



RUDOLF  
STEINER  
HOUSE

# CULTURAL ACTIVITIES

Autumn 2025

# ART FOR WELLBEING

with Sue Davies and Aya Husni-Bey

Saturday sessions, twice a month, 10.00- 13.00

6 & 20 September, 18 & 25 October, 1 & 15 November,  
13 December



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

Come and enjoy playing with watercolour paints or pastels, be guided by the seasons through verses from the Calendar of the Soul. Or you may prefer to bring your own poem along to inspire you. A range of art materials will be provided to enliven your sense of curiosity and welcome you to a heart-warming start to your weekend.

No prior art experience necessary.  
All materials provided.

**Sue Davies** is an MBACP accredited Therapeutic Transpersonal 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 Husni-Bey** 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 & Sand play Therapy at Tobias School of Art & Therapy.

**Price:**  
£15

Payment in the Bookshop with receipt exchangeable with the facilitator upstairs at the art session.

**For further information:**

Ilona Pimbert  
E [ilona.pimbert.rsh@anth.org.uk](mailto:ilona.pimbert.rsh@anth.org.uk)  
T 020 7723 4400

# EURYTHMY

Movement And Meditation  
with Sara Hunt

Wednesdays 18.00 - 19.15

8 October - 10 December

These classes are designed to embrace the wholeness of being human. We will start each session with a gentle physical warm-up, involving some stretching and loosening to enliven our bodies. We will then awaken to our creative selves through eurythmy, an art of harmonious movement, including poetry and music. We will conclude with a meditation. These drop-in classes are for everyone and anyone, with no prior experience needed.

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. She is presently a freelance personal coach.

**Price per class:**  
£10 Full/£8 Concession

No prior booking, payment in the bookshop upon arrival. Please show your receipt to the facilitator at the session.

# WELCOME MEN'S GROUP

with Shawn Ballantine

Mondays 19.30 - 21.00

22 September - 15 December

**Men, you are invited and called to join 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 meet with one another to both listen and be heard from our hearts.**

Come as often as suits. We look forward to having you there!

**Suggested donation (optional):**  
£5 - £15

Donations support men to engage further in men's work, typically from 'The Male Journey' ([www.malejourney.org.uk/](http://www.malejourney.org.uk/))

Paul Webber originated the Welcome Men's Group. It is currently anchored by Shawn Ballantine.

**If coming for the first time or you have questions, please email Shawn:**  
[shawnballantine@yahoo.co.uk](mailto:shawnballantine@yahoo.co.uk)



# POETRY EVENINGS

with Barnaby Tobias and Iaia Chiesa

Thursdays 19:00– 21:00

18 September, 16 October, 20 November, 18 December



Join us in the bookshop on the third Thursday of every month for the sharing of poems; either yours or another's you admire. There will be some discussion around the poem and short tea break halfway through.

Iaia is a poet and activist, who's published several volumes of poetry.

Barnaby is an actor and playwright, who's worked for Netflix, RSC and written plays to critical acclaim.

Drop in event with no need to book. Cash donations are welcome.

**More information:**  
rsh-bookshop@anth.org.uk

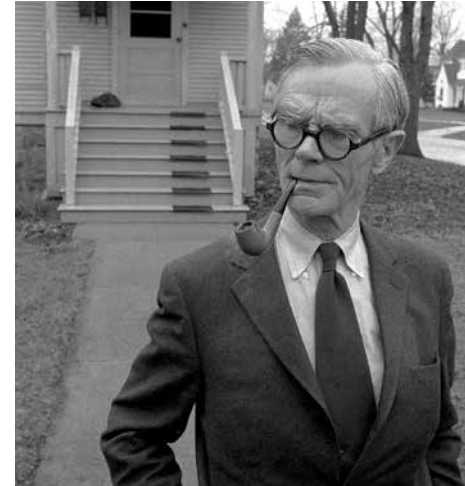
In collaboration with Temenos Academy

# POETIC IMAGINATION AND THE REDISCOVERY OF MEANING

A Symposium Celebrating Owen Barfield

14.30 – 18.00

Sunday 9 November



Mark Vernon is a psychotherapist, podcaster and author. His most recent book is "Awake! William Blake and the Power of the Imagination". He used to be a priest in the Church of England.

Jeffrey Hipolito is the chairperson of the Owen Barfield Society and author of "Owen Barfield's Poetic Philosophy: Meaning and Imagination" (Bloomsbury 2024). He lives in America.

Sir Ben Okri is a poet and Booker Prize winning novelist. His latest novel is "Madame Sosostri & the Festival for the Broken-Hearted" (2025).

Hilary Davies is a poet, essayist and translator. Her fifth collection, "Compass Light", will be published in September 2025.

## Enquiries:

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T: 07513 883 335 or

Ilona Pimbert

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

T: 020 7723 4400

Meaning and imagination are two intertwined themes throughout the writing career of philosopher and poet Owen Barfield, whose ideas inspired the likes of C. S. Lewis, J. R. R. Tolkien and T. S. Eliot. This symposium will explore these two central themes of Barfield's work, his debt to philosophical and spiritual movements from Neoplatonism to Rudolf Steiner's Anthroposophy, and his relevance to contemporary issues such as the meaning crisis and the secular age.

Join authors Mark Vernon and Jeffrey Hipolito together with poets Sir Ben Okri and Hilary Davies for a lively mix of talks, poetry readings and conversations exploring Barfield's lasting influence, the nature of the imagination and man's eternal quest for meaning.



## Admission:

£25 General admission

£15 Anthroposophical Society and Temenos Academy members + Full-time students with student ID card

# THE WINTER'S TALE

Shakespeare's play, a meditation for healing relationship with Adam Fotheringham

10.00- 17:30

Saturday 29 November

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. 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 welcomes the possibility for healing.

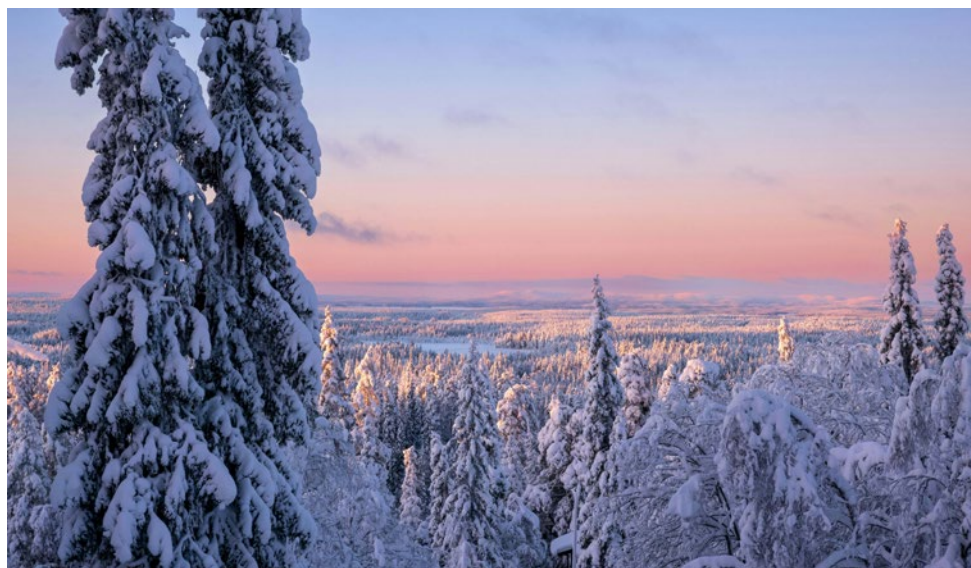
Adam Fotheringham has a background in theatre as an actor, director and teacher, but now works predominantly in personal and leadership development. He is a Programme Lead and Archetypal Coach with Olivier Mythodrama, using story as a tool for developing individuals in leadership and life.

#### Booking enquiries:

Ilona Pimbert,  
E [ilona.pimbert.rsh@anth.org.uk](mailto:ilona.pimbert.rsh@anth.org.uk)  
T 020 7723 4400



Cost  
£65, £50 conc.



Photograph Rob Mowe

# BACK TO BACK

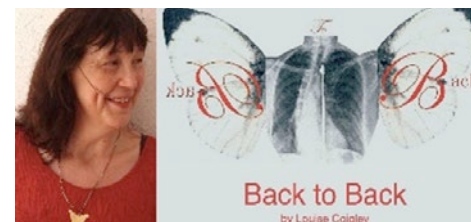
Music Poetry Storytelling with Louise Coigley

Sunday 11 January, 19.30 - 20.45

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. Years later, in extreme pain, she encounters Frida Kahlo's paintings and 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. [www.lisntell.co.uk](http://www.lisntell.co.uk)

#### Booking enquiries:

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E [ilona.pimbert.rsh@anth.org.uk](mailto:ilona.pimbert.rsh@anth.org.uk)  
T 020 7723 4400



Tickets:  
£20

# BACK TO BACK WITH FRIDA KAHLO

Meeting Pain through Art, Celebrating Creativity

Sunday 25 January 2026, 10.00 - 17.00

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

A choice of workshops:

1. **Creative Writing** with poet & co-leader of The School of Storytelling, Henrietta Bowen
2. **Drama** with Olivier Nominated actress, Melody Grove
3. **Painting** with artist, Ilona Pimbert
4. **The Art of Being Present** with mindfulness teacher, Tamzin Muir

Followed by a sharing from the workshops and conversation.



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



For more information  
contact Louise at:  
[lfc@lisntell.co.uk](mailto:lfc@lisntell.co.uk)

Fee:  
£40.00  
some bursaries available

