



# EVENTS

Autumn - Winter 2023

# Welcome to Rudolf Steiner House

**These are our normal opening times and department contact details. But please check our website for the latest updates. [www.rsh.anth.org.uk](http://www.rsh.anth.org.uk)**

## 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/)

## Theatre Office

Monday to Friday 9am – 5pm

**Alexander Gifford** Artistic Director  
[alexander@marylebonetheatre.com](mailto:alexander@marylebonetheatre.com)  
T: 07717 220 176

**Adrian Locher** Executive Director  
[adrian@marylebonetheatre.com](mailto:adrian@marylebonetheatre.com)  
T: 07980 030 983

## Theatre Box Office

Monday to Friday 9.30am – 4.30pm

**Eugenia Valloreo** Marketing Assistant  
E: [marketing@marylebonetheatre.com](mailto:marketing@marylebonetheatre.com)  
T: 020 7723 7984

**Sam Vecks** Business Manager  
[sam@marylebonetheatre.com](mailto:sam@marylebonetheatre.com)

**Jessica Taylor** Venue Coordinator  
[jess@marylebonetheatre.com](mailto:jess@marylebonetheatre.com)

## House Office

Monday to Friday 9am – 5pm

## Doris Bailiss

House and Finance Manager  
Membership Secretary  
[doris.bailiss.rsh@anth.org.uk](mailto:doris.bailiss.rsh@anth.org.uk)

## Ilona Pimbert

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

## Bookshop

Monday 9am – 4pm, Tuesday to Friday  
9am – 7.30pm and Saturday 10am – 5pm

**Elizabeth Reeve** Bookshop Manager  
[rsh-bookshop@anth.org.uk](mailto:rsh-bookshop@anth.org.uk)  
T/F: 020 7724 7699

## Library

Tuesday and Thursday  
12noon – 2pm and 3pm – 7pm,  
Saturday  
10.30am – 2pm and 3pm – 5.30pm

**Ian Botting** Librarian  
[rsh-library@anth.org.uk](mailto:rsh-library@anth.org.uk)  
T: 020 7224 8398

## Café

Tuesday to Saturday 10am – 4pm

## Bar

The Bar is open one hour before each performance and during intervals

**Stuart Connery** Cafe Manager

## EVENTS team

Adrian Locher, Christiana Bryan,  
Glenn Charles, Ilona Pimbert

## Receiving the EVENTS brochure

For an electronic version of this magazine  
contact: [ilona.pimbert.rsh@anth.org.uk](mailto:ilona.pimbert.rsh@anth.org.uk)

## Please send your submissions to

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

## Design & Print

Printaprint, 129 Crawford Street, W1U 6BH

**Deadline for submissions to the next issue – Friday 3 November 2023**

## Contents

- 2 Welcome to Rudolf Steiner House
- 3 About EVENTS Rudolf Steiner & RSH
- 4 Special Events
- 10 Regular Events
- 20 Workshops

- 24 Monthly Talks
- 26 Marylebone Theatre
- 29 The Therapy and Wellness Centre
- 33 Steiner Waldorf Education
- 34 Other Steiner Events in London & Beyond
- 35 London Directory

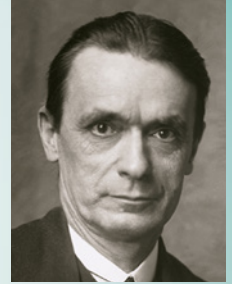
## Online events

Front cover image: 'Untitled' Canvas painting by John Stolfo Back cover image: 'Archangel Michael' by John Stolfo  
website: [www.johnstolfo.com](http://www.johnstolfo.com)

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*

If you are interested in becoming a member of the Anthroposophical Society in GB, please contact Doris Bailiss, Membership Secretary: [doris.bailiss.rsh@anth.org.uk](mailto:doris.bailiss.rsh@anth.org.uk)

# Open House

## Open House London

Sunday 10 September 1pm – 6pm

<https://programme.openhouse.org.uk/>

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

**Free admission**





# Considerations on the Different Paths into the Spiritual World

Lecture by Are Thoresen

**Thursday 21 September 7.30pm – 9pm**

There have been many cultures who gave clear revelations of the lives of non-physical beings, and levels of existence different from the everyday. Equally they had different methods of gaining awareness of these beings and levels, some of them no longer suitable for contemporary humanity. In modern times there have been several initiatives from the spiritual world to provide spiritual paths for aspiring humans, Are will look at their respective merits.

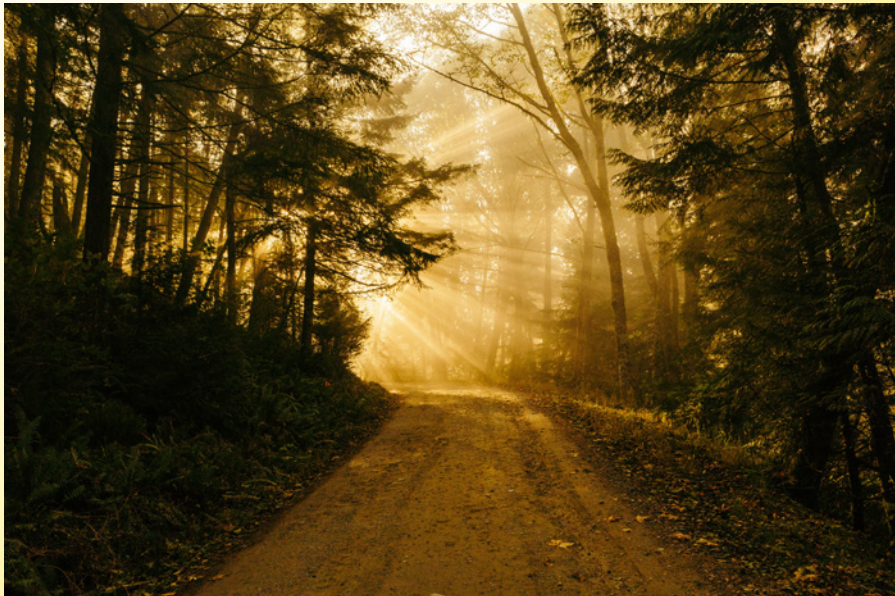
*Are Thoresen is a Norwegian doctor of veterinary medicine and an acupuncturist, working primarily with horses and humans. He has been clairvoyant for most of his life and practices the outer / macrocosmic path, which he believes is important in the current times. He is also the author of many books, the latest of which are, “Travels on the Northern Path of Initiation” and “Encounters with Vidar”, both published by Temple Lodge.*

**£10 cash on the door.**

For further information please contact Glenn Charles:  
glenn.charles@gmail.com 07554 000 280.

Are will be giving a three day practice based course at Emerson College from Friday 22 to Sunday 24 September on ‘Entering the Elemental Realms’.

**See [www.emerson.org.uk/elemental](http://www.emerson.org.uk/elemental) for full details**



# Rudolf Steiner's Six Basic Exercises with Bodo von Plato and Marjatta van Boeschoten

**Saturday 18 November 11am – 4pm**

We will continue with the work first started in May when we began to explore the practice of Rudolf Steiner's Six Basic (Supplementary) Exercises. These are central to the path of inner development and are of great value for those wishing to grow their capacity to manage the challenges of daily life and work. Whilst they first appear to be deceptively simple, they open a myriad of possibilities and questions which the group have been discovering and sharing.

The exercises have a transformational potential to strengthen thinking, initiative, equanimity, positivity and inner balance, which in turn builds wellbeing, resilience and openness to the world. All these capacities support an inner meditative life that can enable the practitioner to become conscious of the spiritual dimensions of reality.

This event is the second meeting to work on these exercises. Some participants have also meet on zoom in-between to share their further work.

**Nonetheless, everyone is welcome to join in and no prior knowledge of anthroposophy or of these exercises is needed.**

*Marjatta van Boeschoten is the General Secretary, Anthroposophical Society in Great Britain. Bodo von Plato studied philosophy, history and education. He has been an senior school teacher at a Steiner Waldorf School in Paris, a researcher in Heidelberg and a member of the Executive Board at the Goetheanum. He now leads a cultural foundation in Berlin.*

Free for students and those currently active in anthroposophical organisations. Otherwise, the charge is £10 or £5 for concessions.

To book a place please email Ilona Pimbert: [ilona.pimbert.rsh@anth.org.uk](mailto:ilona.pimbert.rsh@anth.org.uk) or T: 020 7723 4400



# Goetheanum

## 100 Years of the Anthroposophical Society

### The Challenges and Opportunities facing us now

#### Lecture: Friday 24th November 7pm

At this landmark time of 100 years since the founding of the Anthroposophical Society in Great Britain and the World Anthroposophical Society at the Goetheanum, Constanza Kaliks will address the question of what the times are asking of us now and how spiritual science can contribute to addressing the acute challenges the world is facing.



Following closely on the World Goetheanum Conference with its theme of reshaping a world movement, Constanza will share its conclusions and her thoughts on the future of the world movement which Rudolf Steiner intended would contribute to the needs of humanity and the earth on the basis of a true knowledge of the spiritual world. How should the Society evolve to best enable this after 100 traumatic years of world history since the Society was founded?

*Constanza Kaliks is a member of the Executive Board of the General Anthroposophical Society at the Goetheanum and co-leader of the Pedagogical Section of the School of Spiritual Science.*

Cost: £5

For more information please contact [Marjatta@phoenixconsultancy.com](mailto:Marjatta@phoenixconsultancy.com)

# The Merging of Human and Machine: Heartfelt Thinking and Artificial Intelligence

Saturday 14 October, 10am – 5pm

A day devoted to talks and interactive discussions on the topic of AI



*'The Sword and Ireland'*  
by Amélie Walker-Unda (age 13)

## Rudolf Steiner's Views on AI and the Future Evolution of Humanity

– Talk by Andreas Neider

The day will start with an overview of Rudolf Steiner's view on artificial intelligence (in a broader sense) and a discussion of the future evolution of humanity aided by the development of new moral technology. Andreas Neider aims to show how a different view of technology, not only as a kind of destruction, but also in a new way, as a kind of moral technique, could be a solution for the future of mankind on Earth.

## Technosophy: Meeting that Digital Realm in a More Conscious Way

– Interactive conversation led by Paul Levy

How do we stay awake in the digital realm? Is that even possible? In this interactive conversation, writer and technosopher Paul Levy explores how the rise of digital technology challenges and compromises our very freedom and consciousness. What specific challenge and opportunity does the digital world of artificial intelligence and robotics bring to human beings? What will be the consequence of merging with machines? What will be the consequence for humanity as a whole if we turn our backs on the digital world completely? What are we being invited to engage with and how do we do that in the most fruitful way?

## I Give You My Word – Talk by Paul Breslaw

What is it that makes language a human activity? And why AI chatbots are to language what a Big Mac is to food.

## From the Sunset of Technology to the Dawn of Technosophy

– Talk, discussion, plus artistic performances during the course of the event by Patrick Dixon

The sunset of technology will come when human consciousness perceives the activity of forces at present imperceptible to the human being and the instruments of magnification they are using. Technosophie will then dawn bringing a completely new way of working with Nature, out of Supernature and transforming Subnature.

*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.*

*Paul Breslaw studied experimental cognitive psychology, and later AI as a postgraduate. He worked as a software engineer in academia, telecommunications, precision engineering, financial research, and other fields. Now retired, but still an active lifelong student of Rudolf Steiner.*

*Paul Levy is a senior lecturer and researcher at the University of Brighton and an associate of Warwick Business School. He is the author of several books including Digital Inferno and the Poetry of Change. Paul is currently researching morality and knowledge in the field of artificial intelligence.*

*Andreas Neider is the author of numerous publications on the Covid pandemic, anthroposophy, spirituality, meditation, the criticism of digitalisation and media education. He has been giving lectures and seminars on these topics for many years.*

**Tickets: £50 / £25 (concession)**

Places are limited. Please book by email in advance: [luke@foston.co.uk](mailto:luke@foston.co.uk)



THE LAURENCE SOCIETY OF HOLISTIC MEDICINE

# ANNUAL CONFERENCE

NEW  
VENUE

SATURDAY 7 OCTOBER

RUDOLF STEINER HOUSE, 35 PARK RD, LONDON NW1  
or ZOOM - 10.00am - 5.30pm

TOLLE CAUSAM

## SPEAKERS



### ROB VERKERK BSc MSc DIC PhD FACN

#### Biofield and Regeneration: Critical Frontiers for Human Health

Robert Verkerk PhD is an internationally acclaimed scientist with over 35 years experience in sustainability, specifically in the fields of agriculture, food production and healthcare. He has Masters and Doctorate degrees from Imperial College London. In 2002 he founded the Alliance for Natural Health International (ANH-Intl), an independent non-profit organisation that promotes natural, sustainable and bio-compatible approaches to healthcare—using the tools of ‘good science’ and ‘good law’. Its four core activities are campaigning, activism, education and research. ANH-Intl’s mission of ‘love nature, live naturally’ covers a diverse range of issues related to natural health and its sustainability [www.anhinternational.org](http://www.anhinternational.org)



### MOHINI FRANKEL-HUTTON

#### Frequency Matters, an Alchemical Approach to Health & Well-Being

Mohini is a qualified dowser in SRT (spiritual response therapy) and Geomancy. She is a transformational practitioner who creates lasting change through her dowsing. She works in the light to raise the frequencies of both people and land. She uses a structured system of charts, to explore where patterns, programmes and pain surface within the many energy fields of a person, clearing them at their root.

Mohini is also qualified in Cordon Bleu Cookery massage, craniosacral therapy and N.L.P (neuro linguistic programming). She is an active member of the wider community at the Findhorn Foundation, Scotland.



### DR ANDREW SIKORSKI MBBS MRCGP FFHom DFFP

#### Integrative Medical Healing Over the Ages

Dr Andrew Sikorski was introduced to complementary medicine during his NHS GP training at the St Michael’s Hospital Obstetric Unit, where he observed a birth using only acupuncture and meditation/hypnosis techniques. Subsequently he studied acupuncture and homeopathy under the tutelage of Drs George Lewith, Philip Jackson and Farley Spink. He has held posts in the NHS Homeopathic Hospitals in London, Glasgow and Royal Tunbridge Wells and through his long career has gained a broad understanding of holistic medicine. Andrew was chair of the British Holistic Medical Association and has served on the Councils of the Faculty of Homeopathy and BMA (SE Coast).

COST: MEMBERS - £45

NON-MEMBERS - £55

For all conference applications purchase your ticket using the link on our website [www.laurencesociety.org](http://www.laurencesociety.org) under events or email [secretary@laurencesociety.org](mailto:secretary@laurencesociety.org)

If you wish to use this opportunity to join the society ticket + membership is £60 and can be purchased through the ticket link on our website.

There will be complementary tea/coffee available for those attending in person with lunch available in the café or at shops located nearby

Registration and refreshments from 10.00am. AGM at 11.30am. Conference starts at 12 noon prompt and ends at approximately 5:30pm.

The Society offers a number of free places at conference to medical, dental, veterinary, nursing, homeopathic, radionic and complementary therapy students.

# 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*.

**For updated news on these and other events please see:**

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

## MONDAYS

**Karmic Relationships, Volume 6**  
with Trevor Dance  
**2, 16 & 30 October, 13 & 27 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. For further information:  
[trevordance@hotmail.com](mailto:trevordance@hotmail.com)

**Calendar of the Soul (Zoom)**  
with Dr. Sue Peat and Adrian Hotten  
**9 & 23 October, 6 & 20 November,**  
**4 December 7pm – 8.30pm**

Rudolf Steiner's collection of fifty-two meditative verses were first published in German in 1912. These verses, representing the fifty-two weeks of the year, begin with Easter week and offer thoughts that help us find a deeper relationship with the spiritual forces at work throughout the year. 'You should take these meditations quite especially into your hearts, for they contain what can enliven the soul and really represents a living relationship of soul forces with forces of the macrocosm.' --

**Rudolf Steiner, CW 40, 1912**

Each verse appears alongside the corresponding opposite verse for the week, that represents a kind of mirror, or compensating force during the year. In listening to the changing language of the year we can rediscover our individual nature. These verses help to awaken a feeling of unity with nature while simultaneously stimulating a discovery of the self. We will mainly be using the Ruth & Hans Pusch translation of the verses and The Year Participated, an interpretation and translation by Owen Barfield. Both are readily available to purchase or can be found on the internet. Members of the Meetup group already receive the verses week by week by email. Come and join us as we work our way through the changing nature of the year.

Zoom link: <https://us02web.zoom.us/j/82632129836?pwd=SDZ3d0kxWk0wNU1uUzN5OStBZmN6QT09>  
Meeting ID: 826 3212 9836  
Passcode: 755359

## TUESDAYS

### Occult Background to the Bhagavad Gita

with Brendan McQuillan

**3, 10, 17, 24 & 31 October, 7, 14, 21 & 28 November, 5 December 7pm – 8.30pm**

Rudolf Steiner gave some of his most significant lectures to audiences in the far north of Europe. These 1913 Helsinki lectures on *The Occult Background to the Bhagavad Gita* (GA 146) are in that company.

The wonderful, two thousand year old Gita describes the inner struggle of a warrior, Arjuna, in a fierce outward battle against blood relatives. He does not yet identify himself with his individual 'I' and the Gita tells of his transition from identifying with the 'I' of his group or tribe – with the 'I' of his blood – to identification with his individual 'I'. To achieve this, the god Krishna confronts Arjuna like an all-embracing Cosmic Egoist, admitting of nothing but Himself, and even requiring others to admit of nothing but themselves. Steiner reveals Krishna's connection with the Nathan Jesus. The question arises: how can such a sublime teaching as the Bhagavad Gita be thus bound up with universal egoism?

All welcome.

For further information:

ben.mcquillan@outlook.com

## WEDNESDAYS

### The Riddles of Humanity

with Trevor Dance

**4 & 18 October, 1, 15 & 29 November 2pm – 4pm**

We will be reading and discussing these deeply penetrating but very accessible lectures given in Dornach July–Sept 1916. A wide variety of topics encompassing, 'the duality of human nature – the heavenly and earthly aspects of human beings', 'enlivening the sense processes and ensouling the life processes, aesthetic enjoyment and artistic creativity.'

For further information:

trevordance@hotmail.com

### From Jesus to Christ

with Dagmar Steffebauer

**4 & 18 October, 1, 15 & 29 November 4.15pm – 5.45pm**

Rudolf Steiner gave 11 lectures between 4th and 14th October 1911 in Karlsruhe, Germany. In these enlightening lectures, Rudolf Steiner shows how 'the Mystery of Golgotha' can be seen as the pivotal event of human history. The Gospels themselves, he says, are 'initiation documents' that can guide us on a path of spiritual development. All are welcome!

Further information:

d.steffebauer@gmail.com

### From Symptom to Reality in Modern History

with William Bishop

**11 & 25 October, 8 & 22 November, 6 December 2pm – 4pm**

These nine lectures given by Rudolf Steiner in late 1918 examine developments in European consciousness since the fifteenth century and give a basis for a deeper understanding of the present world situation affecting the future of humanity. The group will cooperatively investigate this through reading and discussion.

For further information:

williambishop191@gmail.com

### Evolution of Consciousness

with Adam Slowikowski

**6, 13, 20 & 27 September, 4, 11, 18 & 25 October, 1, 8, 15, 22 & 29 November, 6, 13 & 20 December 6.45pm – 8.30pm**

We will be continuing our reading of Rudolf Steiner's lectures in Great Britain with the lectures given in Penmaenmawr from 19 to 31 August 1923.

All welcome. For more information:

adam.slowikowski69@gmail.com

## THURSDAYS

### Theosophy

with Iaia Chiesa

**12 & 26 October, 9 & 23 November,  
14 December 10.30am – 12noon**

Back to Basics. First published in 1904, Theosophy is an invitation to start to understand who we are as human beings in all aspects and stages of development, including reincarnation and karma. All welcome. For more information: [iaiac53@yahoo.com](mailto:iaiac53@yahoo.com)  
Please specify 'Theosophy' as the subject. Voluntary donations welcome.

### An Occult Physiology

with Brendan McQuillan

**5 & 19 October, 2, 16 & 30 November,  
7 December 10.30am – 12noon**

These lectures (GA 128) were given by Rudolf Steiner in Prague in March 1911. Steiner surveys aspects of super-sensible forces in relation to the body's physical organs. He looks at the digestion and respiratory systems; at differentiation of conscious and subconscious processes in the organs; at warmth in the blood and on its effects on the 'I'; and at the evolutionary process implicit in the forming of the spinal column and brain.

For further information:  
[ben.mcquillan@outlook.com](mailto:ben.mcquillan@outlook.com)

## Reading to the Dead Staying Connected

with Iaia Chiesa

**Thursdays 5 October, 2 November,  
7 December 7pm – 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: [iaiac53@yahoo.com](mailto:iaiac53@yahoo.com)  
Voluntary donations welcome.

## FRIDAYS

### A Conversation on Archangels

with Debbie Elliott and Simon Pelling

**20 October, 3 & 17 November  
6.30pm – 8pm**

This will be a series of three meetings about Rudolf Steiner and the subject of Archangels. Being the season of Michaelmas, we will discuss the role of the Archangel Michael and the other Archangels in Anthroposophical work and we will be discussing Archangels and their role in one's self-development and what Rudolf Steiner had to say on this very subject. The evening will be hosted by Debbie Elliott & Simon Pelling.

For more information:  
[ns118de@yahoo.co.uk](mailto:ns118de@yahoo.co.uk)





# TALK AND BOOK LAUNCH RUDOLF STEINER BOOKSHOP

## Behind the Wall of Illusion: The Religious, Esoteric and Occult Worlds of the Beatles

with Sean Macleod

**Saturday 23 September 5.30 – 7pm**

REGULAR EVENTS



The Beatles brought colour, joy, freedom and love to a grey, post-war world. But the most successful group in popular music history also harboured hidden worlds, and sometimes darker influences, that are often downplayed by their biographers. In their career, the Fab Four were to cross paths with many spiritual movements, religious groups, esoteric philosophies and mystical teachings. Inevitably, their thinking was affected by the ideas they encountered. These ideas in turn helped shape their music and – given their vast popularity – the public consciousness. *Behind the Wall of Illusion* examines the spiritual inspirations that the Beatles brought to the changing cultural landscape of the 1960s.

*Sean Macleod is a musician, songwriter and author from Dublin, Ireland. Sean has been writing songs, recording and performing for over 30 years. He has a keen interest in popular music and has written three books on its influence on modern culture. Sean also has a deep interest in philosophy and the work of Rudolf Steiner in particular, and has attempted to marry his interest in music, literature and the work of Steiner in both his writing and his music.*

*Sean teaches film, music and media studies at the Limerick College of Further Education in Ireland and is currently finishing an Arts Practice PhD in Music at the University of Limerick. His PhD employs Steiner's phenomenological methods as a major research tool.*

**Attendance free**

# INTRO TO ANTHRO

## Thursday 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 10 areas of Anthroposophy and explains them in such a way as to be of use to someone interested in starting a spiritual path. To confirm dates: [www.rsh.anth.org.uk/introtoanthro](http://www.rsh.anth.org.uk/introtoanthro) or call 01342 827967.



<b>5 October</b>	<b>Karma – What? Why? and How?</b> The little understood background to everyone's life, how the actions of one lifetime are reflected in the conditions and experiences of the next.
<b>12 October</b>	<b>Human Constitution beyond the Physical</b> Our progressively subtle energy bodies which animate our physical body and give us emotion, thought and will. Bodies of soul and bodies of spirit.
<b>19 October</b>	<b>The Four Elements in Nature &amp; Humanity – Temperaments</b> 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.
<b>2 November</b>	<b>Human Evolution Past &amp; Future</b> Rudolf Steiner's revelations from the Akashic record of the journey of what would eventually evolve to become contemporary humanity and our future stages.
<b>9 November</b>	<b>Spiritual Forces Active in Humanity Today</b> 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.
<b>16 November</b>	<b>The Angelic Hierarchy</b> 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.
<b>23 November</b>	<b>Nature Spirits</b> 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.
<b>30 November</b>	<b>How to Know Yourself</b> Every serious spiritual aspirant is aware of the injunction 'Know Yourself', but it's not so easy to translate this from the ideal to the practical. Tools for getting to grips with our inner life.
<b>7 December</b>	<b>Sleep, Dreams and the Afterlife</b> In these states the physical body is relatively passive, however other aspects of us are very active on levels only perceptible to clairvoyants.
<b>14 December</b>	<b>How to Make Progress</b> Anthroposophy is a Spiritual Path which can lead to very significant human development. A practical guide to making that a reality.

Most evenings are a combination of lectures and activities. This series has been designed by Alex Wright as a course with the knowledge building week on week, so regular attendance is advised. Alex has an MA in Law from Oxford University, is a qualified Steiner Waldorf Class Teacher and a graduate of the three-year Emerson Visual Arts Course.

The course costs £90 (£60 student). You are welcome to attend the 1st or 2nd evenings for £10 (£7 student) and then pay the balance if you decide to continue, pay at the door, no cards. If you would like to be kept informed of when the next course starts, then please email [introtoanthro2020@gmail.com](mailto:introtoanthro2020@gmail.com). This course will also run one day earlier on Wednesdays in the Carson Building at Emerson College, Forest Row, East Sussex, RH18 5JX. And also two days earlier on Tuesdays at Waldorf School, BN2 5RA.

# POETRY EVENINGS

21 September, 19 October,  
16 November and 21 December

7pm – 9pm

with Barnaby Tobias and Iaia Chiesa

Rudolf Steiner Bookshop offers An Evening of Poetry. Join us for the sharing of poems, monologues, stories, parts of plays, and all things creative. A casual event where we celebrate the spirit of creativity. All are welcome and encouraged to share something of their own work or another's they admire. We will have some discussion around the inspiration for certain pieces, with a main emphasis on the practical sharing of work. Cash donations are welcome.  
[rsh-bookshop@anth.org.uk](mailto:rsh-bookshop@anth.org.uk)

REGULAR EVENTS





# FRIDAY SEMINARS AND LECTURES

## Karma and Reincarnation

7pm – 8.30pm (UK time)

**A series of zoom and face to face seminars exploring the spiritual significance of nature given by speakers working with the insights of Rudolf Steiner.**

All welcome, no need to book, no charge. Voluntary donations towards costs are gratefully received and can be made by transfer to a Nationwide account held for this purpose. Account name: Adrian Hotten, sort code: 07-01-16 account number: 31466776 or via Paypal to suejoanpeat@gmail.com

Zoom link <https://us02web.zoom.us/j/82632129836>

Meeting ID: 826 3212 9836, Passcode: 755359

These seminars are not recorded.

### Researching Karma (Zoom)

with Rick Moxon

**6 October**

Why should we carry out karma research? We will look at some exercises that Steiner hoped people would take up which can help reveal the forces of destiny working in their biographies which may lead to the reawakening of memories of previous lives. We will also examine several examples of karma research to get a feel for how it can be practised. One will follow a sequence of incarnations of related individualities described by Rudolf Steiner in his Karma lectures from 1924. The other shows how Eugen Kolisko made a detailed study of the life and destiny of Lawrence of Arabia, how this provides insights into his karma, and how it suggests links to a previous incarnation. We will also look at some of the dangers associated with karma research, and how to cope with these.

*Rick Moxon is a retired environmental scientist living in Hertfordshire.*

### Reincarnation and the Path to the Grail

with Dr. Andrew Welburn

**13 October**

Finding the Grail means finding our true destiny: in Wolfram's great poem it is a strange journey indeed! What can it mean? Andrew Welburn suggests a new approach. We find our destiny by coming to earth, by being born. The succession of strange events Parzival witnesses can be understood as a journey to find the right incarnation, involving the vision of his karma from past lives. The Grail Quest takes

on a further exciting dimension of meaning. *Andrew 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 Steiners' philosophy, esotericism, and Christianity, and on the prophet Zarathustra.*

### Karma as a Scientific Discipline (Zoom)

with Angus Jenkinson

**20 October**

Practical knowledge of karma matters. Cultivating awareness and a rigorous scientific discipline is a central task of anthroposophy. Steiner considered it key to ours and future times. Why? What does this mean for us? What for example has karma (and reincarnation) to do with ending the slave trade? How did it influence a transformation in 20th century art? What was its working in modern economics? How did it influence one of the great media stars of the 20th century? What about your own life? And what does its scientific practice have to do with the essence of anthroposophical practice for the future? *Angus Jenkinson has been exploring the history of science for 5 decades and works as a scientific researcher and change or development designer in the field of social organization. He is a fellow of several professional bodies, an affiliated academic fellow, former professor, and an independent researcher at the Centre for Thinking Futures. He is a long-term practising student of Steiner's scientific disciplines for knowledge of self and world. He has authored 4 books including From Stress to Serenity, which is on self-development.*



## Karma and Education

with Helen Kinsey

**27 October**

The word 'Karma' needs unpicking and perhaps nowhere more so than in the world of education, where as adults, we have a responsibility towards children. There is much myth surrounding Karma and education. Can we untangle these myths? Can we find a truth in what we understand as reincarnation and Karma that can truly help to inform education and teaching? And if so, would it be better to reframe it in a language less loaded? We will begin an exploration of these thoughts.

*Helen is an anthroposophist and has been teaching in the Waldorf School for 20 years, mostly as a class teacher. She now teaches as a mainstream primary teacher with a specialism in Special Educational Needs.*

## The Principles of Spiritual Economy (Zoom)

with Eric Klein

**3 November**

Normally, when we leave this world at the end of our incarnation, our physical, etheric, and astral bodies, each in their appropriate time, re-join the physical, etheric, and astral worlds from which they were formed. It is only our eternal nature that lives on. However, in the case of highly developed human beings, these bodies do not necessarily dissolve in the same way but are "reused" by other highly developed beings in future time. Is it possible to consider that even in our time, we can develop ourselves to such an extent that we leave something for the future?

*Eric Klein was born and raised in an Anthroposophic home in New York, educated at the Rudolf Steiner School in New York City, before training as a concert musician at the Manhattan School of Music. His life's journey has gone through Harvard Business School, the Christian Community Seminary in Stuttgart, Germany before settling in England in 2002. He has worked as a performing musician, composer, conductor, teacher and lecturer.*

## Christ as the Lord of Karma

with Rev Nigel Lumsden

**10 November**

Rudolf Steiner tells us that the office of the Lord of Karma is in the process of devolving from Moses to Christ. How does this affect our personal destiny and the destiny of humanity? Does this change our relationship to Original Sin and Personal Sin? Can we find at least an intimation of this change in the Bible? Does it affect our entry into the Kingdom of Heaven, or put another way, our Path of Initiation?

*Nigel was ordained as a priest of The Christian Community in 2022, following a 42 year career as a Camphill Co-Worker, Waldorf Science and Craft Teacher and Waldorf Teacher Trainer. He trained in physics at the University of Hull in the seventies and early eighties.*

## The Karma of Illness (Zoom)

with Dr. Peter Gruenewald

**17 November**

Suffering from a chronic physical or mental illness can be an existential challenge that may seemingly limit our self-expression and even social reach. It can be caused by experiences and deeds in previous lives but may also be a preparation to acquire new life skills for a future lifetime. In fact, organs that are weak in one incarnation, may become organs of strength in a next life. All illness, even physical illnesses have to be understood from their spiritual, soul, vital and physical and social aspect. Once we understand these dimensions of illness and its individual purpose, we can start to work on improving the conditions by means that strengthen our physical, vital, emotional, and spiritual constitution.

We will in this context look at two statements: "All illnesses are musical problems." (Novalis) and Paracelsus: "The foundation of all medicine is love."

We will explore the question: How can we use spiritual development and initiation to work towards a true and sustainable state of health, physically, vitally, emotionally and spiritually?

*Dr Peter Gruenewald is an anthroposophical doctor, general practitioner, specialist doctor in sleep medicine and a trainer in Adaptive Resilience and stress management. He is the author of the books: The Quiet Heart. Putting Stress in its Place (2007), Manifesting your Best Future Self: Building Adaptive Resilience (2020) and Mastering Life. Rosicrucian and Magical Techniques for achieving your Life's Goals (2022).*

## Creating Good Karma

with Howard Smith

**24 November**

This talk will explore the nature of 'evil', and how the practice of spiritual exercises and 'virtues' affects not only our personal Karma, but the future development of the Earth.

*Howard is a life-long student of Anthroposophy. He has a PhD in Chemistry and worked as researcher into the properties of water and as a science teacher. He founded the Science Group of the Anthroposophical Society in Great Britain and now works as a piano technician.*

## World Karma (Zoom)

with Geoffrey Norris

**1 December**

The Paradise Play, the Shepherds Play and the Kings Play have their origins in oral tradition and were brought to the island of Oberufer by a group of German migrants. They form part of a medieval mystery tradition and were collected by Schroer, a teacher of Rudolf Steiner. In these plays we see the origin of human world karma portrayed on the stage for us, and watch how God, the Angels and Devils are even now working towards resolution of the karmic situation that we, as human beings, put ourselves in.

*Geoff is a master teacher of Steiner Creative Speech with over 45 years of experience in the field. He is an experienced storyteller, actor and director and has performed and given workshops worldwide. He is currently training students to achieve a Goetheanum recognized diploma in Steiner Speech and is speaking and codirecting for Eurythmy West Midlands young stage group.*

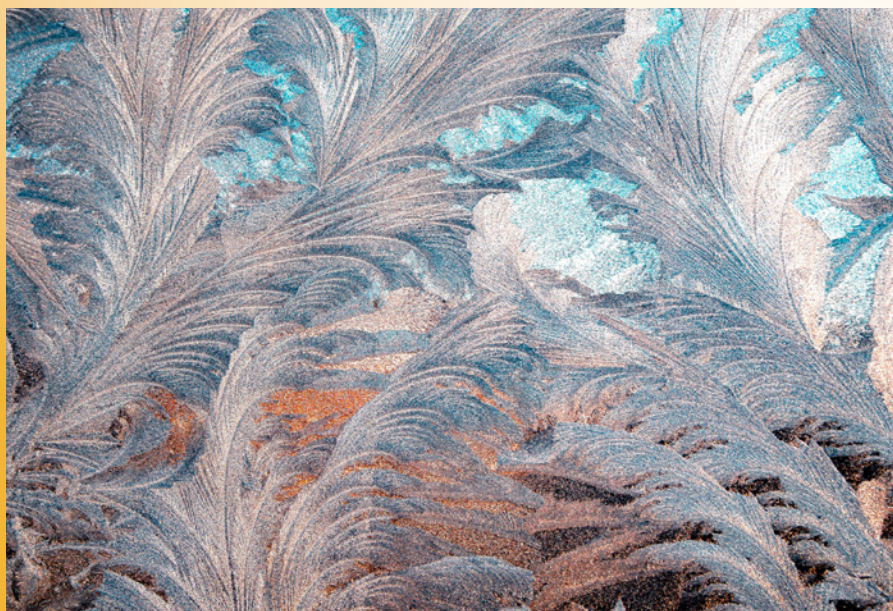
## The Laws of Karma

with Ted Prestbury

**8 December**

This talk will explore the relationship between a person's actions and the moral and legal consequences. How does the English legal system attempt to address these issues and achieve justice? Does the English legal system reflect universal spiritual laws, and can we find in it the laws of karma?

*Ted has worked with Anthroposophy for over 40 years. He qualified as a solicitor in 1978 and remained in private practice until 2016. He worked as a lawyer in the city, the west end and in a country practice. He specialised in mental health work and held judicial office for 29 years.*



# BIODYNAMIC MARKET STALL

**Saturday 9, 16, 24 September 11am - 2pm**

Please check the website for future dates



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. Emerson college and Michael Hall's garden. Availability is seasonal including leeks, jerusalem artichokes, carrots, black and white radishes, cavolo nero, kale, golden

and purple beetroot, chioggia, kohlrabi, parsnips, red cabbage and apples.

We also have Sizzler cheese and cheddars and the 'best yoghurt I have tasted' from Plaw Hatch; From Shire Farm we have their delicious apple juice and highly nutritional Aronia berry juice as well as rye and spelt flour.

We look forward to seeing you at the stall!

Kenny Coffey  
belikeabird@gmail.com  
07957 799 336

## CAFÉ CONVERSATIONS

with Patrick Dixon

**Saturday mornings 10.30am**  
**16 & 30 September, 14 & 28 October,**  
**11 & 25 November**

A place to talk, a place to listen, a place to meet interesting and interested people.

Looking at new ways of thinking and thinking about new ways of looking.

Topics for discussion include:

- the history and future of art
- the opportunities and perils of modern technology
- principles and practices of sacred geometry
- what is Anthroposophy?
- new perspectives on nature

**Tickets: £10, including coffee and cake**





# Crossing the Threshold – The Outer Path to the Spiritual World

with Are Thoresen

**Experiential Workshops on Monday 25 &  
Tuesday 26 September  
from 9.30am to 5pm**

A technique will be practiced where, through an intense focus on the sense perceptible world (merging), the threshold to the spiritual world can be crossed and the elemental world beyond experienced.

**Public lecture on Monday 25 September at 7 pm**

Becoming active in the 3rd elemental realm and the possibilities for healing and treatment (Hygienic Occultism)



The workshops will be flexible and allow for attendance at one or both days.

Charges will be £50 for one day, or £80 for both days of the workshop.  
£10 for the evening lecture.

**For further information please contact:**

Glenn Charles at [glenn.charles@gmail.com](mailto:glenn.charles@gmail.com) or Giovanna Mabanta at [gjoainflow@gmail.com](mailto:gjoainflow@gmail.com)

## An Introduction to Gardening the Biodynamic Way

with Dr Sue Peat and Douglas Davidson

**Sunday 29 October 2 –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 and the biodynamic preparations, including those used in composting. We will be paying special attention to the work of the worms. Participants will be invited to exchange seasonal 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 would like 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 winter treat!



*Dr. Sue Peat is an enthusiastic biodynamic gardener and long term student of Rudolf Steiner's work. She is a medical consultant at a London Teaching Hospital, with a specialist interest in pain relief.*

*Douglas Davidson is an enthusiastic BD allotment holder.*

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

**For updated news on this event please see:**

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



## Weekly Classes

### Eurythmy for Everyone

with Sarah Hunt (September & November/December)  
and Coralee Frederickson (October)

**Wednesday 13, 20 & 27 September,  
4, 11, 18 & 25 October, 1, 8, 15, 22 & 29  
November, 6 December 6pm – 7.15pm**



Eurythmy is an art of harmonious movement, developed by Rudolf Steiner, which can increase a sense of well-being and a deeper connection to oneself and others. These open classes are for every and anyone, with no prior experience needed. We will explore ways to connect with our own bodies as well as how we grow comfortable and creative with others in a dynamic space. Poetry and movement will weave together to stimulate vitality and enrich our daily lives. Please wear loose fitting comfortable clothing and soft soled shoes.

**Sarah Hunt** After many years as a teacher in Canterbury Steiner school, Sarah graduated from West Midlands Eurythmy and subsequently completed a Masters in Eurythmy Education with Alanus University. Until recently, she worked as an educational eurythmist in Steiner schools and is presently a freelance personal coach.

**Coralee Frederickson** Coralee is a performer and former co-director of eurythmy trainings in London and Oslo. She also offers training for Chinese students in China and Sweden.

Price per class: £10 Full/£8 Concession, Booking:

By phone: 020 7723 7984

<https://www.ticketsource.co.uk/rudolf-steiner-house/t-ojzzjne>

Registration and booking in person available at the Bookshop on the night



## Resilience and Self-Care with Goethean Psychology (Zoom)

with Graham Kennish

**Saturdays 11am – 12pm**

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 exercise that you will have created yourself, to use in daily life.



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

Free of charge, but a small (e.g. £1) donation to cover Zoom costs are welcome.

For further information and booking your chosen date, please contact:

kennish46@gmail.com or 07973 680959 [www.goetheanpsychology.co.uk](http://www.goetheanpsychology.co.uk)

## THE ACTOR'S CREATIVE PROCESS

### The Foundations of Michael Chekhov's Approach to Acting and Performance

A sequence of one-day workshops running from 2023 – July 2024 with Sarah Kane

The one-day workshops planned for weekends at Rudolf Steiner House in 2023 and 2024 aim to provide an overview over the core elements of Michael Chekhov's acting technique that he continued to develop throughout his life. They range from the very beginnings of any serious artistic research and exploration to the finer points of developing a stage life and creating character, including the character's psychological gesture.

Each workshop will be an entirety in itself and can be taken individually; priority will be given to those wishing to enrol in the three groups of workshops (September – December, January – March, April – July) and in the entire series.

Please bring clothes and shoes suitable for movement as well as a piece of text such as a monologue or poem known by heart, so that it can be used in the exploration of any aspect of the technique in practice.



### Part one: The Imagination September – December

*'Imagination is the real and eternal world, of which this vegetable universe is but a faint shadow.'* – William Blake

As actors and performers how can we engage with our imagination in the process of creating, transforming into character? Imagination is a part of every human being and for many performers an essential element in their creative process: how can the imagination serve and also enhance our individual creative journey? Can we train it?

These questions will be at the heart or core of the first three weekend workshops for professional actors and performers and will explore one of the core elements of Michael Chekhov's understanding of and approach to the actor's professional life and work.

### Imagination I Concentration and Observation

Sunday 24 September

10am – 1pm & 2pm – 5pm

What kind of concentration does a performer need? How can learning to observe and then practising observation help us first to concentrate, then to develop and expand our imagination, being able to become more playful with it? The workshop will investigate these and other questions in playful ways as we search for a clear and reliable creative process that can be called on when the performer's intuitive creativity is not available.

## Imagination II

### The four Elements as Imaginative Tools for transformation

#### Part I

**Saturday 30 September 10am – 1pm & 2pm – 5pm**

This workshop will explore how with the help of the imagination the actor can access the first two of four main qualities present in the world surrounding us as perceived in Ancient Greek culture. How can they inspire performers to express these qualities as they live in human beings in and through the body, both in sound and movement, and then become an element in the creation of character?

### The four Elements as Imaginative Tools for transformation

#### Part 2

**Saturday 16 December 10am – 1pm & 2pm – 5pm**

This second workshop will continue to explore how with the help of the imagination the actor can access the third and fourth of the four main qualities present in the world surrounding us as perceived in Ancient Greek culture. How can they inspire performers to embody these qualities, both in sound and movement, and then become an aspect or element in the creation of character?

## Imagination IV

### Imagination and the transformation of space

**Saturday 23 December 10am – 1pm & 2pm – 5pm**

The space where performance happens is not often integrated into performance as a creative tool, but many good writers know how the awareness of space, both the individual and the general, can enliven and enrich ensemble work and create mesmerising individual performances. Michael Chekhov calls this imaginative exploration of space 'atmosphere', both general or objective and individual or subjective: how can this intangible thing enhance our creativity, become a creative tool and a part of any artistic process?

## Coming in 2024:

### Part Two: Three Workshop

**January – March 2024:**

**From Movement to Gesture**

**April – July 2024:**

**Creating Character**



Workshop Fee: £55 per individual day; £200.00 for four;  
£150.00 for three workshops; £425.00 for ten workshops

Booking:

<https://www.ticketsource.co.uk/rudolf-steiner-house/t-yappajp>

Registration and booking in person available at the Bookshop on the night



# MORE TO LIFE

## Spiritual Practice – Nurturing the Inner Life

with Christopher Marcus

**Tuesdays 3, 10, 17, 24 & 31 October  
and 7 November**

**6.30pm – 8pm**

I believe Spiritual Practice is done from the heart, with others and alone, where failure and guilt are changed into joy and enthusiasm.

A golden thread that runs through most true spiritual streams are six human qualities: They are concentration, walk your talk, don't let your emotions run away with you, think positive, have an open mind and live in harmony with yourself and the world. I will be offering six 90-minute sessions, in which we will get to know these qualities as the foundations for meditation, prayer or study and how they form a solid base for any steps we might take in becoming aware of the spiritual worlds in which we live, albeit mostly unconsciously.

The sessions will be experiential, in so far as we will use simple ritual as well as art forms to come to know those forces in us which help, as well as sabotage, our journey to self-knowledge. We will work in smaller groups as well as one-to-one and create gentle, sacred spaces where intimate parts of our souls can be shared to help us become sensitive to a profoundly delicate world that always wishes to reach out to us.



*Christopher had spent the first half of his adult life initially working as an actor and then predominantly as a director specialising in the genre Mystery Theatre with particular attention to Rudolf Steiner's Mystery drama's. Feeling the need to work outside the Anthroposophical world for a while and deepen his understanding of other spiritual streams he trained to become an Interfaith Minister and was ordained in 2007. He became a core tutor at the One Spirit Interfaith Foundation and has since then dedicated himself to teaching meditation. Having meditated daily for the last 51 years he is enthusiastic about enabling others to experience the life enhancing powers of nurturing an inner life. He lives in Forest row with his wife and two boys.*

**Price: £12 Full/£10 Concession per session,  
£60 /£50 for all 6 sessions booked together.**

Bookings:

<https://www.ticketsource.co.uk/rudolf-steiner-house/e-jgkyjl>

Registration and booking in person available at the Bookshop on the night







## We are not Separate

Perceiving and working with subtle energies in nature

**5 weekly online meetings beginning  
Saturday 7 October 9am – 11am**

Through a series of simple meditation and movement exercises, we will learn ways to perceive the subtle and often unnoticed energies that live in the world around us. With continued practice, these inspiring introductory exercises can help us feel more in tune with the phenomena of nature, leading to more empathic ways of connection. Using a unique blend of online meetings, individual exercises in nature, and shared internet-free

meditative spaces we will create a warm and supportive group experience, which can nurture the unfolding of our perceptive faculties.

- 5 2-hour Zoom meetings including: meditation and nature connection exercises, eurythmy-inspired movement, space for sharing / questions (5 Saturdays in October and November)
- 5 individual walking exercises in nature (between meetings)
- 5 background reading texts from different streams of nature connection
- 5 optional short group meditations offline, remotely from our own homes (between meetings)

**Cost: £100; concessions available**

**For information, dates and reviews see: [www.michaelfullergardens.co.uk/workshops](http://www.michaelfullergardens.co.uk/workshops); for bookings contact Michael Fuller at [michaelfuller5@icloud.com](mailto:michaelfuller5@icloud.com) / 07952 751029**



## Introduction to Spiritual Science

This course will offer those newly acquainted with Spiritual Science (Anthroposophy) an insight into Rudolf Steiner's core ideas. Through a guided process of reading and discussion we will learn about the inner nature of the human being, the spiritual world, life after death, reincarnation and karma, Waldorf education, world evolution and other subjects. Running over two terms, the course is available either in-person or online.

In-person (Forest Row) from **9am – 10.45am** over 8 Monday mornings/term, beginning **2 October** (Autumn term)

or

Online (Zoom) from **7pm – 8.45pm** over 8 Tuesday evenings/term, beginning **3 October** (Autumn term)

**Cost: £120 per term, concessions available. For more information including dates for both terms as well as reviews from previous participants see: [www.michaelfullergardens.co.uk/courses](http://www.michaelfullergardens.co.uk/courses)**

**Michael Fuller: 07952 751029 / [michaelfuller5@icloud.com](mailto:michaelfuller5@icloud.com)**

# The White Factory

14 September – 4 November  
Monday to Saturday 7.15pm,  
Wednesday and Saturday 2pm  
& 7.15pm

Spanning several decades, *The White Factory* explores the life of Yosef Kaufman, a Holocaust survivor from Łódź, haunted by his wartime experiences as he tries to build a future with his new family in 1960s Brooklyn.

This is the world premiere of a daring collaboration between Ukrainian, Russian and British creatives, led by writer Dmitry Glukhovsky, author of the bestselling *Metro 2033* franchise, and visionary theatre director Maxim Didenko – both of whom are political exiles and vehemently outspoken critics of the war against Ukraine.

This heart-rending drama of love, endurance, despair and hope follows one man's journey from the Łódź ghetto of 1940s Poland to sixties America, where the possibility of a new life is tested to the limit by the remnants of his past.

**Tickets from £20**

<https://www.marylebonetheatre.com/>



# A Sherlock Carol

written and directed by Mark Shanahan  
24 November – 7 January 1pm, 2.30 pm, 5pm, 7.30pm



Following the huge success of the UK premiere of *A Sherlock Carol* last Christmas, this 'winning crossover mystery' (*The Guardian*) returns to Baker Street!

This critically acclaimed production has been loved by London audiences, bringing 'a wonderful festive play to get the entire family in the Christmas spirit' (*Lost in Theatreland*) that 'entertains from start to finish' (*Broadway World*).

An impossible murder, a threatening letter, and a missing diamond – it's just enough to intrigue the great detective. But it's a dark and treacherous Christmas Eve, and once again the night is haunted by the spirits of the past, present, and future. Using his powers of deduction, can Holmes overcome his own ghosts to crack the case?

**Tickets from £15**

<https://www.marylebonetheatre.com/>

# SPOKEN WORD



## EGIL

**Written and performed by Peter Oswald with Howard Gooding**  
**8 November 7.30pm**

Outlawed in Norway and storm-driven to England, Egil the Viking fights for his life with poetry as his only weapon. An astonishing, new long poem, inspired by the Icelandic saga tradition, Egil will be performed by its author with subtle musical accompaniment. A piece of epic story-telling, centered on the extraordinary life of the world's greatest warrior-bard.

**Tickets £15 Full/ £12 Concession**

<https://www.marylebonetheatre.com/>

## An Evening with Simon Armitage

**9 November 7.30pm**

Former Oxford Professor of Poetry and current Poet Laureate, Simon Armitage is one of the most acclaimed writers of our times. His extensive body of work includes original collections, such as *Kid* and *the Book of Matches* – as well as modern translations of Middle English masterpieces, such as *Gawain and the Green Knight*, *Pearl*, *The Death of King Arthur* and *Gawain and the Green Knight*. Simon will read a selection of his own poems as well as excerpts from his four Middle English translations. This is a rare opportunity to see him live in London.

**Tickets £15**

<https://www.marylebonetheatre.com/>



## Forgotten Voices

**Directed by Gerrard McArthur**  
**11 November 2.30pm and 7.30pm**

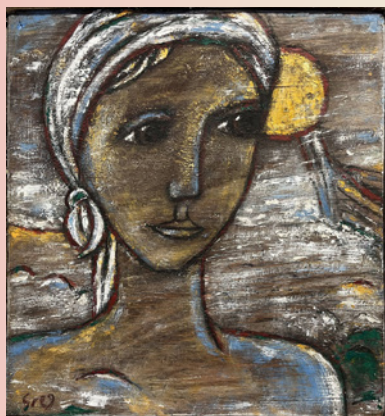
Selected from the Imperial War Museum's sound archive recorded in the 1950s, *Forgotten Voices* relives the moving testimonies of those whose lives were utterly transformed by their experiences in the First World War. Based on the best-selling book by Max Arthur and adapted for the stage by Malcolm McKay.

**Tickets from £15**

<https://www.marylebonetheatre.com/>



## Sacred Meetings – paintings by Greg Tricker Exhibition in Foyer at RSH until 30 September



Sacred Meetings is an exhibition of the work of Greg Tricker. Greg is a stone carver and painter. He was born in London in 1951. Deeply inspired by Vincent Van Gogh in the early years, he later developed his own unique style of painting on the Scilly Isles. He trained as a monumental mason and now lives in the Cotswolds and teaches at the Ruskin Mill Centre.

His profound and simple style of paintings follows in the mystical and sacred tradition of art akin to the work of Rouault and Cecil Collins.

Qualities of myth, echoes of the Folk Art Spirit and element of the circus feature in his work, which he presents in themes; he has produced a number of themed exhibitions, notably Paintings for Anne Frank (exhibited at Peterborough Cathedral and St

Clement Danes, London), The Catacombs and recently Francis of Assisi exhibited at Salisbury Cathedral and Piano Nobile Gallery, London.

**Free to view, paintings and sculptures available for sale.**

## Marylebone Youth Theatre

**9, 16, 23 & 30 September 14, 21 & 28 October, 11 & 18 November, 2 & 9 December 9am – 1pm**

**Marylebone Youth Theatre** are looking to recruit children and young people aged 7–16 who are interested in performing arts. We offer a fun and safe environment to learn new skills and meet new friends.

Members of Marylebone Youth Theatre will grow in confidence as they work collaboratively and creatively. They will be taught theatrical skills and there will be regular opportunities to perform in front of an audience in the beautiful Marylebone Theatre.

Marylebone Youth Theatre runs Saturday classes during the school term and weekday classes during the school holidays.

**To apply, please fill the Marylebone Youth Theatre application form available via <https://www.marylebonetheatre.com/get-involved>**  
**If you need to pay over the phone please call 0333 666 4466**



**MARYLEBONE  
YOUTH  
THEATRE**

**Saturday theatre classes and school holiday workshops for those aged 7-16**

**A fun and safe environment to develop theatrical skills and make new friends**

**Email [lucy@marylebonetheatre.com](mailto:lucy@marylebonetheatre.com) to arrange your FREE trial session**

**Please visit our website for more information [www.marylebonetheatre.com/get-involved](http://www.marylebonetheatre.com/get-involved)**





# 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](http://www.londonintegratedhealth.co.uk)

M: 07898 650 182 or [admin@londonintegratedhealth.co.uk](mailto:admin@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](http://www.artstherapylondon.co.uk)

M: 07717 525782

[info@artstherapylondon.co.uk](mailto: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](http://www.mylifeandcounselling.com)

[juliadv.counsellor@gmail.com](mailto:juliadv.counsellor@gmail.com)



## Psychotherapy and Counselling

*John Lees UKCP reg, BACP Snr accred.*

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: 07931319454

[fjohnlees@aol.com](mailto:fjohnlees@aol.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

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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M: 07504 821593

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)

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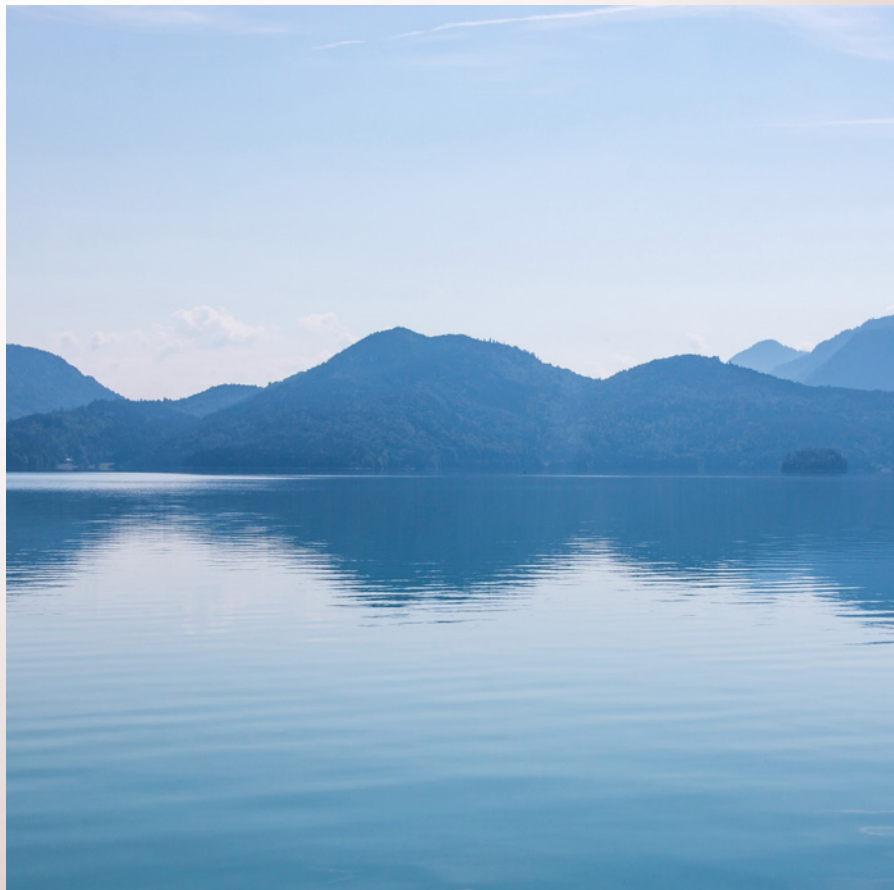
*Sophia Smith, BSc, ITEC, MAR, MNFSH, Registered Birth Doula.*

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](http://www.sophiasmiththerapies.co.uk)

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For further information please see: [www.kairosrehabilitation.org.uk](http://www.kairosrehabilitation.org.uk)

Contact us on [info@kairosrehabilitation.org.uk](mailto:info@kairosrehabilitation.org.uk)

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

## STUDY GROUP

For details please contact Ingrid Hermansen on 07712810108 or [gepainservice@gmail.com](mailto:gepainservice@gmail.com)



# TEMPLE LODGE CHRISTIAN COMMUNITY

For details about B&B events and talks please contact

51 Queen Caroline St, London W6 9QL

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## HEALTH AND COUNSELLING

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Biographical Counsellor

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### Counsellor, Psychotherapist and Psychophonetics Practitioner

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47, Harrington Gardens, London SW7 4JU

T: 07973 680959

kennish46@gmail.com

### Cranio-Sacral Therapy & Remedial Massage

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London N10 3UA

T: 020 8444 6331

### Anthroposophical Medical Doctor

Anna Brodski

T: 07365 292 348

dr.brodski@holistichehealthconsultancy.co.uk

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