

Anthroposophy: healing through self-knowledge

There are many spiritual streams and paths in the world today and they vary in their purposes and techniques. Anthroposophy could be described as a spiritual journey in search of our individuality, our humanity and our universality. Rudolf Steiner (1861-1925) developed the foundations for this journey within the sphere of intuitive thinking, applied to the real world. With the growing abyss between our humanity and world materialism, this path is becoming ever more relevant and challenging.

In a series of five evening workshops, repeated next year, we will explore some foundational practices and ideas of Anthroposophy. The aim is to inform and inspire you through direct experience and dialogue. The workshops are especially suitable if you know very little about Anthroposophy, have an open mind and are searching for your own answers.

**Thursdays 7:30-9:30 pm (door opens at 7:15)
@Salisbury Centre Studio (upstairs)**

Workshop Title	First series	Repeated
1. Seeing the world artistically: introduction to spiritual science using plant observation and drawing of natural objects	7 Sept 2017	1 Feb 2018
2. Foundations for spiritual development: six basic exercises	19 Oct 2017	1 Mar 2018
3. Know Thyself: beyond the physical body (Eurythmy with consciousness of the cosmos)	2 Nov 2017	5 Apr 2018
4. Speaking out of the future: creative speech and healing dialogue	7 Dec 2017	3 May 2018
5. Towards spiritual freedom: creative exploration of Rudolf Steiner's Philosophy of Freedom and Calendar of the Soul	18 Jan 2018	7 Jun 2018

£8 / £5 (unwaged) - per workshop
£32 / £20 - for the series of five

For information and to book a place:
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Anthroposophy in Edinburgh: <http://anthroposophyscotland.org.uk>