

RUDOLF
STEINER
HOUSE

EVENTS

Autumn-Winter 2026

RUDOLF STEINER AND ANTHROPOSOPHY

Rudolf Steiner (1861 -1925), an 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 Trust colleges, 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 method 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 world-wide **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.

The Anthroposophical Society in Great Britain is Charity No. 22048



WELCOME TO RUDOLF STEINER HOUSE

This year Rudolf Steiner House is celebrating its 100th anniversary. For 100 years it has been a sanctuary for the soul in the heart of London. A place to experience peace and inspiration, to meet like-minded people and grow through the encounter with great ideas. Inspired by the ground-breaking work of Rudolf Steiner, we offer talks, workshops and conferences on a wide range of subjects, as well as artistic and social activities.

We have a special focus on self-development and consider ourselves a home for all those in search of a modern spiritual path that embraces the contemplative study of life's deeper dimensions as a basis for practical life.

Our goal is to promote a deepened appreciation and conscious practice of what it means to be human. We hope that all who visit the House will feel inspired and gain courage and strength for the challenge of creating a more human and healthier society.

EVENTS CARRIED FORWARD

These events were featured in our last brochure.

Here is a quick-reference summary; full details, speaker information and booking links can be found on our website www.rsh.anth.org.uk and Ticketsource listings.

SAVING ERNEST:

A KARMIC DETECTIVE STORY ABOUT LIFE AND DEATH

A Book Launch Talk with author Wendy Teall

Wednesday 16 September, 19:00-20:30 · £10 cash on the door

DIMENSIONS OF THE SENSE OF SELF (I - PRESENCE)

with Inessa Burdich

Talk: Thursday 17 September, 19:00-20:30 · £15 cash on the door

Workshop: Sunday 20 September, 9:30-18:30 - How Can I Become Aware of the Strength of My I?: £95 (£80 if you attended the talk) cash on the door

MICHAEL AND THE TRANSFORMATION OF FEAR

with Inessa Burdich

Talk: Friday 18 September, 19:00-20:30 · £15 cash on the door

Workshop: Saturday 19 September, 9:00-19:00 · £95 cash on the door

BACK TO BACK WITH FRIDA KAHLO

— Storytelling, Poetry, Painting and Mindfulness

A day of artistic workshops, sharing and conversation with Louise Coigley, Ilona Pimbert, Tamzin Muir and guests

Saturday 3 October, 10:00-17:00 · £40 (some bursaries available)

SPECIAL EVENTS

WHERE DID ALL THIS COME FROM?

THE ARCHITECTURE OF RUDOLF STEINER HOUSE

A talk by architects Nic Pople and Richard Coleman as part of OPEN HOUSE LONDON

Thursday 17 September 19.00

Join us for this centenary talk celebrating 100 years of Rudolf Steiner House, the sole example of expressionist architecture in London.

The talk will look at the context in which the architect of Rudolf Steiner House, Montague Wheeler, was working in his practice at the time and what other architects were doing in London then. It was an extraordinarily unique approach to style. The focus will then turn to Rudolf Steiner's influence on architecture emanating from his work in Dornach, Switzerland, including the two Goetheanum buildings leading to a review of how this influence spread over Europe and Scandinavia, positing the freeing and spiritualising of an approach to architectural design as one of Steiner's many contributions to the cultural life.

Nic Pople is an architect based in Sussex. During his long career he has designed and had built three churches for The Christian Community and carried out renovation work at Rudolf Steiner House in 2008 and again in 2020. He also taught part time for 35 years in London architecture schools before retiring from teaching ten years ago women fully on

the practice he runs with three young colleagues. He doesn't like the term 'Steiner Architecture', preferring to see Steiner's insights as important to the design process rather than as a style.

Richard Coleman is an architect soon to retire but still provides existing design teams with a consultancy role in respect of design, townscape and heritage advice. He contributed to the design of the Gherkin, several projects along the banks of the Thames, ten projects in Oxford Street and over 30 others in the west end. He has supported projects in Bath, Brighton, Dublin and Cork and has collaborated with many of the well-known architects in the UK. He follows Steiner's indications in his work.

Price: £10

Booking: <https://www.ticketsource.com/rudolf-steiner-house/t-xdyjxkn>

Enquiries:

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

T: 020 7723 4400

Please book tickets in advance as seating is limited.



MICHAELMAS

DISCERNING TRUTH IN AN AGE OF AI

Saturday 26 September 10:00 - 18:00

How can our human culture survive and even thrive in the world pervaded by AI?

Only if we are awake and engaged! Let us nurture the vision of our still unachieved potential supported by education, storytelling, and the unshakable confidence that the challenges we face invite us to evolve new capacities and strengths.

With contributions from Jeremy Naydler, Michaela de Winter, Tom Smith, and Danyah Miller, and open discussions and creative storytelling, the day will explore what we can do at home, in the classroom, in society, and even globally to engage courageously and creatively in the face of what appear to be such looming threats to our humanity.

Jeremy Naydler is a philosopher, gardener and author of several books including *In the Shadow of the Machine* (2018), *The Struggle for a Human Future* (2020) and *Gardening as a Sacred Art* (2021)

Michaela de Winter is a Waldorf Teacher, a trustee of Waldorf UK, a member of The Education Section, and a beekeeper. Dr Tom Smith is the founding director of Beehub, a Waldorf-inspired home-education hub in Brighton. Tom is a firm supporter of the Screen-Free Childhood movement and thinks that Waldorf education has an important role in our modern technological society.

Danyah Miller Danyah is an international, multi award-winning storyteller, trainer and author of *Seven Secrets of Spontaneous Storytelling, Artistic*

Director of DMS Productions and a trustee of the Society for Storytelling.

Coralee Frederickson Coralee has been a Eurythmy performer and trainer in the US, England, Norway and China for decades. She co-carried a research MA in Eurythmy for Alanus University and is presently Coordinator of The Performing Arts Section in Great Britain.

Andrew Wolpert shares his love for Art History, Literature, and general anthroposophical studies giving courses and lectures around the world. He co-carries The Humanities Section in Great Britain.

The cover image is from a photograph by Robert Greshoff of David Newbatt's painting of the dragon being tamed and so transformed. For further information, please contact Andrew Wolpert andrewjwolpert@gmail.com

Conference fee including afternoon refreshments. £45 (concessions £25)

BOOK HERE: www.ticketsource.com/rudolf-steiner-house/t-xdaqdxg

This event is an intersectional initiative hosted by the Humanities and Educational Sections of the School of Spiritual Science, and is supported by the Anthroposophical Society in Great Britain.



MICHAELMAS FESTIVAL

METAMORPHOSIS OF THE ARTS

A public Festival in preparation for Michaelmas with Coralee Frederickson and Andrew Wolpert

Sunday 27 September 15:00 - 18:00

We are all called to be artists!

If Sculpture is waiting to be released into the movement art of Eurythmy, what is Architecture longing to become? In characterising the Mission of the Arts, Rudolf Steiner described the transformation of the plastic-spatial arts, but left the 'social art' enigmatically unidentified. This is directly connected to the courage we are enjoined to have in taking responsibility for the uncertain future.

How can we transform the 'architecture' of the social, economic, pedagogical, professional, and other structures that manifestly no longer serve our becoming human? Come and join us in this Festival to explore what Michael, the Spirit of our Time, is waiting for from us!

Free of charge

This Festival is an intersectional initiative hosted by the Humanities and Performing Arts Sections of the School of Spiritual Science and is supported by the Anthroposophical Society in Great Britain.



APOCALYPSE - THE REVELATION OF JOHN

Sunday 27 September 18:30

From the King James version - A Staged Recitation

A performance by The Speech Ensemble



Sarah Kane, Duncan MacIntosh,
Dan Skinner and Andrew Thompson
(music).

With the word 'Apocalypse' on many people's lips today to describe the state of the world we live in, The Speech Ensemble is offering a 80-minute performance at the Marylebone Theatre of the original King James translation of The Apocalypse, both spoken and sung to original music. Immerse yourself in the searing imagery - the four riders of the Apocalypse, the battle between Michael and the Dragon - and allow the downfall

of evil and the birth out of heaven of the New Jerusalem to come alive.
Tickets £20/£15 Concessions

Available in advance:
[www.ticketsource.com/
rudolf-steiner-house/t-xdagnpn](http://www.ticketsource.com/rudolf-steiner-house/t-xdagnpn)
or in the bookshop on the day.



SACRED GEOMETRY: ITS SIGNIFICANCE AND POTENTIAL WITHIN YOUR REALITY

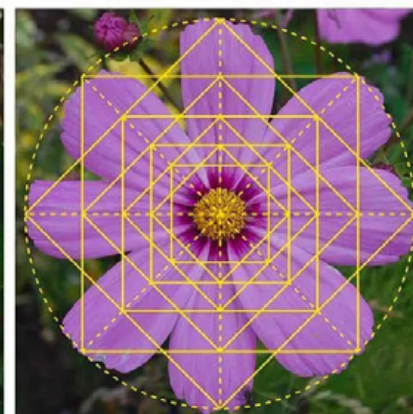
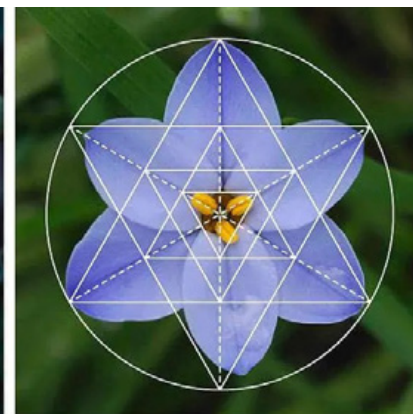
with Karen French

Friday 2 October 19:00 - 21:00

Without geometry there would be no time, space, nor possibility of existence. Learn about the purpose of 5 essential geometric shapes that are fundamental to the construction of reality and combine as a universal model called the Gateway. Change the way you look at geometry and your use of it.

Cost: £12 via Ticketsource:
[www.ticketsource.com/
rudolf-steiner-house/t-mjrdrq](http://www.ticketsource.com/rudolf-steiner-house/t-mjrdrq)

For further information
E: Karen@thegatewayseries.com
or 07963 3209521



LILLY KOLISKO CONFERENCE

Sunday 18 October 10:00 – 17:00

Marking the 50th anniversary of Lilly Kolisko's death, this conference celebrates her contribution to biodynamics. Working with Dr Steiner, Kolisko put potentisation – as used in biodynamics, anthroposophical medicine and homoeopathy – onto a scientific footing, revealing the forces biodynamics reckons with. We will explore her work and where it has blossomed today.

For biodynamic farmers and growers, homoeopaths and pharmacists wanting to understand the 'mode of action' of potentised preparations. The BDA's AGM follows.

Outline Programme

- 10:00 – 10:30 Arrive and welcome
- 10:30 – 11:30 Lilly Kolisko's life – Soili Turunen (live)
- 11:30 – 12:00 Break
- 12:00 – 13:00 Presentations: Steigbild with Vesna Forstneric (Goetheanum); Pharmacy with Ross Rentea (Kolisko Institute/True Botanica) – video
- 13:00 – 14:00 Lunch
- 14:00 – 15:00 Agriculture with Glen Atkinson (BdMax/Garuda Consultants) – video
- 15:00 – 15:30 Break
- 15:30 – 17:00 Biodynamic Association AGM (open to all; voting for members only)

Booking: online at www.biodynamic.org.uk/event/lk2026agm/
by phone on 01453 479501 (Mon-Fri, 9-1),
or by email to Office@biodynamic.org.uk

More on Lilly's work: considera.org/wppw/lili-noha-kolisko/

Her biography:
www.biodynamic.org.uk/product/lily-kolisko-the-mystery-of-matter-soili-turunen/

Full details:
rsh.anth.org.uk/event/lilly-kolisko-conference-and-biodynamic-association-agm/



BOOKSHOP EVENTS

CHILDREN'S STORYTIME

Every Saturday 11:00

We will be holding a regular storytime every Saturday at 11:00 in the shop, with a reading from a selection of children's picture books.

It's free to join, and the reading will last half an hour maximum.
Commences Saturday 12 September.



RUDOLF STEINER BOOKSHOP BOOK CLUB

From September, we will be holding a regular monthly book club in which we will discuss a novel that has been nominated by the group.

This will take place on every second Monday of the month in the bookshop at 19:00.

It's free to join, and the first meeting will be on Monday 14 September when we will have a general discussion and nominate the first book.



MALCOLM GLUCK BOOK LAUNCH

Tuesday 29 September 19:00

Malcolm wrote about wine for 30 years, as the Guardian's wine correspondent and best-selling Superplonk author. He has authored 47 books on wine (and food). His debut novels, four being published by The Glassfull Press this month, carry a spiritual dimension entirely the result of his association with Rudolf Steiner House.

Donation of £5 welcome, payable in the Bookshop.

Website: www.glassfullpress.com



REMEMBERING ARWEN UNDÓMIEL

Unveiling the feminine principle in the works of J.R.R. Tolkien
A Talk with Julie R. Petre

Monday 12 October 19:00

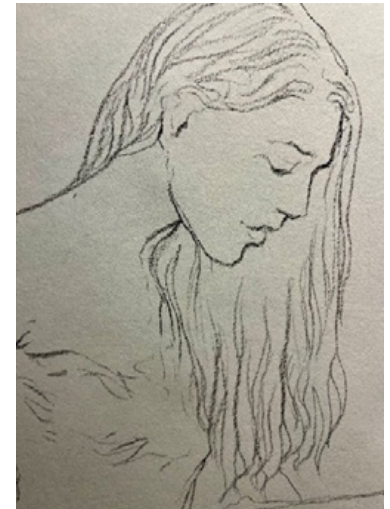
"I have purposely kept all allusions to the highest matters down to mere hints, perceptible only by the most attentive, or kept them under unexplained symbolic forms." (Letter 156)

Arwen Undómiel makes few appearances in Tolkien's legendarium, barely speaks, and is underrepresented in the literature. Yet she captures the imagination. And she is Queen of the Reunited Kingdom and the New Age. Tolkien thought her love story 'the highest,' and thought the story of Arwen and Aragorn the most important Appendix in the Red Book.

This talk considers the following strands:

- The unfinished nature of the myth, and its 'hints' of something more.
- The veiled but pivotal importance of Arwen.
- The Stars, the Tree, & the Priestess.
- The feminine in Tolkien's myth.
- Cerin Amroth.

Julie R. Petre worked for many years as an NHS Consultant Clinical Psychologist & Psychotherapist. On retiring, she earned a Masters degree in 'Myth, Cosmology & the Sacred,' focussing on Tolkien's work. She leads an esoteric group with roots in the ancient wisdom traditions of the west, which is devoted to the living interior of the myth brought to us by Tolkien.



Art by Stuart Gilbert

www.companyofcerinamroth.com

Donation of £5 welcome, payable in the Bookshop.

READING THE BOOK OF NATURE AND OUR HUMAN PLACE WITHIN IT

Tuesday 24 November 19:00

Activist, Ecologist and Transpersonal Counsellor Paul Maitenay will be in conversation with Mark Jackson-Hancock.

Seminal experiences and questions starting at seven years old set the trajectory for Paul's 50+ year inquiry into the dynamics of how Earth's Life works: how do all the layers and pieces fit together as one ecosystemic whole, including accepting what could be our human niche within it? How come we so belligerently resist seeing and or being what we have needed to in order to realise our participation? Paul's main learning has been from observing the Book of Nature, both within and without. At a similarly early age, he discovered that esoteric wisdoms and practice, of western and eastern alchemical traditions, described what he had been seeing. These have been a thread

running throughout his life and work. He will share these things and discuss them in conversation.

Paul's questions led him to work across conservation ecology, ecological and cultural anthropology, and transpersonal psychotherapy. He has worked with conservation organisations, the Open University, Oxford University and UCL, and now works independently. His publications include *Yearning for Our Niche*, *Longing to be Human and Trees of Knowledge*. He currently teaches *Ecology, Meaning, Survival: Transpersonal Ecopsychology*.

Suggested Donation £5 on the door



KABBALAH, THE ROUND TABLE AND THE GRAIL

Wednesday 9 December 19:00

Mike Bais will be at the bookshop talking about his new book "Kabbalah, the Round Table and the Grail".

A book for the contemporary seeker who wishes to learn about Kabbalah and for those who are also fascinated by the mythology of the Round Table. Both these spiritual traditions come together in this unique book where theory and practice guide the reader, bringing one to a greater understanding of the Tree of Life, the Round Table and the Grail. A book for the beginner and the advanced student alike.

Mike Bais is the founder of the Mystery School, the Circle of Avalon. His esoteric training comes from the Western Esoteric Tradition and the Toledano Kabbalah. Living in the Netherlands (Utrecht)

he extensively worked with esoteric teachers and groups in the UK. His professional background is working as a physiotherapist, counsellor, teacher in university and he had his own practice for many years. He is a trained priest and bishop in the mystical tradition of Christ, which is known as the lineage called the A.S.A. He believes that the Teachings of Christ are universal and should not be limited to a religious structure.

Suggested donation £5 on the door

For further details of bookshop events contact us at rsh-bookshop@anth.org.uk



WORKSHOPS

ART FOR WELLBEING

with Sue Davies and Aya Husni-Bey

Saturday sessions, twice a month 10:00 - 13:00

12 & 26 September, 10 & 24 October, 14 & 21 November,
12 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 & HeartMath Coach with over 20 years' experience supporting people's wellbeing. Aya teaches Mandalas, Play & 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
T 020 7723 4400

EURYTHMY

THE COLOURS OF LIGHT & DARKNESS

Wednesdays 18:00 - 19:15

23 & 30 September, 14, 21 & 28 October,
11, 18 & 25 November, 2 & 9 December

An autumn exploration through movement and poetry
with Sara Hunt

Eurythmy is a unique, gentle art of creative movement inspired by the spoken word. Through poetry, rhythm, sound and gesture, we move together through simple patterns in space - offering another way to experience and connect with the changing seasons through the spoken word.

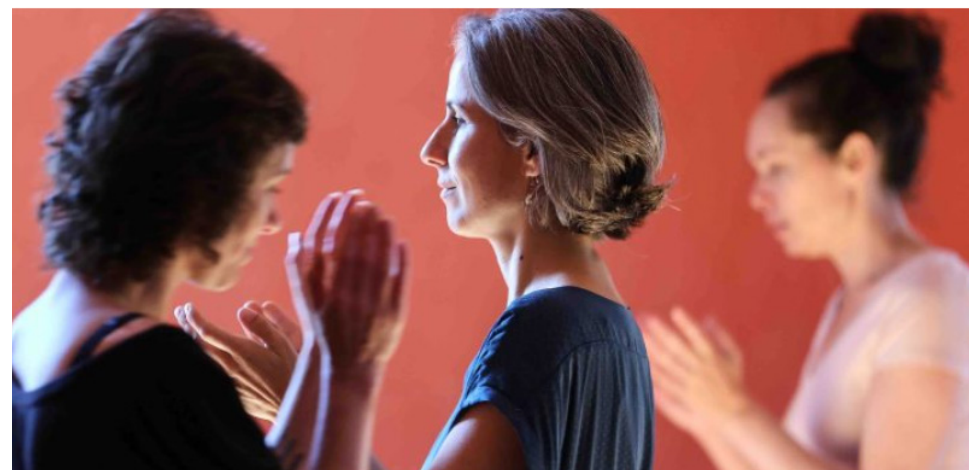
Open to everyone
No previous experience needed
Join us for one session or several throughout the term.
Wear comfortable clothing and soft-soled shoes.

Enquiries: Sara Hunt sara@vivalibre.co.uk
07404 171 735 · WhatsApp welcome

Sara Hunt trained in Eurythmy at West Midlands Eurythmy and completed a Masters in Eurythmy Education at Alanus University. With many years' experience teaching in Steiner schools and working with adults in health and fitness, her approach brings together movement, imagination and wellbeing. She enjoys making Eurythmy accessible and relevant, creating opportunities for people to experience movement as a source of creativity, connection and vitality.

£10 per session · £8 concession

Pay in the Bookshop on the night with receipt exchangeable with the workshop facilitator.



WELCOME WOMEN'S CIRCLE

with Jolanta Bielawska

17 September, 1, 15 & 29 October, 12 & 26 November,

10 December

19:00 - 21:00

A women's circle - a space where you can be yourself, share what feels important to you at this moment, feel, listen to other women, and see yourself reflected in their eyes. A place where you can feel safe - without judgement, grounded in mutual respect, support, and the warmth of togetherness.

In a fast-paced world, it seems more important than ever to slow down, gather together in real spaces, and build supportive communities. Our longing to be heard, truly listened to, and to feel connected deserves to be nurtured and cared for.

Come as often as suits.

Suggested and optional donation of £5 - £15

If coming for the first time or you have questions, please email Jola Bielawska: slavicconnections@gmail.com

<https://www.jolabielawska.com/en/>



WELCOME MEN'S CIRCLE

with Shawn Ballentine

Mondays 14 September - 14 December

19:30 - 21:00

Men, you are warmly invited to gather in circle



This is a safe and steady space to slow down, arrive as you are, and sit alongside other men in a calm and grounded way. Together we create a space of trust where each man is welcome - to share what feels present, to listen deeply, and to speak from the heart.

Through honesty and connection we are reminded that we do not have to carry life alone.

Come as often as feels right.

Suggested optional donation: £5 - £15

Donations support men to continue their journey through men's work with The Male Journey

www.malejourney.org.uk

The Welcome Men's Group was originated by Paul Webber and is currently held by Shawn Ballentine.

If you are coming for the first time or have any questions, please email: shawnballantine@yahoo.co.uk

We look forward to sitting in circle with you.

HEART OF THE CITY CHOIR

with Naamah Pinkerfeld

12 sessions: 21 September – 14 December
Monday evenings 19:15 – 20:45

'Stay close to anything that makes you glad you are alive.' – Hafiz

For 18 years, Naamah Pinkerfeld – has led community choirs and singing groups, mostly at Emerson College and in London. Sessions mix easily-learned harmonies: folk songs, fun arrangements, and modern singer-songwriter pieces, mostly in English but sometimes further afield – songs that connect us to ourselves and each other.

Naamah has led singing in places like St Paul's Cathedral, the British Museum and Chartres Cathedral. Her style is lively and inclusive, encouraging both a love of harmony and a deep sense of community.

Her Singing Forest choirs have run since 2008. In 2010 she founded the St Ethelburga's Interfaith Choir, later renamed the Heart of the City Choir, which flourished for nine years before a break – and is now returning at Rudolf Steiner House from 21 September.

'Naamah's song leading opens the voice and the heart... It has changed my life.' – Tristram Stuart, 2025. In 2025 she also co-founded SongLab with Hannah Robson, a space for collaborative vocal improvisation. Warm connections happen when we sing together.

Full course: £200 /£180 concession; Drop-in: £18 per session/ £16 concession
Booking: naamah.pinkerfeld@gmail.com or text/call 07811 837 381.



POETRY EVENINGS

with Barnaby Tobias and Iaia Chiesa

17 September, 15 October, 19 November, 17 December
19:00 – 21:00

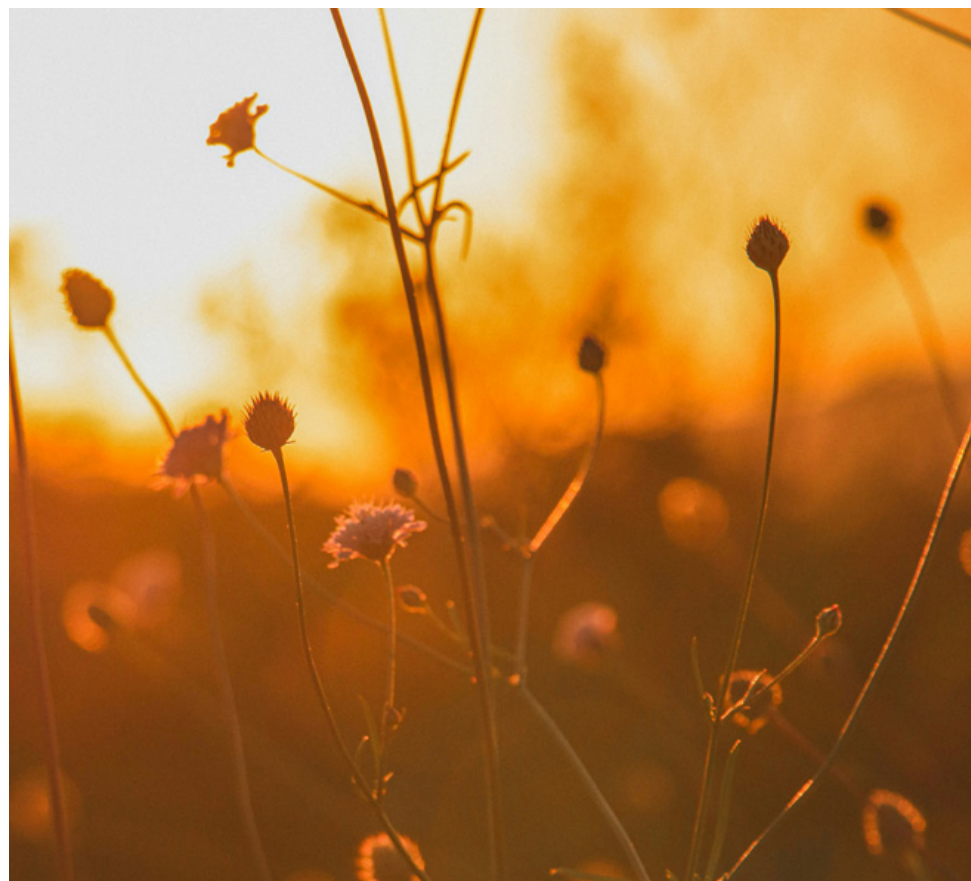
Join us in the bookshop on the third Thursday of every month for the sharing of poems; either yours or another's you admire. There will be some discussion around the poem and short tea break halfway through.

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



STEINER SPEECH FOR STAGE AND SCREEN: CONTEMPORARY TEXTS

with Sarah Kane

SATURDAY WORKSHOPS OCTOBER - DECEMBER 2026

Please note: the four workshops are designed as a whole but can be taken individually. Please bring a contemporary text with which you are familiar.

WORKSHOP 1 - STYLE

SATURDAY 3 OCTOBER 10.00 - 17.00

How is dramatic speech different to other styles of speaking? What tools can we use to express thoughts in our speech and sharpen our speaking for the stage and screen?

WORKSHOP 2: SOUNDS

SATURDAY 31 OCTOBER, 10.00 - 17.00

Exploring consonants and their impact on a character and how vowels can give greater authenticity to our speech and a character's emotions.

WORKSHOP 3: GESTURES

SATURDAY 28 NOVEMBER, 10.00 - 17.00

The six speech gestures: practical tools using the body to transform your voice.

WORKSHOP 4: LAYERING

SATURDAY 19 DECEMBER 10.00 - 17.00

Layering style, sounds and gestures in working with participants' individual contemporary texts.

Sarah Kane has been teaching, performing and directing using both Chekhov's technique for acting and Steiner's approach to speech. She has taught and directed regularly in Germany, Spain, France, the USA, China and India. She currently runs regular classes at Rudolf Steiner House in central London.

Cost: £48 per workshop.

Booking is through the New Actors Centre website: www.newactorscentre.org

Please Note: In order to attend these workshops, you will need to become a member of the New Actors Centre. It's £15 for a term or £40 for a year. This gives you access to all their classes at reasonable rates. You can easily become a member here: The New Actors Centre.

MICHAEL CHEKHOV'S ACTING TECHNIQUE - THE ESSENTIALS IN TWELVE STEPS

With Sarah Kane

Please note: the 12 workshops are designed as a whole but can be taken individually. Please bring both a monologue and a scene, soft-soled shoes and clothes suitable for movement.



STEP 1 (PREPARING): MOVEMENT, GESTURE AND THE ACTOR'S BODY

Thursday 1 October 10.00 - 17.00

STEP 2 (PREPARING): THE FOUR QUALITIES OF MOVEMENT

Monday 5 October 10.00 - 17.00

STEP 3 (PREPARING): EASE, FORM, BEAUTY AND ENTIRETY

Thursday 15 October 10.00 - 17.00

STEP 4 (PREPARING): THE PSYCHOLOGICAL GESTURE

Friday 16 October 10.00 - 17.00

STEP 5 (TRANSFORMING): THE CHARACTER'S IMAGINARY BODY

Thursday 29 October 10.00 - 17.00

STEP 6 (TRANSFORMING): IMAGINARY CENTRES AS THE CHARACTER'S CORE

Friday 30 October 10.00 - 17.00

STEP 7 (TRANSFORMING) THE CHARACTER'S SPEECH

Thursday 12 November 10.00 - 17.00

STEP 8 (TRANSFORMING) THE CHARACTER'S PSYCHOLOGICAL GESTURE

Friday 13 November 10.00 - 17.00

STEP 9 (CREATING PERFORMANCE) ATMOSPHERES

Thursday 26 November 10.00 - 17.00

STEP 10 (CREATING PERFORMANCE) COMPOSITION OF THE PERFORMANCE

Friday 27 November 10.00 - 17.00

STEP 11 (CREATING PERFORMANCE) PHYSICALISING WORDS AS GESTURE

Thursday 17 December 10.00 - 17.00

STEP 12 (CREATING PERFORMANCE) THE CHARACTER AND THE TEXT

Friday 18 December 10.00 - 17.00

Cost: £48 per workshop

Booking is through the New Actors Centre website: www.newactorscentre.org
Please Note: In order to attend these workshops, you will need to become a member of the New Actors Centre. It's £15 for a term or £40 for a year. This gives you access to all their classes at reasonable rates. You can easily become a member here: The New Actors Centre

INTRODUCTION TO GARDENING THE BIODYNAMIC WAY

with Dr Sue Peat and Douglas Davidson

Sunday 27 September

14:00 - 17:00

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 using the biodynamic preparations. It will be early autumn, so we will focus on sharing seasonal tips for 'extending' the season, harvesting and preserving. We will also share the results of some research into biodynamics, which really shows the benefit that it can bring to our soil and food crops. 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, street trees or house plants an autumn treat!

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

All are welcome, no need to book.

Cost: Full £10, Concession £5 - pay at the door



TALKS, SEMINARS AND STUDY GROUPS

A SPIRITUAL PATH FOR TODAY

with Alex Wright

Wednesday evenings 19:30 - 21:00

Introducing ten areas of Rudolf Steiner's Spiritual Science, incorporating exercises and activities for those seeking a spiritual path for the 21st century. Though this series is designed as a course with the knowledge building week on week, drop-in attendance is also possible.

Alex has an MA in Law from Oxford University, is a graduate of the three-year Emerson Visual Arts Course, and has been teaching Spiritual Science since 2017.

Cost: £10, or £7 students. Pay at the door, no cards.

If you would like to be kept informed of when the next course starts, please email introanthro2017@gmail.com.

This course will also run one day later on Thursdays at Emerson College in Sussex: <http://www.anthrosussex.org.uk/index.php/intro-to-anthro/> – please call 01342 827967 for details of this or generally.

7 October 1. Karma – What? Why? & How?

The little understood background to everyone's life, how the actions of one lifetime are reflected in the conditions and experiences of the next.

14 October 2. Human Constitution beyond the Physical

Our progressively subtle energy bodies which animate our physical body and give us emotion, thought and will. Bodies of soul and bodies of spirit.

21 October 3. The Four Elements in Nature & Humanity – Temperaments

Nature & humanity share certain energies which in nature manifest as the four classical elements of Earth, Water, Air, and Fire. In humanity they influence us physically and psychologically, bringing both gifts and dangers.

28 October 4. Human Evolution Past & Future

Rudolf Steiner's revelations from the Akashic record of the journey of what would eventually evolve to become contemporary humanity, and our future stages.

4 November 5. Spiritual Forces Active in Humanity Today

Humanity exists under the influence of different spiritual forces which lead to different forms of behaviour. To be truly free it is useful to be able to discern these.

18 November 6. The Angelic Hierarchy

Many cultures mention the existence of helpful beings with powers superior to those of humans. Rudolf Steiner described them and their activities in some detail.

25 November 7. Nature Spirits

Servants of the Angels which both form and maintain the physical planet and nature, they seek a collaboration with humanity, but we need to refine ourselves first.

2 December 8. How to Know Yourself

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.

9 December 9. Sleep, Dreams and the Afterlife

In both sleep and the afterlife we are prepared for the next day or life by encounters with many beings in soul and spirit lands. As well as how the dead relate to the living.

16 December 10. How to Make Progress

Anthroposophy is a Spiritual Path which can lead to very significant human development. A practical guide to making that a reality.



THE BURNING SPIRITUAL QUESTIONS OF OUR TIME

**An open discussion group facilitated by Mick Young,
host of the Spiritual Scientist Podcast.**

Fridays 19:00 – 21:00

A brand new, free, monthly, open discussion group for anyone wanting to explore the big questions facing humanity today with support from the world-view and ideas of Rudolf Steiner.

Newcomers welcome!

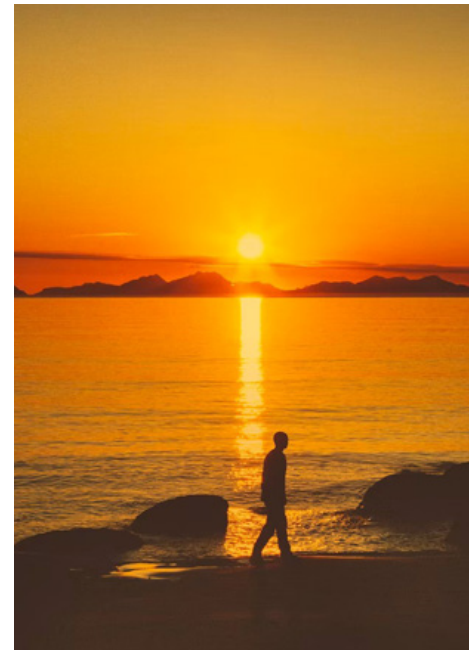
No prior knowledge necessary!

Bring your experiences, your thoughts, your questions, your challenges and let's explore together.

No booking required.



Mick Young is an Australian-born counsellor/spiritual development mentor, singer/songwriter and creator of the Spiritual Scientist Podcast. He's been reading and working with Rudolf Steiner's ideas and meditations for over 25 years and spent 3 years at the seminary for the Christian Community in Hamburg, Germany. He has recently become a member of the Council of the Anthroposophical Society in Great Britain.



FRIDAY LECTURES

Weaving Karmic Threads

19:00 - 20:30 (UK time)

A series of zoom and face to face talks led by speakers working out of insights offered by Rudolf Steiner.

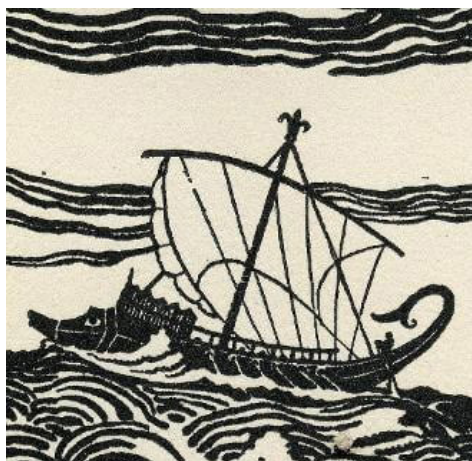
CONSIDERING THE ODYSSEY AS AN ALLEGORICAL AND ESOTERIC TEXT

with Michaël Merle

9 October 19:00 (ZOOM)

Drawing from many years of study of this epic poem and from Rudolf Steiner's specific indications on this work we will explore the relevance of The Odyssey to our understanding of ourselves and of Christianity.

Michaël is an anthroposophist, a Waldorf teacher trainer and is the priest of The Christian Community in the London congregation.



JUDAISM, CHRISTIANITY, ISLAM, ANTHROPOSOPHY

with Andrew Wolpert

16 October 19:00

Questions that arise in trying to discern individual destiny in the greater karma of world events

Andrew gives courses and lectures around the world and co-carries The Humanities Section of the School of Spiritual Science in Great Britain.

KARMA AND SPIRITUAL DEVELOPMENT

with Howard Smith

23 October 19:00 (ZOOM)

What's the point of Karma? What qualities are we called on to develop? Can we sometimes evade Karma? Will there always be karma?

In this talk and conversation, we will work with these and similar questions.

Howard is a life-long student of Anthroposophy has a PhD in Chemistry. He founded the Science Group of the Anthroposophical Society in Great Britain.

YEATS, "AE" AND DANIEL NICOL DUNLOP - A KARMIC HOUSEHOLD

with James North

30 October 19:00

In Dublin in the 1890s a group of young seekers were drawn together by their shared interest in Theosophy, poetry and the ancient Druid Initiates of Ireland. This talk traces their interwoven paths, including Yeats' quest for Celtic Magic, AE's vision of the Irish Avatar, and D.N. Dunlop's journey to Rudolf Steiner, whose teachings on The Hibernian Mysteries resonated deeply with the work of his Irish friends.

James is a lifelong student and practitioner of the Western Esoteric Tradition, and co-author of the groundbreaking book A History of Irish Magic.

ST FRANCIS OF ASSISI

with Peter Van Breda

6 November 19:00 (ZOOM)

A little more than 800 years ago Francis of Assisi received the Stigmata. His intense inner connection to the life, passion and resurrection of Christ places before us one of the most remarkable individualities of all time. What can we learn from his legacy and are we called upon to imitate his extraordinary example?

Peter is a retired priest who has had a lifelong love of art and the higher Christian Mysteries. He has worked in Berlin, Johannesburg and London and now lives in Freiburg with his wife.

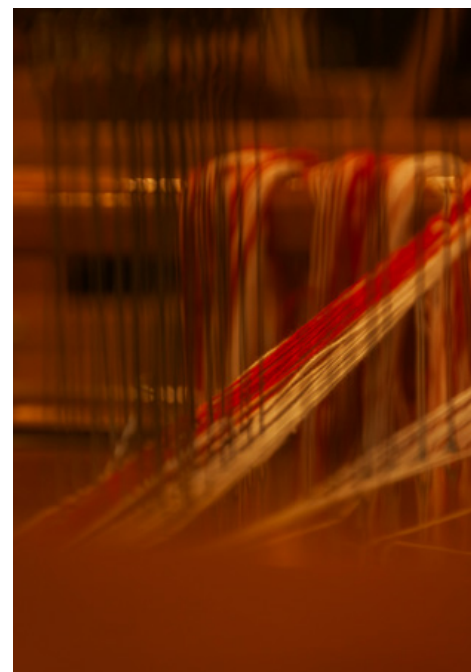
LIVING THINKING, POTENTIAL AND FEAR

with John Lees

13 November 19:00

In 1924 Rudolf Steiner stated that humanity needs to develop living thinking and that seriously committed anthroposophists would reincarnate at the end of the 20th century to 'fight Michael's battle out to victory'. Those people have now reached adult maturity, have the karmic mission to develop living thinking and the future spiritual potential of humanity, but many are struggling to incarnate their Michaelic mission.

John is an anthroposophic psychotherapist, head of the International Federation of Anthroposophic psychotherapists (<https://ifapa.ch/>) and a retired academic.



THE DESTINY OF THE GRAIL COMMUNITY

with Douglas Miller

20 November 19:00 (ZOOM)

As described in Wolfram von Eschenbach's Parzival and other 13th- and 14th-century works, a particular community was formed around the presence of the Grail on the Earth. We will look at the history and difficult destiny of that 9th-century community at Munsalvaesche and also consider what that destiny meant for its own time and for the present time.

Douglas is a retired professor of German at the University of Michigan-Flint in the United States; his research, publication, and lecturing has focused on Goethe's accomplishments as a scientist and writer, as well as on the history and meaning of Rudolf Steiner and anthroposophy.

THE WORDS WITH WHICH WE SPEAK

With Simonetta Alder

4 December 19:00 (ZOOM)

Why do some words sound exactly the same, but have completely different meanings? Is there a deep mystery to be experienced in 'eye' and 'I', and 'son' and 'sun'? And when we find the same sounding words in different languages, having the same or completely different meanings, does that tell us something about connections between our cultures?

Simonetta is bilingual – the daughter of English and Italian parents. She graduated in modern languages from the University of Rome. She is a journalist particularly fascinated by what Rudolf Steiner calls 'the genius of language', which reveals the spiritual meaning of a word hidden (in plain sight) within the word itself.

CARRIED BY ANGELS – FROM THE LAND OF THE GRAIL

with Andrew Welburn

27 November 19:00

Though not mentioned explicitly, there are many hints of reincarnation in the Grail stories. And just like the Grail, we can think of ourselves as brought by angels into this world, and as needing to ask the question of what our life 'serves'. We tend to think of the Grail quest as seeking the way forward, but there is also a theme of finding the way back – to our own spiritual origins.

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.

THE KARMA OF ANTHROPOSOPHY, THE ARCHANGEL MICHAEL AND RUDOLF STEINER

With Eric Klein

11 December 19:00

We will follow the karmic threads from ancient Greece to our modern world, as these threads weave the great cosmic gift we call Anthroposophy. This evolutionary development has been guided by the archangel Michael and the modern Christ initiate Rudolf Steiner.

Eric Klein was born and raised in an Anthroposophic home in New York. He was educated at the Rudolf Steiner School in New York City and has worked as a performing musician, composer, conductor, teacher and lecturer.



THE TROLL WHO WANTED TO BE HUMAN

With Matt Dexter

18 December 19:00 (ZOOM)

A heartwarming story by Jeanna Oterdahl to get into the Christmas mood. Suitable for children and grownups from 8 to 88 (or more!) years.

Read by Matthew Dexter with permission of Floris books.

Matt trained in acting and speech formation and performed The Green Snake in Camphill. He played the part of Capesius in all four of Steiner's mystery dramas.

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

STUDY AND CONVERSATION GROUPS

Our study groups provide a very informal setting to explore Rudolf Steiner's work with others. We aim to create a friendly, inviting atmosphere, as good humoured as it is serious. We find that working together provides a wonderful opportunity for the whole group to advance in knowledge and understanding. Previous participation or knowledge is not necessary and everyone, young and old, is very welcome to join us at any time, just once or as often as it suits.

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 the Rudolf Steiner Archive.

MONDAYS KNOWLEDGE OF THE HIGHER WORLDS. HOW IS IT ACHIEVED?

with Trevor Dance

19:00 - 20:30

5 & 19 October, 2, 16 & 30
November, 14 December

Knowledge of the Higher Worlds is an essential book for understanding Rudolf Steiner's ideas. It contains practical exercises to set one on the spiritual pathway advocated by Steiner - a reliable and safe path based on a rational, scientific approach.

For further information:
trevordance@hotmail.com

THEOSOPHY (ZOOM)

with Dr Sue Peat

and Adrian Hotten

19:00 - 20:30 (UK time)

12 & 26 October, 9 & 23
November, 7th December

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=SDZ3dOkxWkOwNU1uUzN5OSTBZmN6QT09>

Meeting ID: 826 3212 9836
Passcode: 755359



WEDNESDAYS

SUPERSENSIBLE INFLUENCES IN THE EVOLUTION OF MANKIND

with Trevor Dance

14:00 - 16:00

7 & 21 October, 4 & 18
November, 2 & 16 December

A fascinating series of lectures given by Steiner in 1922 concerning spiritual development throughout the historical epochs, focusing on the changes of humanity particularly relating to the Mystery Centres from ancient Egypt and Greece through to later times.

For further information:
trevordance@hotmail.com

THE GOSPEL OF ST. JOHN

with Dagmar Steffelbauer

16:15 - 17:45

7 & 21 October, 4 & 18
November, 2 & 16 December

A cycle of 12 lectures which R. Steiner held in Hamburg May 18 - 31, 1908. Those lectures are profound as Rudolf Steiner uncovers and reclaims the essential truths of Christianity, illuminating the Gospel of St. John in all its majesty, power and far-reaching significance.

All are welcome.

Further information:
d.steffelbauer@gmail.com

MAN - HIEROGLYPH OF THE UNIVERSE

with William Bishop

14:00 - 16:00

14 & 28 October, 11 & 25 November, 9 December

Self-knowledge is vital in today's world. These 16 remarkable lectures given in Dornach in 1920 convey multiple interconnections between the human and the cosmos to reveal self-knowledge to be inseparable from cosmic knowledge - that macrocosm and microcosm consist in unity. All welcome.

For further information:
williambishop191@gmail.com

CHRISTIANITY AS MYSTICAL FACT

with Debbie Elliott

16:15 - 17:45

14 & 28 October, 11 & 25 November, 9 December

This book was written by Rudolf Steiner, who said about it: "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

GENESIS

with Adam Slowikowski

19:00 - 20:30

every Wednesday 9 September to 16 December

Lectures from Rudolf Steiner about the Esoteric Secrets of the first book of Moses.

All welcome. No previous knowledge or experience necessary.

For more information:
adam.slowikowski69@gmail.com

For updated news on these and other events please see: www.meetup.com/rudolf-steiner-spiritual-science

FRIDAYS

THE PORTAL OF INITIATION

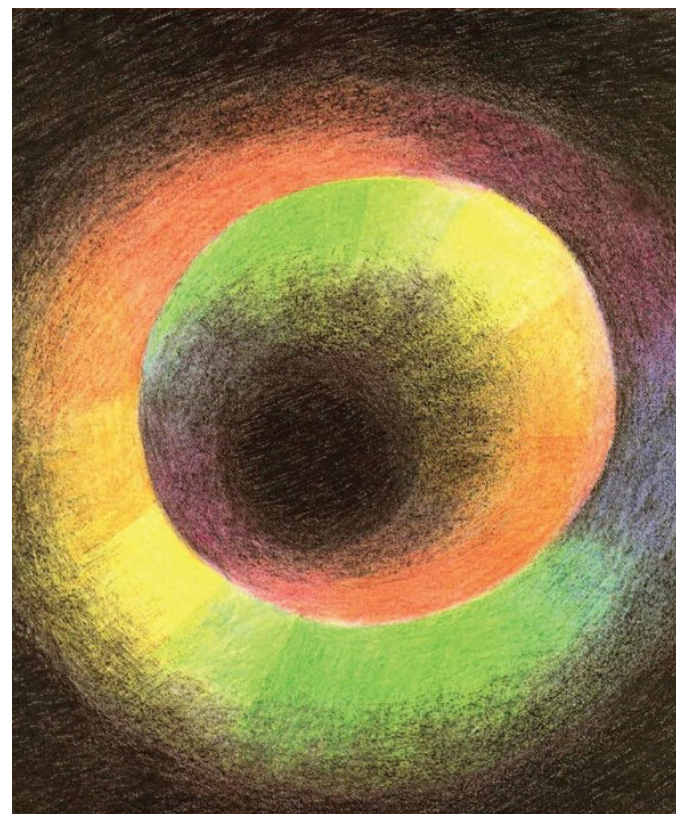
with Dagmar Steffelbauer

11, 18 & 25 September,
2 & 9 October
17:15 - 18:45

This will be an introduction into the FIRST mystery drama. Rudolf Steiner's four mystery dramas are powerful portrayals of the complex laws of reincarnation and karma. They transport us into a landscape of the human soul and spirit, where supersensible beings are active.

All are welcome.

Further information:
d.steffelbauer@gmail.com



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