



## 2011 Summer Arts Festival

### How to be a Grown-Up; Cultivation and Maintenance of the Soul

**Dates: June 27-July 1, 2011**

**In this hectic day and age, our inner life often gets short shrift.** Anthroposophy, the world view underlying Waldorf/Steiner education is a path of schooling for the soul. Rudolf Steiner provided many exercises to strengthen the inner life, enabling us to jettison self-made obstacles and to take up our individual destiny. The morning sessions with Dorit Winter will focus on description, explanation and context of such exercises. Eurythmy with Glenda Monasch will work with the meditative mood that concentrated movement can bring about. The session after the morning break will take up questions, thoughts, concerns.... And for those who can stay after lunch, this afternoon session will use form drawing, a Waldorf activity requiring no prior experience, to again bring consciousness and harmony to the soul forces of thinking, feeling and willing.

#### Daily Schedule:

- 8:30-9:45.....Daily Topics presented by Dorit Winter
- 9:50-10:40.....Eurythmy with Glenda Monasch
- 10:45-11:15.....Morning break (*snack provided*)
- 11:15-12:45.....Conversation with Dorit Winter
- 12:45-1:45.....Lunch (*healthy, mostly organic lunches available*)
- 1:45-3:00.....Form Drawing with Patrick Marooney

**Location:** East Bay Waldorf School, 3800 Clark Road, El Sobrante, CA 94803

**Fees:** \$245 per participant for entire workshop; \$195 if not attending form drawing class; \$90 for form drawing class only. Lunch and child care available at extra charge.

#### To register, contact:

#### Bay Area Center for Waldorf Teacher Training

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