harrington Gardens, London SW7 4JU
 T: 07973 680959
 kennish46@gmail.com

Cranio-Sacral Therapy & Remedial Massage

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

Anthroposophical Medical Doctor

Anna Brodski
 T: 07365 292 348
 dr.brodski@holistichealthconsultancy.co.uk
 www.holistichealthconsultancy.co.uk

Phyto & Aromatherapy

Pamela Tinker
 Member of the International Federation
 of Aromatherapists.
 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.co.uk

The Heart of Teaching

What do we offer?

A pioneering, Full-Time, In-School, Steiner Waldorf Teacher Training Programme, at the very heart of the school.

Daily 'hands on' practical experience in the classroom.

Training at the largest and most established Steiner School in the UK.

The standards and expectations are very high and the lessons carefully designed to facilitate the students meeting these. As a result, the accreditation is highly regarded by schools in the UK.

Extremely creative education, training you in many of the arts.

Open Morning

Thursday 18th March 2021

If you would like to attend, please contact:

Virginia Westlake, Course Coordinator.

email: virginia.westlake@michaelhall.co.uk

Michael Hall
a Steiner Waldorf School