



Rudolf
Steiner
House

EVENTS

Spring~Summer 2025

Welcome to Rudolf Steiner House

Please check our website for the latest updates. www.rsh.anth.org.uk

Rudolf Steiner House

35 Park Road, London NW1 6XT
T: 020 7723 4400
www.rsh.anth.org.uk
[f.com/rudolfsteinerhouse/](https://www.facebook.com/rudolfsteinerhouse/)

Theatre Office

Monday to Friday 11am – 4pm
T: 020 7723 7984

Hannah Henderson Executive Director
E: hannah@marylebonetheatre.com

Alexander Gifford Artistic Director
alexander@marylebonetheatre.com
T: 07717 220 176

Theatre Box Office

Monday to Friday 9.30am – 4.30pm
T: 020 7723 4400

Eugenia Valloreo Box Office Manager and Marketing Assistant
E: marketing@marylebonetheatre.com
T: 020 7723 7984

Lorna Dempsey Theatre and Venue Manager
E: lorna@marylebonetheatre.com
T: 07769 196490

House Office

Monday to Friday 9am – 5pm

Adrian Locher RSH Programme Director
adrian.locher@btinternet.com
T: 07980 030 983

Doris Bailiss House and Finance Manager
Membership Secretary
doris.bailiss.rsh@anth.org.uk

Ilona Pimbert Communications Coordinator
ilona.pimbert.rsh@anth.org.uk

Bookshop

Monday 10am – 4pm,
Tuesday to Friday 10am – 7.30pm

Elizabeth Reeve Bookshop Manager
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
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
E: stuart@marylebonetheatre.com

EVENTS team

Adrian Locher, Christiana Bryan, Ilona Pimbert

Receiving the EVENTS brochure

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

Please send your submissions to

ilona.pimbert.rsh@anth.org.uk

Design & Print

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www.prontaprint-london.com

Deadline for submissions to the next issue – Friday 15 August

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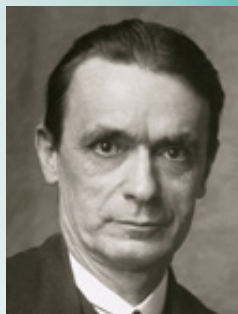
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Front cover image: Gordon Mortensen – ‘Desert Flowers’, n.d (b. 1938)

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.

RUDOLF STEINER (1861 –1925), Austrian philosopher, scientist and social reformer, extended scientific research beyond present natural scientific parameters 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.



Inspiring practical initiatives. Collaborating with doctors, therapists, farmers, businesspeople, teachers, scientists and artists, Steiner inspired Waldorf schools, Biodynamic agriculture, anthroposophic medicine, new economic and social models, the movement art of Eurythmy, the Camphill communities and Ruskin Mill colleges with people having additional needs, to name a few of the many initiatives flourishing today in Great Britain and across the world.

What is anthroposophy? Steiner's spiritual insights and the methods by which they can be attained he called spiritual science or anthroposophy, which means wisdom of the human being. It was, for him, a path that could 'lead the spiritual in the human being to the spiritual in the universe'. He shared the results of his spiritual research in over 40 books and 6,000 lectures. Many of these works are available in the bookshop and/or library in Rudolf Steiner House.

The worldwide Anthroposophical Society was founded in 1923 by Steiner at the Goetheanum in Dornach, Switzerland as: 'an association of people who seek to cultivate an individual and social life based on a true knowledge of the spirit.' It is open to everyone regardless of religious belief, race, nationality, social standing, scientific or artistic conviction.

At the heart of the Society is the **School of Spiritual Science**, which offers a meditative path for those wishing to take up anthroposophy more fully in their lives and work. It contains sections representing the various fields of work, through which the results of spiritual research can be put to practical use.

The Anthroposophical Society in Great Britain was founded in London in 1923 in Rudolf Steiner's presence. In 1926, one year after Steiner's death, **Rudolf Steiner House** was completed. It is inspired by Steiner's architectural impulse and is a unique example in London of expressionist architecture.

Membership: If you are interested in joining the Anthroposophical Society in GB, please contact Doris Bailiss, Membership Secretary: doris.bailiss.rsh@anth.org.uk. Alternatively, an application form can be downloaded from the website: www.anthroposophy.org.uk. Membership forms are also available in the Bookshop.

Activities: Many of the activities that take place at Rudolf Steiner House are inspired by anthroposophy, including study groups, the celebration of festivals, artistic performances, courses, trainings, lectures and national and international conferences.

The Anthroposophical Society in Great Britain is Charity No. 220480

Steiner100

Music Eurythmy Festival

with composers

Nigel Osborne, Howard Skempton and Jinny Shaw

together with

Maren Stott and Eurythmy West Midlands

Saturday 5 July 2 – 9pm

This special Festival in the centenary year of Rudolf Steiner's death explores and celebrates the dynamic relationship between Music and Eurythmy*.

The evening performance includes works inspired by the Grail by composers Nigel Osborne, Howard Skempton and Jinny Shaw, as well as pieces by Shostakovich, Scriabin and Bach. Eurythmy is by Maren Stott and Eurythmy West Midlands.

In the afternoon there are presentations and workshops on Eurythmy, talks by the composers and a music eurythmy demonstration.

For more information, please visit the RSH website or call 020 7723 4400.

**The art of Eurythmy, an expressive movement art, was originated by Rudolf Steiner in the early 20th century. The word eurythmy stems from Greek roots meaning beautiful or harmonious rhythm. A eurythmist moves the music itself, the inner dynamic, the emotional expressiveness. In an ensemble, the interplay of the instruments, the piece itself, is present before your eyes.*

Do I Mean Anything?

Seeking truth in a polarized world and building future communities

with Ad Dekkers, Henriette Dekkers and John Lees

Saturday 28 June 10.30am – 6pm

There will be an opportunity to deepen the theme in an optional workshop on Sunday 29 June, 10.30am – 1pm



We often hear such words as misinformation, fake news and propaganda. There is an uncertainty about truth. Our present world is beset by intensified polarizations regarding a whole range of issues – Gaza, Covid vaccination, politics (such as Democrats and Republicans in the United States), global alliances (BRICS and the G7).

How should we position ourselves in this polarized, split, dangerous, confusing and uncertain world? What is our place in these broader events?

Do we mean anything or are we just cogs in a machine? What can we do?

Ad Dekkers, Henriette Dekkers and John Lees are anthroposophic psychotherapists, practising a holistic body, soul and spirit approach to psychotherapy. They will share a way of addressing these questions from the point of view of anthroposophic psychotherapy. Their aim is to show that today's challenges present us with an opportunity to develop a future spiritual consciousness and new future communities. The conference will include talks, group discussions and practical exercises.

Cost:

Saturday: £50, £35 conc.

Saturday & Sunday morning: £65, £50 conc.

Book online:

rsh.anth.org.uk/event/do-i-mean-anything/

Or by phone: 020 7723 4400



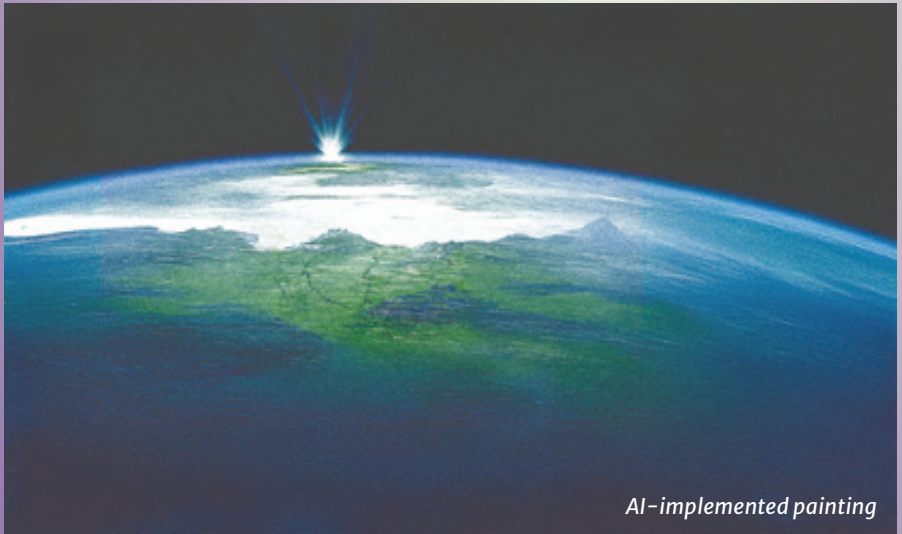
Creative Necessity in a Digital World

Sunday 13 July 10am - 6pm

As our environment becomes more digital, new technologies are reshaping and challenging our traditional ways of interacting with our creative tools.

In an era dominated by AI and automation, how can we actively engage with and question these new tools?

Can we shape them to meet our needs and expand our understanding of their impact?



AI-implemented painting

Rather than seeing AI as a threat to human creativity, how can we engage with it critically - harnessing it as a tool for deeper understanding while challenging dominant power structures and advocating for ethical innovation?

This one-day experience, combining lectures and interactive workshops, explores the human drive towards artistic and technological expression, affirming that human creativity is not only necessary to our evolution but an essential act of meaning-making.

Through artistic engagement, ethical reflection, and deep inquiry, participants are invited to explore the **dynamic interplay between analogue and digital**, where creativity finds new forms of expression.

Participants will engage in a **hands-on drawing and writing workshop**, where their live creations will be augmented with AI-enabled tools, leading into a broader group discussion.

Join us in this **exploration of creativity as a vital force** – one that has always defined, challenged, and expanded what it means to be human.

Recent master graduates from UAL's course on Design for Art Direction, with thesis focused on digital world and AI, Maria Catalano and Leon Ferretti, will be leading the sessions.

Maria Catalano will introduce the concept of creative necessity, and expand on how our tools, both traditional and digital, shape our creativity, reflecting our evolving needs and expanding our capacity for expression.

Leon Ferretti will guide us through an insightful ecological analogy for new technologies, exploring the relationship between the analogue and digital realms, for a collective investigation into AI and its potential implications.

Price £35 (concessions £20, students £10)

To book a place:

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

If you wish to attend but have financial restrictions, please contact Adrian at adrian@marylebonetheatre.com



The Winter's Tale

Shakespeare's play, a meditation for healing relationship – An embodied exploration with Adam Fotheringham

Sunday 18 May 9.30am – 5.30pm

'Using the framework of a beautiful story to reflect on our own relationships.'
'Tightly structured and felt safe...gave scope for profound experiences.'
'A magical day, warmly held and facilitated.'

The Winter's Tale is one of Shakespeare's last and most moving plays. It shares with the other late plays a preoccupation with loss and redemption. In the story King Leontes, acting out of blind jealousy, tyrannically destroys his family and happiness, but his shattered world is redeemed by time, destiny and a process of inner atonement.

In this divisive age of polarising perspectives and conflicting narratives, how can we work to heal the relational rifts that threaten our human fellowship? This deeply spiritual play points both to causes of conflict in human interaction, and to the path of repair and reconciliation available if we choose to take it.



Participants will be introduced to the story, which will become a lens for examining their own conduct in relationship. Through dialogue, group reflection and embodied exercises, participants will have opportunities to work with their own relationship history in a context that is strongly held, confidential and holds a possibility for healing.

Adam Fotheringham has a background in theatre as an actor, director and teacher, but now works predominantly in personal and leadership development. He is a Programme Lead and Archetypal Coach with Olivier Mythodrama, using story as a tool for developing individuals in leadership and life.
'Thou met'st with things dying, I with things new born.'

Cost £65 (£50 concessions)



Twelfth Night

Shakespeare Week at Rudolf Steiner House

11 – 15 August

A pair of twins emerge from the ocean. Parted by a storm and shipwreck, each is sure the other is drowned as they come separately ashore on the coast of Illyria. Beneath their outwardly confusing similarity, their different destinies lead them into the same social psychic disorder which at first they unwittingly compound.

The tenuous symmetry of the plot embraces illusion and misrule, and justly leaves some unfinished business at the end that reflects the disparate beginning.



The questions the play poses about identity, delusion, recognition and destiny all relate timelessly to our personal and social experience today.

These themes will be explored in our week together at Rudolf Steiner House.

Sarah Kane and Andrew Wolpert will be offering drama workshops, lectures, discussions, and a visit to see a production of the play at The Globe Theatre.

The course fee of £465 includes a Groundling theatre ticket, morning coffee and afternoon tea.

For the timetable, more information, and to register please contact Andrew Wolpert andrewjwolpert@gmail.com

Back to Back with Frida Kahlo

Meeting Pain through Art, Celebrating Creativity

6 September 10am – 5pm

A day of artistic workshops and sharing in the centenary month of the horrific accident and sustained injuries of the Mexican painter Frida Kahlo



'To be an artist is to believe in life.' Frida Kahlo

Roots by Frida Kahlo 1943

A choice of workshops:

Creative Writing with poet & co-leader of The School of Storytelling
Henrietta Bowen

Drama with Olivier Nominated actress Melody Grove

Painting with artist Ilona Pimbert

Singing with Musician & Singer Andrew Thompson

The Art of Being Present with mindfulness teacher Tamzin Muir

Followed by a sharing from the workshops and conversation

Fee: £40.00 – some bursaries available

Contact Louise at: lfc@listntell.co.uk

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

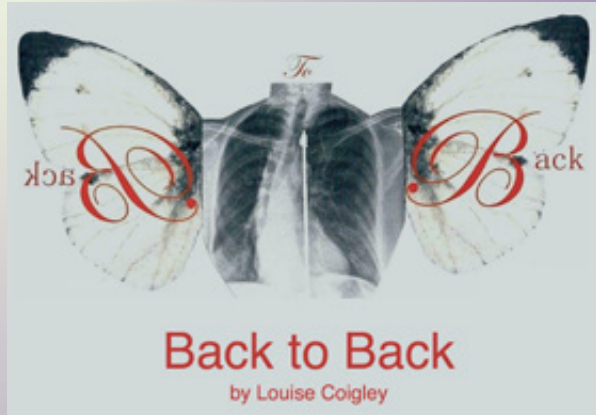


Back to Back Music Poetry Storytelling

with Louise Coigley

Sunday 14 September 7.30 – 8.45pm

Honouring the centenary of Frida Kahlo's accident
17 September 1925



Storyteller, speech & language therapist and spinal injury survivor Louise weaves her own fractured journey into a powerful and poetic narrative of perseverance and healing. Born with clubfeet, as a child Louise develops scoliosis.

After years of treatment for her legs & feet and back, being stretched, moulded, winched and strapped, then undergoing spinal surgery, Louise emerges out of the cocoon of a spinning bed. Years later, in extreme pain, she encounters Frida Kahlo's paintings, learns about her life, her loves. Louise finds recognition and a new way to navigate pain: through creativity. With humour and humanity, tales from these two women's lives interweave.

Accompanied by Olivier nominated actress Melody Grove and Aly Macrae, actor & musician of stage and screen, "Back to Back" unfolds with poignant, uplifting singing & music. Melody also speaks "From the Frocks" – a powerful new prose poem by Louise.

www.lisntell.co.uk

Book Tickets: £20

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



Open House London

Sunday 21 September
1 - 6pm

www.rsh.anth.org.uk

Free admission

[www: https://openhourelondon.org.uk/](https://openhourelondon.org.uk/)



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

Check the RSH website for more linked events to be announced.



Living with the Angelic World

Lecture by Thomas Mayer

Thursday 25 September 7.30 – 9pm



'Angel of the Dawn' by Emile Corsi

At every moment we are surrounded and permeated by angels, of the nine hierarchies.

How can we differentiate the nine hierarchies? How do the angels work in our lives and in our aura? How does our angel accompany us in our sleep and after death? What is a landscape angel? How do angels express themselves in families or social communities? How do angels experience us humans?

Thomas Mayer is a meditation teacher, civil rights activist, and author of 'Answering the Call of the Elementals' published by Findhorn Press, 'Overcoming Fear – Exercises for Spiritual Self-Defence' and 'Covid Vaccines from a Spiritual Perspective'.

<https://www.anthroposophische-meditation.de/english>

£15 cash on the door.

For further information please call Alex Wright on 01342 827967

Thomas will be leading a workshop on Anthroposophical Meditation focussed on connecting to the Angelic World, at Emerson College from 7pm Friday 26 September to 12.30pm Sunday 28 September.

Please see www.emerson.org.uk for full details.

An evening with Ben Okri

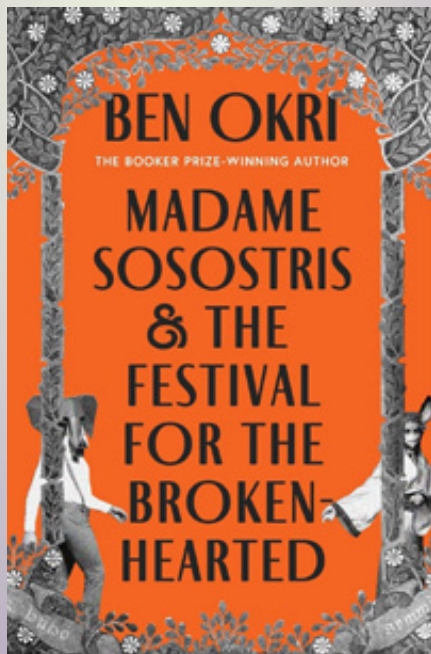
Join us for an evening with Sir Ben Okri,
poet, novelist and artist

Wednesday 23 April 7 – 8pm



An informal evening of conversation with one of the leading writers of our time and Booker Prize winner, exploring his views on life, society, reality, our times and his work.

Sir Ben will also share his two latest publications; 'Everyman African Stories', and 'Madame Sosostris & the Festival for the Broken-Hearted'.



'Part vision, part mystery, it's the story of a midsummer night's madness. Think Bergman meets Shakespeare, with a dash of Mozart.'

Limited availability. Tickets can be purchased in the bookshop or online.

**Admission: £5 – Book early to avoid disappointment.
The bar will be open from 6.30pm.**

To book online:

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

**or book at Rudolf Steiner Bookshop
Tel: 020 7724 7699**



Workshop for Children

Thursday 24 April
11am - 12noon

Inspire your child's imagination and creativity at an art and storytelling workshop run by artist and writer, Rosemary Clunie



Only £5 per child. Ages 3 to 7, accompanied by a parent.

To book a place, enquire in Rudolf Steiner Bookshop, or ring 07791 663875.



Story for the Nature and Climate Crises

with Prof Jules Pretty

Wednesday 16 July 7 – 8pm



Story is a simple device common to every human culture. It has some 50,000 years of history yet has often come to be both misunderstood and misused in the modern era. Join us in the bookshop for a talk by Professor and author Jules Pretty about how stories can be used to create agency for the climate, nature and inequality crises. It is a common feeling for the public and policy makers to feel anxiety and fear, helplessness too, in the face of global-wide crises. Yet stories can create a sense of purpose. They can act like tricksters of old who set us on new paths through the metaphorical dark forests.

A butterfly flaps its wings, and whole systems change.

Jules Pretty (OBE) is Professor of Environment and Society at the University of Essex, and Director of the Centre for Public and Policy Engagement. He is Chief Editor of the International Journal of Agricultural Sustainability and received an OBE for services to sustainable agriculture. Jules is also an author and will share with us one of his latest books, 'The Low-Carbon Good Life'.

Admission: £5

Book online: Ticketsource <https://www.ticketsource.co.uk/rudolf-steiner-house/t-jznevmo>

**or book at Rudolf Steiner Bookshop Tel: 020 7724 7699
Limited places available on the night.**



Poetry Evenings

with Barnaby Tobias and Iaia Chiesa

17 April, 15 May, 19 June, 17 July, 18 September
7 – 9pm

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



Art For Wellbeing

Come and join us fortnightly on Saturday mornings to explore your creativity in colour for your wellbeing. We will use watercolours, pastels, and a range of art materials to enliven our sense of curiosity. We welcome you to a heart-warming start to your weekend.

Saturdays – drop in anytime between 9am – 2pm

12 & 26 April, 10 & 24 May

14 & 28 June, 12 & 26 July

No prior art experience necessary. All materials provided.

Meet the facilitators:

Sue is a BACP accredited Therapeutic Arts Counsellor and Group Facilitator. She has a private practice, designs and runs tailor-made workshops, and is a visiting tutor and supervisor for trainee art counsellors at Tobias School of Art & Therapy.

Aya is a Transpersonal Art Counsellor MCGI MBACP and Certified HeartMath Coach, with over 20 years experience supporting all abilities and ages with their social, emotional, mental, physical and spiritual wellbeing at heart. Aya teaches Play Therapy & Sandplay Therapy at Tobias School of Art & Therapy.

£10 Full / £8 Concession, pay in the Bookshop upon arrival.

For more information Tel: 020 7723 4400

'Man can find no better retreat from the world than art, and man can find no stronger link with the world than art.' Goethe



Café Conversations

with Patrick Dixon

Saturday mornings 10.30am – 12noon

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:

- 12 April** • **WOW: Wonders of the World**
- 26 April** • **Space is Not the Final Frontier**
- 10 May** • **Gold Sunrise to Sunset**
- 24 May** • **Metamorphosis to Metamorphosis**
- 7 June** • **Mysteries of the Changing Bodies**
- 21 June** • **Eros, Philia, Agape**

Tickets on the day in the Cafe: £10, including coffee and cake.



Eurythmy for Everyone

with Sara Hunt

**Wednesdays 23 & 30 April, 7, 14, 21 and 28 May,
4, 11, 18 & 25 June, 2 & 9 July
6 – 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.

Sara Hunt – After many years as a teacher in Canterbury Steiner school, Sara 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.

Price per class: £10 Full/£8 Concession

**Bookings via: <https://www.ticketsource.co.uk/rudolf-steiner-house/t-dvrzden>
or in person on the night, in the Bookshop at RSH**



Welcome Men's Circle

with Paul Webber

Mondays

7 & 28 April, 7 & 21 July

4 – 5.30pm

14 April, 5, 12 & 19 May, 2, 9, 16, 30 June, 14 July

7.30 – 9.15pm

Please register your interest directly with Paul.

Men, you are invited and called to join a new adventure, a weekly men's circle. A safe and calming space to come, unpack and trust in the bond of the circle and being with other men. We will start the evening session with a calming and grounding experience based on one of the senses. We will then go on to create a circle and share with one another. To both listen and be heard from our hearts. It will be based on the Way of Council, and my hope is to pass on to others the amazing benefits I've felt and experienced from this.

I look forward to having you there... Paul

Price per session: £15 price band A / £10 price band B

No man will be turned away based on finances, please contact me if you need a different pricing or for more information: paulwebber81@hotmail.com

Bookings in person on the night, at the door.



THE ACTOR IS THE THEATRE

The Foundations of Michael Chekhov's approach to acting

**Saturdays 17 May, 14 June and 19 July
10am – 5.30pm**

A sequence of three one-day workshops **Creating Character with Sarah Kane**

These one-day workshops provide an opportunity to explore practically the core elements of the truly artistic acting techniques developed by Russian actor Michael Chekhov in the middle of the twentieth century. Chekhov's approach aims to inspire and empower actors for their future work by building a living and sensitive bridge between an actor's movement and imagination and the character to be played. The workshops are designed as a series and build from one to the next; at the same time each workshop is an entirety in itself and can be taken individually.

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

Saturday 17 May THE IMAGINARY BODY

With the help of the imagination, we will explore the physical attributes of the character in both the monologue you bring and in a scene that you will meet in the workshop.

Saturday 14 June THE IMAGINARY CENTRE

With the help of the imagination, we will explore the inner aspects of the character in both the monologue you bring and in a scene that you will meet in the workshop.

Saturday 19 July THE PSYCHOLOGICAL GESTURE

With its foundation in the Archetypal Gestures, the Psychological Gesture takes the actor to the core of the character, to his or her will forces, opening a whole range of possibly unexpected, creative possibilities.

Please bring clothes and shoes suitable for the Chekhov workshops 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 in practice of any aspect of the techniques.

Workshop fees: 1 workshop day: £55 / 3 workshops: £150

"Being directed by Sarah is inspiring, truthful and equally testing. I feel I've accomplished more as an actor over the last two sessions than everything prior." A.R.



THE ACTOR IS THE THEATRE

Rudolf Steiner's Approach to Artistic Speech

Sundays 18 May, 15 June and 20 July
10am – 5.30pm

A sequence of three Sunday monthly workshops with Sarah Kane

These one-day workshops provide an opportunity to explore practically the core elements of the artistic speech techniques developed by Rudolf Steiner at the beginning of the twentieth century. The approach aims to bring what an actor speaks to life by exploring where we might find the life of words themselves. The approach can inspire and empower actors for their work by building a living and sensitive bridge between an actor's inner life and the words a character speaks.

Although these workshops are designed as a series and one builds on to the previous one, each workshop is an entirety and can be taken individually.

Sunday 18 May

Finding the Individuality of a Character I:
Consonants and Vowels

We will explore the sounds that can be found in the text or texts a character speaks to begin the process of discovering the individuality of the character.

Sunday 15 June

Finding the Individuality of a Character II:
Speech Gestures

We will explore the gestures that we find in a monologue that you bring and in a scene that you will meet in the workshop.



Sunday 20 July

Individualising a Character III: Gestures and Sounds

Working with both sound and gesture the workshop will investigate how to create the vocal individuality of the character both for a monologue that you bring and a scene which you will meet in the workshop.

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

Workshop Fees:

1 workshop day: £55 / 3 workshops: £150

Sarah Kane trained in Steiner's approach to speech and voice, then Chekhov's approach to acting with many of his original students. She now integrates them in her teaching, directing and performing, which takes place internationally.

An Introduction to Gardening the Biodynamic Way

with Dr Sue Peat and Douglas Davidson

Sunday 27 July 2 – 5pm

Biodynamics is an organic method of cultivation arising out of Rudolf Steiner's spiritual research. It was his response to questions from farmers who were unhappy with 'chemical' agriculture. Biodynamics work 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 using the biodynamic preparations. It's coming up to summer, a time when the results of our endeavours begin to flower and fruit, and biodynamics come into their own. The workshop will include presentations of research that demonstrate the benefits that biodynamics brings to the environment, the soil, the plants and to improvements in food quality. For the last hour, we'll 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 summer treat!

Sue and Douglas are enthusiastic gardeners with lots of practical experience of biodynamic gardening.

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



Rudolf Steiner and the Eighth Sphere

with Debbie Elliott and Patrick Dixon

Saturday 14 June
2.30 - 4.30pm

We will discuss the Eighth Sphere from the anthroposophical point of view; what it is, where is it and how to not get sucked into it.

£12 Full/ £10 Concessions.

Cash at the door.

Contact Debbie for more information:
ns118de@yahoo.co.uk or 0781759741



FRIDAY SEMINARS AND LECTURES

Journeying

7pm – 8.30pm (UK time)

A series of alternating zoom and face to face seminars and lectures exploring 'Journeying' led by speakers working with the insights of Rudolf Steiner.

All welcome, no need to book, no charge. Events are not recorded and zoom meetings are limited to 100 participants. Voluntary donations towards costs are gratefully received and can be made by cash donation on the day, transfer to a Nationwide account held for this purpose or via PayPal.

Account name: Adrian Hotten, Nationwide, sort code: 07-01-16
account number: 31466776. Paypal to suejoanpeat@gmail.com

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

Meeting ID: 826 3212 9836, Passcode: 755359

The Enduring Appeal of Parzival's Journey

with Robin Cook

Friday 9 May

Robin will offer us insights into the story of Parzival's journey from his over protected childhood, through his many challenges to reaching maturity and achieving his goal. The story has stood the test of time and forms a vital part of the upper school Steiner Waldolf curriculum – but it's not just for teenagers in class 11, who are often gripped with it. The classic tale has much to teach us – maybe we can each see ourselves and parts of our own biography in it?

Robin's mother ran a group in Edinburgh, inviting well known Anthroposophists to participate. As a child he listened politely, and when he started teaching in a prep school in Surrey realised that the education offered was not suited to many of the children. He returned to university to do a PGCE, writing a dissertation on Steiner's philosophy and education and then spent almost 40 years teaching in a Steiner Waldolf school, bringing 'Parzeval' alive for classes of teenagers. His book offers an introduction to the Story and is available in Rudolf Steiner House book shop. (The Legend of Parzival – The Epic story of his Quest for the Grail. Floris Books, ISBN 9781782504962)

Augury of the Road Ahead: Goethe's Journey to the Harz Mountains

with Douglas Miller

Friday 16 May (Zoom)

In December 1777 Goethe undertook a journey (he called it a 'pilgrimage') to the Harz Mountains that proved to be both dangerous and revelatory. We will look at his purpose for the journey and the profound effect it had on his later work. *Douglas is a retired professor of German at the University of Michigan—Flint in the United States; his research, publications, 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.*

The spiritual development of the solar system, old Saturn to Vulcan

with Patrick Dixon

Friday 23 May

Patrick will present the story of our development from the far distant past to the present, and to the far future. He'll explore with us what effects this development has had, and will have, on our physical and spiritual bodies. *Patrick trained at RADA and is an actor, writer, poet and performer. He lives in London and gives frequent lectures, seminars and one man shows – in addition to leading a regular conversation group at Rudolf Steiner House.*

On the Road with Edvard Munch

with Rick Moxon

Friday 30 May (Zoom)

Rick will describe how a deep encounter with Edvard Munch's painting *The Scream* in his late teens started off an inner journey with this Norwegian artist. Rick will share his research into Munch's life and the influences and circumstances that led to the painting of *The Scream*, and put forward some ideas about why it is now one of the most recognizable paintings in the world. This exploration will also draw on the works of Rudolf Steiner, and particularly his research into the karma of several people in Munch's circle of friends and acquaintances, which may provide deeper perspectives about Munch's life and destiny. *Rick Moxon is a retired environmental scientist living in Hertfordshire.*

How Ever Did We Get Here? A Brief Introduction to Computers and AI – Observations and Ideas for Moving Forwards

with Tom Smith

Friday 6 June

When was the first computer built? What have computers been used for over human history? Why is the invention of the transistor so important for modern digital technology? Who are George Boole and Claude Shannon, and what role did they play in the invention of the digital computer? Tom will guide us through an overview of the steps people have taken on the journey towards our current digital reality. He will present some contributions from key people in history, showing us how different ideas and inventions have brought us from a world of abstract mathematics to baffling digital landscapes and public influence. This talk aims to distil 3,500 years of technological development into a 1-hour presentation. A discussion afterwards will explore the role of digital technology and AI in our modern world, with sharing some ideas on how the Waldorf movement can help to defend against some of the greater harms of modern smartphone use.

Tom is a co-founder of beehub (Brighton Evolving Education Hub) and has been involved in Waldorf education for over 10 years. Tom spent 5 years at the Brighton Waldorf school as the science, music & IT teacher. Having worked in mainstream, Waldorf and home education, he has developed a range of main lesson series based on modern digital technology and methods to deliver them to students in a thought out and conscious way. He is especially interested in seeking out the best ways to combine the qualities of Waldorf education with modern digital tools. Tom thinks the most important question being asked at the moment is 'what are the steps we need to take between the age of 8 to 18 to teach children how to use digital tools to improve and enhance their lives, while avoiding the addiction and other harms associated with smartphone use?'

Caspar David Friedrich – The Painter of the unending landscape – the mater of silence

with Peter Van Breda

Friday 13 June (Zoom)

Seeking to capture an experience of the infinite, Caspar David Friedrich composed works that directly confronted the viewer with the awesome. Friedrich took the genre of landscape painting, traditionally considered unimportant, and infused it with deep religious and spiritual significance. Believing that the majesty of the natural world could only reflect the magnificence of God, he featured sunlit vistas and foggy expanses to convey the beautiful power of the divine. Friedrich was born in the town of Greifswald on the Baltic Sea in what was at the time Swedish Pomerania. He studied in Copenhagen 1794-1798, before settling in Dresden. He is among the most famous and influential figures in the history of Western art. He creates the viewer of nature looking out into its beauty and mystery. He once wrote: 'Close your bodily eye so that you may see your picture first with the spiritual eye. Then bring to the light of day that which you have seen in the darkness so that it may react upon others from the outside inwards.'

Peter studied at Emerson College where he felt how a transformative seed of becoming had entered into his destiny. One gift was the two-week-long initial course given by William Mann, a devoted art historian. As the course unfolded Peter began to recognise that art through the ages was, amongst many other things, a direct indication of the phases of consciousness through which we have evolved. History of Art has remained an innovative companion for him for over 50 years.

Journeying up into the mountain landscapes of Anthroposophy

with Robert Chamberlin

Friday 20 June

How many times has this thought arisen in many of us: "Is there a guidebook which helps me at least onto the first plateau, from where I can get a good overview? I have tried reading a book by Steiner but just found it too difficult to get into".

Robert's book 'HEARTlogic. An experiential guide to Rudolf Steiner's Spiritual Science', aims to be a guide, taking us up into a region where one can breathe in the pure air of thinking alongside the deepest feelings of awe at the vistas unfolding before one. He will take us on the journey of writing such a book - trying to avoid the pitfalls of being too simplistic on the one hand, and on the other, being tempted to go into more and more complexity. Along the way, some poems and sayings will be recited, extracts of which are to be found in the book, which serve to illustrate the journey the book is describing.

For thirty-three years, Robert Chamberlain worked at Tintagel House and the Merlin Theatre in Sheffield, which was then a Steiner community arts and education centre. It involved programming a regular series of cultural events, which included his own theatre productions, as well as public courses on Anthroposophy, some of which were under the auspices of Sheffield University's Division of Continuing Education. He now lives in Leeds, still involved with drama and introducing Steiner's work to people. His book is available in the bookshop at Rudolf Steiner House.

The After Life Journey

with Howard Smith

Friday 27 June (Zoom)

Rudolf Steiner lectured extensively on our journey through the planetary spheres after death. Some of his lectures were given during the First World War – conditions we are again witnessing. Today we have the same questions as then. Steiner aimed to bring understanding to such issues as battlefield deaths, the deaths of children, the connection between the living and the dead, and the formation of karma for the next incarnation. These are practical questions, which invite us to take our own inner development and understanding in hand, both as a personal preparation, and as a selfless service to the dead and the spiritual world in general.

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.

How can we help children negotiate the journey through childhood now?

with Helen Kinsey

Friday 4 July

The threats to childhood in the digital age are different to those in the industrial age and yet the journey through childhood to adulthood from a developmental perspective, remains the same. In our age, an increasing number of children are suffering from mental ill health. What can be done? We will explore this question by looking at the journey through childhood from a Waldorf perspective, comparing it with a mainstream experience and drawing out the strengths and weaknesses of both.

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.

The journey of the Anthroposophical movement from the passing of Rudolf Steiner until today

with Eric Klein

11 July (Zoom)

What's happened over the last 100 years? Can we even imagine life without the possibility of gathering from all over the world on zoom to consider what life was actually like 100 years ago? In the time of Steiner there was not even the possibility of jumping on Easy Jet from London to Switzerland to attend an 'in person' talk delivered by the man himself. Now his written words are accessible to anyone who looks no further than a screen. Between then and now the world has changed dramatically, as has the application of his ideas to

the developing areas of science and the arts. His insights, particularly those that relate to the nature of the human being and our connection to both the physical and the spiritual worlds, are timeless, and certainly offer inspiration for another 100 years at the very least.

Eric Klein was born and raised in an Anthroposophic home in New York and was 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 and 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.



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 can be purchased in the Bookshop or accessed online at at the *Rudolf Steiner Archive*.

For updated news on these and other events please see:

www.meetup.com/rudolf-steiner-spiritual-science

MONDAYS

Karmic Relationships, Volume 8

with Trevor Dance

5 & 19 May, 2, 16 & 30 June 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



Theosophy (Zoom)

with Dr Sue Peat and Adrian Hotten

**12 & 26 May, 9 & 23 June, 7 July
7pm–8.30pm (UK time)**

We will be continuing to read and discuss Theosophy, which is one of Rudolf Steiner's fundamental and foundational books, published in 1904.

It begins by describing the threefold nature of the human being: the body, or sense-world; the soul, or inner world; and the spirit, or universal world of cosmic archetypes. A profound discussion of reincarnation and karma follows, concluding with a description of the soul's journey through regions of the supersensible world after death. The book closes with an outline of the path to higher knowledge.

Copies of the book are readily available both new and pre-loved, and it is also available on the Rudolf Steiner Archive website.

All are welcome to join us for any, or all, of these meetings. Previous knowledge of Rudolf Steiners' work is not expected or required.

All our meetings are free. Donations towards expenses are gratefully received.

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

TUESDAYS

The Sun Mystery and the Mystery of Death and Resurrection

with Brendan McQuillan
8, 15, 22 & 29 April, 6 May
7pm – 8.30 pm

We will be looking at five lectures from GA211 given by Steiner in Mar/Apr 1922. The lectures explore consciousness, beginning with a look at nighttime consciousness, then delve into a deep study of how the breathing process has been trained in history to alter consciousness, and end with the lecture 'Exploration and Formulation of the World Word in Inhalation and Exhalation'.

The Spiritual Guidance of the Individual and Humanity

with Brendan McQuillan
13, 20 & 27 May, 3 June
7pm – 8.30pm

We will be reading three essays (GA15) that were reworked by Rudolf Steiner from lectures he gave from June 6th to 8th, 1911. They look at the nature of the human brain, at the development of balance, speech and thought in the young child, at Angels, at ancient language, at the beings of Zarathustra and Buddha, and at the Christ Being. The lectures together with those in 'The Mission of Folk-Souls' were the only ones out of a total of around six thousand that Steiner reworked for publication. All welcome.

The Mission of Folk-Souls

with Brendan McQuillan
10, 17 & 24 June, 1, 8, 15, 22 & 29 July
7pm – 8.30 pm

These are essays reworked by Steiner from lectures given in June 1910 in Norway. They look in great depth at how the Archangelic Beings that are the Folk Spirits of individual Nations interact with their peoples and with one another. They are extremely valuable towards an understanding of how conflicts can arise between nations due to the Karmic relationships between Folk Spirits, relationships different from those between human individuals. All welcome.

WEDNESDAYS

The Effects of Esoteric Development

with Trevor Dance
7 & 21 May, 4 & 18 June, 2 July
2pm – 4pm

In these very accessible lectures, Steiner deals with the subtle effects of spiritual development at every level from straightforward investigations of the effects on spiritual seekers of coffee, tea and foodstuffs through to the universe of anthroposophical spiritual striving and the human being in relation to the forces of Ahriman and Lucifer.

For further information:
trevordance@hotmail.com

Occult Science

with Dagmar Steffelbauer
7 & 21 May, 4 & 18 June, 2 July
4.15pm – 5.45pm

It can easily be seen that the life of human beings is related in many different directions to the environment and the dwelling place wherein they evolve. External science has already recognized the fact and concluded that the Earth has itself undergone evolution. There is a connection between the evolution of human beings and that of the heavenly body on which we live – the Earth. Spiritual Science traces this connection and perceives how the inner spiritual being of the human being has passed through a succession of lives upon Earth and beyond. All are welcome!

Further information:
d.steffelbauer@gmail.com

The Apocalypse of St John

with William Bishop
14 & 28 May, 11 & 25 July, 9 July
2pm – 4pm

This warm, rich, and wide-ranging lecture course given in Nuremberg in 1908 considers the Book of Revelation as pictures from initiate consciousness interpreted in terms of cosmic evolution centered in the Christ impulse – apocalypse considered as 'the impulse-giver for the future, for action and deed.'

All welcome. For further information:
williambishop191@gmail.com

Christianity as Mystical Fact

with Debbie Elliott

14 & 28 May, 11 & 25 July, 9 July

4.15pm – 5.45pm

This book was written by Rudolf Steiner. Steiner wrote about this book; “The title Christianity as Mystical Fact was one I gave to this work eight years ago, when I gathered together the content of lectures given in 1902. It was meant to indicate the special approach adopted in the book. Its theme is not just the mystical side of Christianity in a historical presentation. It was meant to show, from the standpoint of a mystical awareness, how Christianity came into being.”

Further information: ns118de@yahoo.co.uk

The Contrast Between Cain and Able, Berlin, 10 June 1904

with Adam Slowikowski

16, 23, 30 April, 7, 14, 21 May

7pm – 8.30pm

The Mysteries of the Druids and the ‘Drottes’, Berlin 30 September 1904

with Adam Slowikowski

21, 28 May, 4, 11, 18 June

7pm – 8.30pm

Prometheus Saga, Berlin, 7 October 1904

with Adam Slowikowski

25 June, 2, 9, 16, 23, 30 July

7pm – 8.30pm

We will be reading the three lectures above from the Temple Legend (GA#93).

All welcome. No previous knowledge or experience necessary.

For more information:

adam.slowikowski69@gmail.com

THURSDAYS

Understanding Healing (also known as ‘Course for Young Doctors’)

With Brendan McQuillan

24 April, 1 & 8 May, 12 & 26 June,

10 & 26 July

10.30am – 12noon

We will be reading Rudolf Steiner’s Christmas Course for Young Doctors (GA316) from Jan 1924, followed by his Easter Course.

All welcome but some knowledge would be an advantage.



Marylebone Youth Theatre

Marylebone Youth Theatre offers Saturday classes during term time and School Holiday Courses. Our Junior Group is open to those aged 6–10 and our Senior Group is for those aged 11–16.

Our upcoming projects are:

Easter Holiday Course – £200
Monday 7 – Friday 11 April, 9am–4pm

Summer Term Saturday Classes
(Junior) – £175
26 April – 28 June, 9am–11am

Summer Term Saturday Classes
(Senior) – £190
26 April – 28 June, 11.30am–2pm

Summer Holiday Course – £200
Monday 28 July – Friday 1 August, 9am–4pm

Our courses and classes feature workshops focusing on devising, improvisation, scripted work, theatre technology, costume design, props, voice and physical theatre. There are also lots of games and crafts. Each project ends with a performance for friends and family.

**To apply or for more information, please visit www.marylebonetheatre.com/get-involved
Email lucy@marylebonetheatre.com for more information.**





Faygele

30 April – 31 May

At 13, Ari Freed’s world is upended in an instant – when, at his Bar Mitzvah celebration, his father strikes him down with a single word: Faygele.

The sting fractures his already delicate sense of self, forcing him into a battle he never asked for.

Faygele is a story of survival in the space between faith and identity, love and duty, past and future – unravelling the complexities of Ari’s adolescence and the relationships that shape him.

Tickets from: £22.25

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



Alice in Wonderland

12 July – 31 August

DEM Productions, Ethan Walker, and Nate Bertone present:
Tumble down the rabbit hole this summer with Alice and a host of curious characters in this internationally acclaimed production!

Tickets from: £15.00

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



Summer Courses and Classes

Peredur Campus:

- Eurythmy Intensive 7-11 July introduction & refresher, all levels welcome
- Eurythmy & Sculpture on Wednesdays 9am-12noon (7 sessions 30/04 - 19/06)

West Midlands Campus:

- Summer course for beginners, 4 - 8 August
- Summer refresher for eurythmists, 21st July - 1st August (two weeks)
- Eurythmy for Wellbeing open classes Tue evenings/Sat mornings

New courses starting September

Peredur Campus:

- 4 year basic vocational training
- 'Moving Language' - English as a Foreign Language through Eurythmy - 1, 2, or 3 term option
 - Sabbatical and refresher courses
- 'Born to Move' - Youth Eurythmy (gap year) Project - 1, 2 or 3 term option
 - Ensemble work for Eurythmy Graduates
- Eurythmy & Sculpture on Wednesdays 9.00-12.00

West Midlands Campus:

- Post - graduate courses and volunteer opportunities for graduates.
 - Short Course programme
 - Part- time vocational courses

info@eurythmyuk.org
<https://eurythmyuk.org/>

GOETHEAN PSYCHOLOGY

Resilience and Self-Care with Goethean Psychology (Zoom) with Graham Kennish

**Saturdays 7, 14, 21 & 28 September, 5, 12, 19 & 26 October,
2, 9, 16, 23 & 30 November, 7 & 14 December 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.

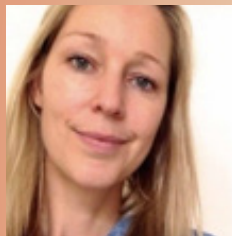
Free of charge, but a small (e.g. £1) donation to cover Zoom costs are welcome.

**For further information and booking your chosen date, please contact:
kennish46@gmail.com or 07973 680959
www.goetheanpsychology.co.uk**



THERAPIES AT RSH

The therapists below have an anthroposophical background. The therapies and skin treatments they offer are based on Steiner's holistic conception of health, taking into account the whole human being in their practice.



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.

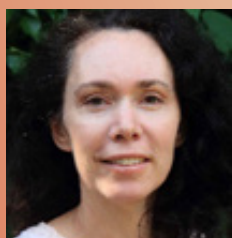
For further information: www.artstherapylondon.co.uk
M: 07717525782 info@artstherapylondon.co.uk



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: 07931 319454 fjohnlees@aol.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 elizabeth@skinsensibility.co.uk



Weleda Holistic Facial Treatment

Eli Wakamatsu

Eli offers a 90-minute Weleda's Signature Facial, a holistic wellbeing treatment with mindful and rhythmical movements to restore vitality to the skin. Internationally renowned make-up artist and beauty consultant has evolved her practice to include wellbeing treatments, offering a holistic approach to inner and outer health and beauty.

M: 07711 746172 eli.holistictherapist@gmail.com
<https://eliwakamatsu.com/Weleda-Holistic-Therapist>
www.weleda.co.uk/weleda-holistic-estheticians-directory

Library at Rudolf Steiner House

The library at Rudolf Steiner House supports the study and research of the work of Rudolf Steiner and the many branches of activities associated with anthroposophy. The library consists of a lending library, archive, and study space.

The library archive contains all Rudolf Steiner's books published in English; a large selection of Steiner's books in German, including a complete collection of Rudolf Steiner's collected works; journals, typescripts and archive material relevant to the history of the Anthroposophical Society in the United Kingdom.

There is also a large selection from secondary anthroposophical authors, in particular, books relevant to courses held at Rudolf Steiner House. Most of the books, in English and German, are available to borrow from the library.

Membership

Membership of the library is open to everyone. Prospective borrowers who are not members of the Anthroposophical Society in Great Britain are asked to provide a reference.

Opening Times

The Library is open Tuesday and Thursday 12noon – 2pm and 3pm – 7pm, Saturday 10.30am – 2pm and 3pm – 5.30pm.

Contact

Tel: 020 7224 8398

Email: rsh-library@anth.org.uk



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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



MICHAEL HALL STEINER SCHOOL
Kidbrooke Park, Priory Road
Forest Row, East Sussex RH18 5JA
T: 01342 822275
contact@michaelhall.co.uk
www.michaelhall.co.uk

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 07712810108 or gepainservice@gmail.com



TEMPLE LODGE CHRISTIAN COMMUNITY

For details about B&B events and talks please contact

51 Queen Caroline St, London W6 9QL

E: ccsecretary@btconnect.com T: 020 8748 8388

www.templelodgeclub.com



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For LONDON MARKETS see websites

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www.akiki.co.uk

Brambletye Biodynamic Fruit Farm

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steinleenders@gmail.com
www.brambletyefruitfarm.co.uk

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perrycourtfarm@gmail.com
www.brockmansfarm.co.uk

Fern Verrow Farm Biodynamic/Demeter Certified Farm

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fernverrow@btopenworld.com
www.fernverrow.com

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www.jacobsadderfarms.co.uk

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info@mushroomtable.com
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press@springrestaurant.co.uk
www.springrestaurant.co.uk

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London E2 9DA T: 020 8981 9245
info@thehive wellbeing.com
www.thehive wellbeing.com

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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 Consultant Paediatrician

Dr Claudia Rettberg –
MB ChB LMS MD BAG FRCPCB
Email: crettberg@doctors.org.uk
T +44 (0) 20 7467 8431
M + 44 (0) 7911 764 103
London clinic at 10 Harley Street, W1G 9PF

Anthroposophical Medical Doctor

Anna Brodski
dr.brodski@holistichehealthconsultancy.co.uk
www.holistichehealthconsultancy.co.uk

One-to-one support

Paul Webber
paulwebber81@hotmail.com

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 ECTY 4SF
T: 020 7638 3202
www.hermeshealth.uk

Rudolf Steiner House
35 Park Road
London NW1 6XT

