

*impulses* | Spring 2019

# Rudolf Steiner House EVENTS

and Initiatives inspired by Rudolf Steiner in and near London



Rudolf Steiner House 35 Park Road London NW1 6XT



# Welcome to Rudolf Steiner House



*Rudolf Steiner House Bookshop*

## Rudolf Steiner House

35 Park Road, London NW1 6XT

T: 020 7723 4400

[www.rsh.anth.org.uk](http://www.rsh.anth.org.uk)

[f.com/rudolfsteinerhouse/](https://www.facebook.com/rudolfsteinerhouse/)

## Office

### Opening hours

Monday to Friday 9am - 6pm

*Closed from 19th Dec, reopening on 3rd Jan.*

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Finance and Administration Manager

Membership Secretary

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### Ilona Pimbert

Communication and Administration Officer

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## Bookshop

### Opening hours

Monday to Friday 12 noon - 3pm,

4pm - 7.30pm. Saturday 10am - 6pm

*Closed after 4.30pm, 22nd Dec,*

*reopening 3rd Jan.*

E: [rsh-bookshop@anth.org.uk](mailto:rsh-bookshop@anth.org.uk)

T/F: 020 7724 7699

## Library

### Opening hours

Tuesday, Thursday, Saturday,

12 noon - 2pm and 3pm - 7pm

*Closed from 22nd Dec, reopening 3rd Jan*

E: [rsh-library@anth.org.uk](mailto:rsh-library@anth.org.uk) T/F: 020 7224 8398

## Café

### Opening hours

Saturday 9am - 5pm

The Café can be opened at other times by request, please contact the Office for further information.

*Closed from 22nd Dec, reopening 12th Jan*

## Receiving impulses

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**Deadline for submissions to the next issue**

1st March 2019

# impulses

**impulses** is published termly by **Rudolf Steiner House** to bring to your attention the many initiatives, activities and events inspired by the work of Rudolf Steiner in and around London.

**Rudolf Steiner** (1861–1925), the Austrian philosopher and spiritual scientist whose body of research he named ‘anthroposophy’ – ‘the wisdom of the human being’ – was far ahead of his time. His concerns about the future of humanity gave rise to new insights and impulses in many fields of life. They are as innovative now as they were then, and have become even more relevant in the light of the unprecedented challenges humanity faces today. At the heart of Steiner’s research were the questions: What makes our endeavours truly human? How can we reconnect with our spiritual origin in ways appropriate for our time? How can we – individually and in human fellowship – reach our highest potential and live respectfully with all the other realms of nature? His ideas have influenced fields as diverse as meditation; personal, social and organisational development; education; agriculture; art and architecture; health and wellbeing; natural science; the performing arts; economics – to name a few.

You are warmly welcome to visit Rudolf Steiner House and be inspired by our varied programme, and enjoy our library, bookshop and café – or simply the peaceful atmosphere of the House, which has often been described as a special oasis in the hustle and bustle of the metropolis.

## **Rudolf Steiner House (RSH) and Theatre**

RSH is the centre of the Anthroposophical Society in Great Britain, a registered charity. Apart from weekly study groups, talks, special events and concerts organised by the Society, our rooms and the Theatre are available for hire. For details please contact the office (see overleaf).

**Unless otherwise stated, all events listed in *impulses* take place at Rudolf Steiner House.**

*Nothing can reveal itself to us which we do not love. And every revelation must fill us with thankfulness, for we ourselves are the richer for it.*

*Rudolf Steiner*

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Opinions expressed in this Newsletter are the responsibility of their authors. They do not represent the views of the Anthroposophical Society in Great Britain, as the Society cannot have an opinion, only individuals can.

# REGULAR EVENTS AT RSH ■ SPIRIT IN ACTION

February–March 2019 on Thursday evenings 7.30 – 9.00pm

A series of eight evenings specially aimed at people in their 20s and 30s with an interest in spirituality, but all are welcome. Each evening will be a blend of teaching and activities based in Anthroposophy, a contemporary spiritual path created by Rudolf Steiner for people who want both to develop themselves spiritually, and to help the world. Hosted by Alex Wright.

**You are welcome to attend all the evenings or your own selection. Further info:**

[www.rsh.anth.org.uk/spiritinaction](http://www.rsh.anth.org.uk/spiritinaction) Contribution: £10 (£8 students)

## 7th February

### **The Fables of Leonardo da Vinci. With Giovanna Conforto**

Did you know Leonardo da Vinci was a storyteller? He told and wrote many fables that today are little known. He is famous for his research on Art, Architecture, Science and many other disciplines, but stories? This is a rare occasion to hear and reflect together on these tales, 500 years after the death of the Italian genius.

*Giovanna is the creative director of the Italian Storytelling Centre. She teaches Storytelling at Emerson College and is a founder member of the Stories in Place International Association based in Edinburgh. [www.italianstorytellingcenter.it](http://www.italianstorytellingcenter.it)*

## 14th February

### **Folk–Bal French and Breton Folk Dancing. With Pricila and Jean-Marc Albisetti**

In celebration of Valentine's Day and giving you a final chance to enjoy tariff-free European folk dance before Brexit day. Come along and be taught how to do the Pyrenean Bear Dance, Mazurka, Circle Circassian, Bourrées, Chapelloise, Rondeau and Andro, all to live music. No need to bring a partner and no experience necessary.

*Pricila and Jean-Marc have been folk and circle dancing for more than 20 years. Jean-Marc plays the accordion, recorder, drums and violin. Sharing their passion, they wish that everyone can connect with the dances in their own time and style.  @Troubadours fr*

## 21st February

### **Your Creative Process and the Seven Planets. With Stephan Duve**

An in-depth and practical look at the mystery of the creative process, along with the sevenfoldness that seems so much part of creation. 7 days of the week, 7 notes within an octave, 7 classical planets and 7 planetary metals each having their own distinct quality. There is an archetypal process underlying this reality which we can observe and use practically as a framework for our own creativity. You will have the opportunity to get to grips with a piece of technology and do some reverse engineering

*Stephan did an apprenticeship in BMW's Formula 1 racing team, then worked as a creative engineer with the chainsaw circus Archaos, and the Mutoid Waste Company, moving on to special effects technology in the theatre & circus. He has been teaching the conscious use of technology to biodynamic farmers.*

## 28th February

### **Living Well in the Lean Season. With Kirsten Hartvig**

In the age before refrigeration the time from Candlemas/Imbolc (2nd Feb) to Easter was called the 'lean season' or 'Lent' because there was very little food around. It was also the time for new shoots, spring greens and plants that are naturally detoxifying and full of vitamins and minerals to replenish the body after winter. Learn what to eat and drink to have a spring detox and live well in the lean season, and try some blood cleansing food herbs.

*Kirsten is a registered naturopath, medical herbalist, nutritionist and vegan. She works in private practice in Forest Row, manages the Herbal Medicine Study Centre at Emerson College and teaches materia medica on the Heartwood Herbal Medicine course. She has written 14 books and is a Danish government adviser on natural medicine. [www.kirstenhartvig.com](http://www.kirstenhartvig.com)*

**7th March**

### **The Secret Sacred Life of Bread. With Jean-Marc Albisetti**

In antiquity there was a companionship between man and bread, between humanity and the soil. In the last hundred years, the intuitive selection of individual ears of the grain by the farmer as seed for the next year's crop, to provide wholesome bread for the mankind, has been replaced by the selection of seed grain based on its compatibility with the machines of the modern baking industry. Thankfully there are pioneers seeking to remedy this situation. Hear the whole story and taste samples of heritage grains, strains of wheat from before the domination of agriculture by reductive science.

*Jean-Marc grew up on a farm in the Southern French Alps, where at age 11 he started his experiments in biodynamics. Later he met Andreas Astrié, the creator of the modern stone mill, and started to engage deeply with the complete process of bread-making from field to plate. He lives with his family at Emerson College and bakes bread in a wood oven at the neighbouring biodynamic Tablehurst Farm.  @Troubadours fr*

**14th March**

### **Hypersensitivity – Hidden Causes & Remedies. With Inessa Burdich**

Today hypersensitivity (or highly sensitive people) is an increasingly common phenomena, but this was not the case even 15–20 years ago. Why is this? The phenomenon is not random but can be explained out of the person's biography. People with hypersensitivity have a distinct supersensible constitution which can be observed. In this lecture the genesis of hypersensitivity and possibilities to remedy it and provide specific support are explained.

*Inessa has an MSc in the Physics of Metals and an MSc in Therapeutic Education. She works as a spiritual researcher for the Society for Applied Spiritual Research Ltd., Germany, [www.geistesforschung-gmbh.de](http://www.geistesforschung-gmbh.de), and has a particular interest in supersensible perception.*

**21st March**

### **Anthroposophy and Religious Renewal? With Luke Barr**

What relevance can religion have for us in the 21st century? Are 'spiritual' and 'religious' antithetical terms? Rudolf Steiner was approached by a group of young theology students, disillusioned with what their cultural institutions had to offer them. They recognised that anthroposophy, rightly understood, could inaugurate a perpetually self-renewing culture. They were intrigued to hear from Steiner that religion "in its living practice" could help augment this renewing capacity. This led to the founding of The Christian Community, a movement for religious renewal?

*Luke Barr is a priest of The Christian Community. He has lived and worked in the Camphill movement in Germany for much of his adult life before being ordained in 2014. He has a family with 2 small children.*

**28th March**

### **Sacred Geometry – Engage with the Cosmic Harmony. With Kira Orsak**

A practical workshop. Both mankind and nature are created according to spiritual laws, though modern life tends to separate us from this underlying harmony. Sacred Geometry is a reflection of the Divine on Earth, and its practice helps us to re-establish our connection with the natural and spiritual worlds.

*Kira holds her MA in Sacred and Traditional Arts from the Prince's School of Traditional Arts where she studied with some of the greatest masters in the field. She is a co-founder of the Sacred Art of Geometry studio based at Emerson College. [www.sacredartofgeometry.com](http://www.sacredartofgeometry.com)*

## MORE TO LIFE

A Series of Four Monthly Evening Workshops  
with Marjatta van Boeschoten

### THEME: MEDITATION FOR LIFE

*Developing inner resources to live a more conscious and creative life*

**Each of us has the ability to reach a calmer, interior space within ourselves where we can draw on the deepest resources given to the human being upon which strong foundations for life can be built. From this vantage point we can take up the multiple challenges of life with greater equanimity, resilience, insight and enthusiasm.**

In these four workshops Marjatta van Boeschoten will draw on many of the indications and exercises given by Rudolf Steiner for developing a western contemporary meditative practice. Each session will contain content, exercises and conversation and is suitable for both newcomers and those already experienced in meditative practice.

*Marjatta van Boeschoten was a pupil at a Steiner Waldorf School, practised as a lawyer and subsequently founded a*

*management consultancy specialising in human development at work, predominately with large national and international companies and government organisations. She frequently gives talks and workshops on mediation. She spent 16 years on two Boards of Triodos Bank NL and is currently General Secretary of the Anthroposophical Society in Great Britain.*

#### TUESDAYS 6.45 – 8.15pm

8th January

5th February

5th March

2nd April

Workshop fee £35 for four sessions, or £10 per session.

Concessions £25 for four sessions, £8 per session.

Students £20 for four sessions, £7 per session.



# STUDY & CONVERSATIONS GROUPS

## MONDAY – WEDNESDAY STUDY GROUPS

**ALL WELCOME** to a single session or a whole series. No prior knowledge expected. We read and share reflections on anthroposophical theme with as much emphasis on listening as on speaking. Working together means we can experience much more than we would alone!

No need to book. Small donations towards expenses welcome: £3/£2

For more details, please email Adrian Hotten E: [ssatrsh@virginmedia.com](mailto:ssatrsh@virginmedia.com)

Meetup website: [meetup.com/rudolf-steiner-spiritual-science](https://www.meetup.com/rudolf-steiner-spiritual-science)

## MONDAYS

***The Spiritual Guidance of the Individual and Humanity*** With Trevor Dance  
14th & 28th January; 11th & 25th February;  
11th & 25th March 7.00–8.30pm

This short book is regarded as a 'classic' work of spiritual science and the lectures were amongst the very few revised by Steiner himself. We are given a deeply rewarding perspective of the age in which we live and the cultural life of our times. Whilst the obstacles and retarded spirits that hinder our development are described, we are given the encouragement, knowledge and strength to enliven our culture.

### ***The Temple Legend***

With Dr Sue Peat and Adrian Hotten  
21st January; 4th & 18th February; 4th & 18th March; 1st April 7.00–8.30pm

These 20 lectures were given to members of Rudolf Steiner's first Esoteric School between 1904 and 1906. They throw light on the content of the picture-language

of myths, sagas and legends. In order to work with pictures or symbols today we first need to become acquainted with their esoteric content. They clarify the history and nature of the cultic tradition including principally Freemasonry and its background, but also the Rosicrucians, Manichaeism, the Druids, the Prometheus Saga, the Lost Temple, Cain and Abel, and much else besides.

## TUESDAYS

***The Gospel of St John in Relation to the Other Three Gospels***

With Brendan McQuillan

Weekly from 15th January – February  
19th 7.15–9.00pm

Steiner's Gospel lectures are based on his research in the Akashic record and reveal great insight into the original documents. We will be continuing with these lectures given in Kassel in June and July 1909.

## WEDNESDAYS

***The Riddles of Philosophy***

With Trevor Dance

16th & 30th January; 13th & 27th  
February; 13th & 27th March 2.00–  
4.00pm

The group continues with our study of this Steiner masterwork in which he affords the reader lofty insights into the ideas of western philosophy and the underpinnings of anthroposophy. Much more than a straightforward history, the book penetrates the spiritual impulses themselves which underlie the works of the great thinkers. Now is a good time to join as we are just beginning part 2, which is fairly independent of part 1. No prior knowledge of the book is required.

## STUDY & CONVERSATIONS GROUPS

### WEDNESDAYS CONT.

#### **Background to the Gospel of St Mark**

With William Bishop

23rd January; 6th & 20th February; 6th & 20th March; 3rd April 2.00–4.00pm

Thirteen lectures by Rudolf Steiner from 1910–1911. These give a wide-ranging context for a deep understanding of the profound truths in the Gospel according to St Mark

#### **Spiritual Reading Group**

With Malcolm Gluck

Weekly from 16th January – 3rd April  
4.15–6.00pm

Thirteen lectures by Rudolf Steiner from 1910–1911. These give a wide-ranging context for a deep understanding of the profound truths in the Gospel according to St Mark

#### **Essential Steiner – Reading and Conversation Group**

With David Lowe

Weekly from 16th January – April 10th  
7.15–8.45pm

Our conversation will be drawn from *The Inner Aspect of the Social Question*, three lectures by Rudolf Steiner given in February and March 1919.

Themed conversations will replace the above on the following dates:

**6th February:** The impulse common to the activity of Jundishapur and the destruction of the Templar Order and how this manifests in our time.

**6th March:** How the culture of ancient Egypt relates to the culture of our time.

**10th April:** To what extent does Judas have responsibility for the betrayal of Jesus and how does he stand in relation to the other disciples

### FRIDAY CONVERSATIONS

#### **A new initiative!**

#### **Lunchtime Meetings at RSH**

Every Friday from 1.00–ca. 2.00 or 2.30pm

11th January – 4th April

Join us for informal conversations on an anthroposophical theme in the relaxed atmosphere of Steiner House. This will sometimes include short talks by invited contributors.

#### **Please bring your own lunch.**

For further information please contact Penny Tyler via E: [tylerpen@hotmail.co.uk](mailto:tylerpen@hotmail.co.uk)  
M: 07914 022 633

### SATURDAY CONVERSATIONS

#### **Exploring Anthroposophy**

Monthly on Saturdays

11.00–12.30pm

12th January, 2nd February, 2nd March, 6th April.

These conversations are designed especially – but not exclusively – for those new to anthroposophy. They aim to cultivate a deeper understanding of the foundations of anthroposophy using thought and perception exercises. Meetings will be held in the foyer of RSH and are open to all. To express your interest and for further information contact Glenn Charles  
E: [glenn.charles@gmail.com](mailto:glenn.charles@gmail.com)  
M: 07554 000280

# FRIDAY SEMINARS AND LECTURES

7.00–8.30pm at Rudolf Steiner House

## ALIENATION

This series of seminars will address alienation from a spiritual view point – leading to a deeper understanding of ourselves, humanity and the world of the spirit. All welcome! No need to book. Suggested donation £5.00 / £3.00

For further information please see [meetup.com/rudolf-steiner-spiritual-science](http://meetup.com/rudolf-steiner-spiritual-science)

**18th January**

### **Alienation and the Spiritual Activity of Thinking in the Modern Age** With Eric Klein

Drawing on the work of Rudolf Steiner, Eric will outline how consciousness itself is changing, and how human beings can develop 'sense free' thinking.

*Eric was born in the USA and studied music. He is a teacher with a particular interest in the development of human thought.*

**25th January**

### **Anxiety, Materialism and what is in between – a Concise Guide to Alienation**

With Dr Pablo Jeczmiern

Feeling disconnected from the material or spiritual worlds are common experiences. Pablo will explain how, if our connections become too strong or too loose, this can cause extreme anxiety. He will offer practical solutions to the increasing levels of anxiety and depression that Rudolf Steiner predicted would befall humanity at this time.

*Pablo is a consultant psychiatrist and anthroposophical psychotherapist working within the NHS and privately.*

**8th February**

### **Incarnation Difficulties: an Anthroposophic Psychotherapy view**

With John Lees

The present age is a period of great

crisis. Many souls are finding it difficult to incarnate into their bodies. Our spirit remains pure but our bodies are increasingly unable to support our mission in life. Rudolf Steiner saw the dangers, and anthroposophic psychotherapy inspired by his work addresses the crisis.

*John is an anthroposophic psychotherapist, leads the anthroposophic psychotherapy training at Emerson College and sees clients in London and Forest Row.*

**15th February**

### **What happens to our Soul and Spirit when we Sleep?** With Philip Martyn

We spend about a third of our life asleep and the importance of sleep for our wellbeing is increasingly recognised. Where are we during sleep and what are we doing? What is happening to our soul spirit in this time of unconsciousness? Drawing on Rudolf Steiner's insights we will explore the topic.

*Philip is a retired lawyer living in London. He served on the Council of the ASinGB and as Co-General Secretary.*

**22nd February**

### **Expelled out of Paradise**

With Peter van Breda

The biblical story relates how Adam and Eve lived in paradise until they ate fruit from the tree of knowledge and were expelled from Eden by the creator God. A world of toil and pain then opened out for them. Our lives can be seen as carrying echo of this history as we work with the plan of redemption that spiritual development offers us.

*Peter lives in London and is a priest of The Christian Community, a movement for religious renewal.*

## FRIDAY SEMINARS AND LECTURES

## ALIENATION

8th March

**'Outsiders.'** With Trevor Dance Friedrich Nietzsche, Oscar Wilde and Otto Weininger clearly felt themselves to be 'outsiders', holding viewpoints far from those of their time. In our present society with its emphasis on individuality, many of us feel something of an 'outsider' mood. Trevor will examine some of Rudolf Steiner's unique insights relating to this contemporary phenomenon.

*Trevor runs regular groups and workshops at Rudolf Steiner House.*

15th March

**Separation of Body, Mind and Spirit – Ultimate Alienation.** With Patrick Dixon Many spiritual paths talk of, or actively seek, the conscious separation of the mind or spirit from the body. These experiences can range from healthy spiritual development to frightening disturbances of consciousness bordering on madness. Illustrating his talk with quotes from those who have direct experience of the spiritual world Patrick will offer a guided tour of where alienation can lead.

*Patrick trained at RADA and is an actor, writer, poet and performer. He gives lectures, seminars and one-man shows.*

22nd March

**Technology and our Relationship to the Spiritual World.** With Dr Howard Smith Technology is a valuable part of our lives, offering significant advantages for human development. We chat to each other from opposite sides of the globe, have vast access to information and overcome the natural time cycles by creating artificial light, heat and energy. This can alienate us from nature and the spiritual world. How can we rightly re-connect whilst also

making use of our technology rightly?  
*Howard is a retired science teacher, a long-term student of the work of Rudolf Steiner and a piano tuner.*

29th March

**The Meaning of Loneliness in Childhood**

With Dr Tessabella Lovemore  
Our memories of childhood experience can be a major factor in the shaping of our adult lives and relationships. What can we do with memories of isolation, exclusion and even abuse that are damaging? Working with the many exercises Rudolf Steiner gave for personal development can enable us to rise above our personal past, take charge of our destiny and develop healthy relationships  
*Tessabella is a certified anthroposophic Child and Family Therapist with over 20 years of experience.*

12th April

**The Ancient Mariner**

With Dr Andrew Welburn  
Coleridge's strange and wonderful poem resonates with the loneliness and spiritual desolation of so many lives today. It connects with the sense of deep changes that need to come about in society and in our thinking, as Christian symbols such as cross, water and repentance are tested in extremes of life and death. Loneliness is a part of the path of initiation; Andrew will show how we can be aware of its fearful as well as deepening aspect in our own biographies.

*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 Steiner's philosophy, esotericism and Christianity, and on the prophet Zarathustra.*

# FRIDAY SEMINARS AND LECTURES

7.30–9.00pm

## MONTHLY ART TALKS with DAVID LOWE

This series of three illustrated art talks draws on the insights of Rudolf Steiner to deepen our appreciation of the significance of great works of art. On the Wednesday evening following each talk there will be a discussion relating to the Friday Art Talk (please see 'groups' – page 8).

**All welcome!** No need to book.  
Suggested donation £5.00 / £3.00

**1st February**

### **The Golden Legend**

Piero Della Francesca painted frescoes on this theme in the 1450s. He is now recognised as a key painter of the Italian Renaissance. His life and his work are full of mysteries. Included in the fresco cycle is a reference to significant events in the seventh century A.D. In art but in other ways too, Piero points us to some fundamental impulses active in our time.

**1st March**

### **Egyptian Culture and Modern Culture**

In what way is modern culture a repetition of Egyptian culture? As well as looking at the way this comes to expression in art and culture generally we will look at the origins of the personality and what the Sphinx represents.

**5th April**

### **The Last Supper and the Legend of Judas**

The Last Supper leads us forward to the central Mystery of Christianity. The personality of Judas leads us back to the beginnings of the Greek epoch and to a central motif of our own culture. Through considering these and Leonardo's painting we come face to face with one of the great questions we all face today.

*David Lowe has an MA in the History of Art and has a special interest in how we improve our way of looking at paintings, so that we strengthen our imagination.*

*For further information*

*E: davidlookingatart@btinternet.com*

*M: 07926 196 446.*

### **The Meeting of Solomon and the Queen of Sheba by Piero della Francesca.**



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## EARTHSTARS SACRED SPACE

We had our last Earthstars Sacred Space event in December when we brought the activity in this form to an end. It's almost ten years since the first talk and it feels that we have completed a cycle. Thank you to everyone who has taken part. There may be the occasional talk or conference which we will advertise in the usual way.

Marion Briggs E: marionbriggs148@btinternet.com

## EURYTHMY

### ARTS FOR WELLBEING

#### SATURDAY EURYTHMY WORKSHOPS

12th & 19th January, 2nd & 9th February  
2019 1.30–2.30pm

Energise and reduce stress with eurythmy, a movement art linked with music and poetry. Get to know this gentle, restorative and harmonising art and enhance your well-being by joining our introductory workshops.

All welcome! £7



#### SATURDAY STUDIO PERFORMANCES

2nd February and 16th March,  
6.15–7.00pm

Catch a glimpse of Eurythmy as a performing art in our short half-hour Studio Performances. Find out what lies behind it by joining an informal Q&A session.

All welcome. Donations at the door.

For more information on both events  
E: [diana\\_constantin@yahoo.com](mailto:diana_constantin@yahoo.com)

To find out more about Eurythmy please visit [www.eurythmyassociation.uk](http://www.eurythmyassociation.uk), <https://eurythmytherapy.uk> and <https://m.facebook.com/pages/category/School/London-Eurythmy-70637358856/>

## GOETHEAN PSYCHOLOGY

15th–16th March 2019

A Psychology of Freedom. Handling stress and conflict in our professional and personal lives. With Graham Kennish  
Friday 15th 7.30–9pm

An introduction to the Saturday morning workshop, but attendance is not a requirement for the workshop. Graham will identify the historical impediments that have hindered an anthroposophical psychology from developing, then introduce Rudolf Steiner's seminal lectures, which lead to a 'Psychology of Freedom,' paralleling his Philosophy of Freedom.

Saturday 16th 10am–1 pm

Participants can discover archetypal processes in the psychology of the soul

through perception of their own gestures, involving no analysis or interpretation by themselves or others. No personal intimacies need be shared and the process is entirely confidential to yourself and the gestures you create. The workshop lays the ground for learning how to create a gesture language and tools to effectively handle stress and conflict in professional and personal life situations.

Charge: Friday evening £5,  
Saturday morning: Free.  
(Donations welcome, but not required)

For further details please contact  
E: [kennish46@gmail.com](mailto:kennish46@gmail.com)  
M: 07973 680 959

# AN INTRODUCTION TO GARDENING THE BIODYNAMIC WAY

Sunday 24th February 2.00–5.00pm

With Dr Sue Peat and Philip Martyn

All welcome, no need to book.

£10.00 / £5.00

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 which plants respond to. The workshop will cover the background to the biodynamic planting calendar, composting and the biodynamic preparations. Participants will be invited to exchange gardening seasonal tips, ideas and experiences. For the last hour we will

stir the horn manure preparation (known as 500), so bring an empty screw top bottle if you want 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 spring treat!

Philip Martyn and Dr Sue Peat are long-term students of Rudolf Steiner. Alongside their professional work as lawyer (Philip, now retired) and medical consultant (Sue) they have both been passionate about biodynamic gardening for many years.

**EVERY SATURDAY 10am–2pm**

## BIODYNAMIC MARKET STALL AT RUDOLF STEINER HOUSE

*Holiday closure: we will be closed from 22nd December and reopen on 12th January 2019.*

Our market stall will continue to be outside Rudolf Steiner House – come wind, rain or shine!

Apart from biodynamic vegetables we are now also selling biodynamic eggs as well as fruit juices, cordials and purees from Brambletye Fruit Farm.

We look forward to seeing you!

Penny Tyler and Kenny Coffey

E: [belikeabird@gmail.com](mailto:belikeabird@gmail.com)

M: 07957 799 336



# INTERNATIONAL CONCERT SERIES

JANUARY – MAY 2019

For full programme details and online booking please visit  
[www.internationalconcertseries.com/whatson.html](http://www.internationalconcertseries.com/whatson.html)

Saturday 26th January 7.30pm

## PIANO RECITAL

HRISTO KAZAKOV

BACH: Goldberg Variations

DEBUSSY: Preludes Book 2.

TICKETS: Full price £20.00, £18.00, £15.00 /

Concessions £16.00, £14.00, £12.00



Saturday 16th February 7.30pm

## Piano Quintet Recital

The Solomon Quartet with Yuki Negishi

Tadasuke Iijima, violin

Ayako Yamazaki, violin

Yohei Nakajima, viola

Matthew Strover, cello and

Yuki Negishi, piano

JOAQUIN TURINA: 'La Oracion del Torero' for string quartet Op. 34 (7')

GREGERS BRINCH: Piano Quintet

'Human Reflections' Op.78 (2003) (14')

Granados Piano Quintet in g minor Op.49 (14'):

BRAHMS: Piano Quintet in f minor Op.34 (40')

TICKETS: £20, 18, 15

Concessions £16, 14, 12



Sunday 3rd March 11.30am

KEYBOARD CONVERSATIONS®  
with JEFFREY SIEGEL

BACH & CHOPIN – A MUSICAL KINSHIP

BACH: The Chromatic Fantasy and Fugue – Chopin: Polonaise-Fantasy, and their respective “dances for the ears!”, Minuets, Giges, Waltzes, and Mazurkas.

TICKETS: Full price £18.00 / Concessions £14.00



Wednesday 17th April 7.30pm

THE FIFTH QUADRANT

Violin: Simon Hewitt Jones

MultiBass: Matthew Forbes

Piano: Daniel Swain

TARTINI: The Devil’s Trill – MOZART and BACH: Chamber Music – RAVEL, SCHUBERT, Traditional Scottish and Irish folk melodies, and much more. A treat for the whole family.

TICKETS: Full price £20, £18, £15 / Concessions £16, 14, 12



Sunday 19th May 4.00pm

KEYBOARD CONVERSATIONS® with JEFFREY SIEGEL

THE ROMANTIC CONNECTION - SCHUMANN, LISZT & CHOPIN

Each event comprises informal commentary on the music and its composers, a full performance of each work, and concludes with a short Q & A session with the audience. This accessible format enriches understanding of classical music for newcomers and seasoned listeners alike.

The programme includes Schumann’s passionate ‘Fantasy’, Liszt’s ‘Liebesträume’ and Chopin’s fervent Polonaise.

TICKETS: Full price £18.00 / Concessions £14.00





# Christmas Plays From Oberufer

**Saturday Dec 15th 3.30pm and 5.00pm**

Donations welcome towards expenses

Carol Singing 3.00pm in the Foyer led by Claudio di Meo.

## **3.30pm *The Paradise Play***

Presented by the friends of Steiner House and directed by Geoff Norris (suitable for adults and children over 7)

## **5.00pm *The Shepherds Play***

Presented by the students of the London Waldorf Teacher Training Course directed by Sarah Kane.

(suitable for adults and children of all ages)

These plays were collected by Karl Julius Schroer, one of Rudolf Steiner's teachers.

They were passed on by oral tradition from a community living on the island of Oberufer on the Danube. The plays and are a vibrant part of the life of Steiner Waldorf schools and represent a unique survival of the medieval mystery play tradition. This production will feature music written by Brien Masters.

**For further details contact Sue Peat**

**E: [suejoanpeat@gmail.com](mailto:suejoanpeat@gmail.com)**

## *The Holy Nights at Rudolf Steiner House*

The days and nights between December 24th and January 6th cross the boundary between the old and new year. These days can be seen as a time to prepare for the coming 12 months. We gather round our Christmas tree, decorated with sacred symbols, roses and candles, to enter into the spiritual significance of this special festival of reflection and renewal. Each evening includes light refreshments. Everyone welcome.

**Donation towards expenses and bring and share light refreshments gratefully received.**

**Monday 24th 4.00 - 6.00pm. Advent Spiral Celebration.** With The London Lyre Choir

**Thursday 27th 7.15 - 8.45pm. The Holy Nights as a musically inspired celebration of the cosmos.** With Eric Klein

**Friday 28th 7.15 - 8.45pm. The spiritual world in us: understanding spiritual visions.**

With Dr. Pablo Jeczmierny

**Saturday 29th 2.30 - 4.00pm. Preparing for the new year with eurhythmy.** With Denise Gell

**Sunday 30th 2.30 - 5.30pm. Reviewing 2018 and looking forward to 2019.** With Rev. Peter van Breda & Philip Martyn

**Monday 31st 2.30 - 4.00pm. Rosicrucians of the Christ.** With Adam Slowikowski

**Tuesday 1st 2.30 - 4.00pm. Working with the Calendar of the Soul.** With Adrian Hotten and Dr. Sue Peat

**Wednesday 2nd 7.15 - 8.45pm. The Holy Nights from an Anthroposophical viewpoint.** With Philip Martyn

**Thursday 3rd 7.15 - 8.45pm. Bellini and Mantegna: Venetian Renaissance Painters.** With David Lowe

**Friday 4th 7.15 - 8.45pm. The pre-inklings and the pre-raphaelites.** With Dr Simon Pelling

**Saturday 5th 2.00-7.00pm. Reading the 1st Mystery Drama together.** With Trevor Dance

**Full details of the Holy Nights events are available from:**

**Adrian Hotten**

**Email: [ssatrsh@virginmedia.com](mailto:ssatrsh@virginmedia.com)**

**Dr. Sue Peat**

**Email: [suejoanpeat@gmail.com](mailto:suejoanpeat@gmail.com)**

**Tel: 07770577372**

Members initiative. Anthroposophical Society in Great Britain 35 Park Road, London NW1 6XT

*Just as the force contained in the seed of every plant is bound up with the physical forces of the earth, so is the inmost being of the human soul bound up with the spiritual forces of the earth. And just as the seed of the plant sinks into the depths of the earth at the time we know as Christmas, so does the soul of man descend at that time into deep, deep spirit-realms, drawing strength from these depths as does the seed of the plant for its blossoming in spring.'*

**Rudolf Steiner 26th December 1911.**

**From: The Festivals and their Meaning.**

The birth of the sun-spirit as the spirit of the earth: The Thirteen Holy Nights.

# The Heart of the Rose

Sacred Mathematics and the Liberal Arts Festival

19, 20 January 2019

Rudolf Steiner House, London

ADVERTISEMENT

A weekend of workshops, talks, music and performance with presenters including ...

Edi Bilimoria, Julie Cronshaw, Daniel Docherty, Sylvia Francke,

Nicola Graves-Gregory, David Lorimer, John Martineau,

Alex Murrell, Mary-Anne Paterson, Julia Soper, Malin Starrett and more ...

Saturday 19 January (evening) a recital by internationally acclaimed pianist, Douglas Finch

Details/bookings: [www.mathematicsandmythos.com](http://www.mathematicsandmythos.com)

28th – 30th March 2019 at RSH

## 5th Annual Youth Eurythmy Festival (YEF) 2019

Students from Waldorf schools, Camphill settings and Eurythmy trainings as well as experienced performers will once again come together for a Festival of Eurythmy.

YEF is gathering pace and reputation among our own schools and young people here in the UK. Students are asking if they can come and are looking forward to the opportunity to perform on the big stage at RSH and learn from their peers and the performances of the Eurythmy graduates which they have described as 'jaw droppingly beautiful and peaceful!'

The cafe at RSH will be open each day and each event runs for around 2–3 hours and includes a workshop before the performance. Workshops start at 1.30pm, performances at 2.30pm

For more information, posters and to book seats or workshops please send an email to E: [youtherythmyuk@gmail.com](mailto:youtherythmyuk@gmail.com)



# ruskin mill trust

## SPECIAL EDUCATIONAL NEEDS FORUMS LONDON 2019



*Ruskin Mill Trust is an established educational charity working with students with autism, ADHD, mental health and development delay, ages 7-25.*

RUSKIN MILL TRUST has developed a unique method over 30 years, Practical Skills Therapeutic Education (PSTE). We would like to invite you to find out more and even experience our method first hand.

### THE FORUMS

Our Principals, Head Teachers, Trustees and experts will be on hand to answer questions about how our bespoke, practical and creative 24 hour curriculum for independent living and work delivers outcomes as it monitors and measures progress.

### DATES & TIMES 2019

#### JANUARY

Friday 25, 2 – 4pm

Saturday 26, 10am – 1pm

#### FEBRUARY

Friday 22, 2 – 4pm

Saturday 23, 10am – 1pm

#### MARCH

Friday 22, 2 – 4pm

Saturday 23, 10am – 1pm

### RSVP

Entry to the Forums is FREE.  
To reserve your place please either email or call us.

### CONTACT

admissions@rmt.org  
01453 837502  
rmt.org

### VENUE

Rudolf Steiner House, 35  
Park Road, Marylebone,  
London NW1 6XT



*overcoming barriers  
to learning*



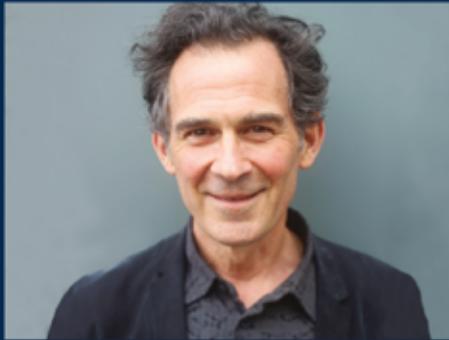
*becoming  
skilled*



*working towards  
independence*

# Rupert Spira

The Essence of Non-Duality



“Meditation is what we are, not what we do; the separate self is what we do, not what we are.”

## 2019 evening meetings at Rudolf Steiner House

Friday 18 January 7pm – 9pm

Friday 5 April 7pm – 9pm

Friday 10 May 7pm – 9pm

Friday 7 June 7pm – 9pm

In his meetings, Rupert explores the perennial, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, such as Advaita Vedanta, Kashmir Shaivism, Hinduism, Buddhism, mystical Christianity, Sufism and Zen, and which is also the direct, ever-present reality of our own experience.

This is a contemporary, experiential approach involving silent meditation, guided meditation and conversation, and requires no affiliation to any particular religious or spiritual tradition. All that is needed is an interest in the essential nature of experience, and in the longing for love, peace and happiness around which most of our lives revolve.

For full details: [www.rupertspira.com](http://www.rupertspira.com) Enquiries: [niya@rupertspira.com](mailto:niya@rupertspira.com)

## Demons and Healing

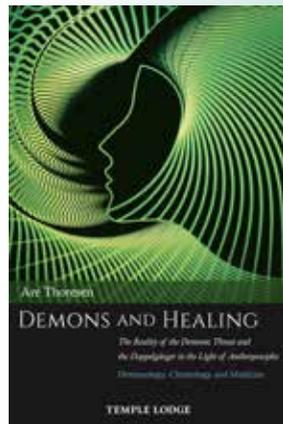
Wednesday 10th April 2019 7.30–9pm

With Are Thoresen

Are Thoresen perceives demons and other spiritual beings. From his healing work, he has learned that one cannot 'fight' demons, as they simply translocate to other people or return later. He will discuss how we can protect and ultimately free ourselves from demonic influence through the being of Christ.

ARE THORESEN is a doctor of veterinary medicine. He runs an independent holistic practice in Norway and is the author of Demons and Healing.

Admission charge: £7 / £5 concessions  
For further information and bookings please contact  
Sevak Gulbekian E: [sevak@templelodge.com](mailto:sevak@templelodge.com)  
T: 01342 824000




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## Looking ahead FESTIVALS IN THE NEW YEAR

### Easter Festival

19th – 21st April

#### Renewal and Transformation

A week end of talks, discussions and artistic activities focused on the insights of Rudolf Steiner.

All welcome, no need to book, donation towards expenses.

Details available in the next issue of impulses.

For further information please contact Sue Peat E: [suejoanpeat@gmail.com](mailto:suejoanpeat@gmail.com)  
or watch out for details on [meetup.com/Rudolf-steiner-spiritual-science](https://www.meetup.com/Rudolf-steiner-spiritual-science)

## THE THERAPY AND WELLNESS CENTRE AT STEINER HOUSE

The Therapy Centre at Rudolf Steiner House is run by qualified therapists, doctors and practitioners. Our work is based on an anthroposophical understanding of health and illness, and we work out of strong ethical principles. We try to understand not only what makes someone unwell or in need but also what leads a person back to wholeness and wellbeing.



### Anthroposophic Medicine

**Dr Peter Gruenewald (CAHSC reg.)**

For further information:

[www.londonintegratedhealth.co.uk](http://www.londonintegratedhealth.co.uk)

M: 07898 650 182 or E: [epi@londonintegratedhealth.co.uk](mailto:epi@londonintegratedhealth.co.uk)

**Dr Jenny Josephson**

For further information

M: 01342 824422 or write: 21 Hartfield Road, Forest Row, East Sussex RH18 5DY



### Artistic Therapy (children and adults)

**Anniek Verholt, (AATA, CAHSC reg.)**

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](http://www.artstherapylondon.co.uk)

M: 07717 525 782 or E: [info@artstherapylondon.co.uk](mailto:info@artstherapylondon.co.uk)



### Counselling

**Julia Dvinskaya (BACP, Mercury and UKAACP)**

Julia is a biographical counsellor with several years of experience working with people struggling with relationships, life turning points, stress, crisis, anxiety, loss, uncertainty, confidence and other questions of finding strength to face their life challenges. Julia also facilitates biography work in groups.

For further information [www.mylifeandcounselling.com](http://www.mylifeandcounselling.com)

M: 07939 011 508 or E: [juliadv@counsellor.com](mailto:juliadv@counsellor.com)



## **Psychotherapy and Counselling**

*John Lees (UKCP reg, BACP Snr accredited, CAHSC reg.)*

John offers individual anthroposophic psychotherapy and counselling for the effects of trauma, anxiety, depression, life crises, incarnation problems and psychosomatic problems. He leads the training course in anthroposophic psychotherapy at Emerson College. He also works as a clinical supervisor.

For further information [www.johnleestherapy.com](http://www.johnleestherapy.com)

M: 07931 319 454 or E: [fjohnlees@aol.com](mailto:fjohnlees@aol.com)



## **Physiotherapy and Rhythmical Massage**

*Anna van Zelder Chartered Physiotherapist (MCSP, HCPC registered) & Rhythmical Massage Therapist (MRMTA)*

Anna has a special interest in pain management and rehabilitation and offers physiotherapy from a holistic perspective. She works with an integrated approach, which means Rhythmical Massage and/ or 1–1 Pilates Rehabilitation could be incorporated where appropriate or could also be applied as separate therapies.

For further information [www.annavanzelder.com](http://www.annavanzelder.com)

M: 07789 852 378 or E: [info@annavanzelder.com](mailto:info@annavanzelder.com)



## **FACE AND BODY CARE – Martina Gebhardt**

*Elizabeth King is a Holistic Facialist & Skincare Educator and passionate about care of the skin*

Martina's expertise is based on the principle that the skin protects as well as reveals the inner self as it mediates between individual environment. Working with Martina Gebhardt products and using rhythmical and pulsing movements, the skin and inner self feel met and held, so that radiance can emerge.

Elizabeth has particular experience with rosacea, teenage acne and irritated, hypersensitive skin conditions.

For further information M: 07504 821 593

E: [elizabeth@liv.co.uk](mailto:elizabeth@liv.co.uk)



## **SKIN CARE – Dr Hauschka**

*Elaine Sadler is an award-winning health and beauty therapist, working as a Dr Hauschka Esthetician & Holistic Therapist*

Elaine won Therapist of the Year 2009–2010 at the Professional Beauty Awards where she used Dr Hauschka treatment and products in all entries. The Dr Hauschka body and face treatments are restoring, harmonising and rejuvenating experiences.

For further information M: 07890 668 359

E: [elaine.sadler6@gmail.com](mailto:elaine.sadler6@gmail.com)



## Patients and Friends of Anthroposophic Medicine



### Patients & Friends of Anthroposophic Medicine

PAFAM is a Patient Group specifically orientated towards promoting the use of Anthroposophic Medicines and Therapies in the UK.

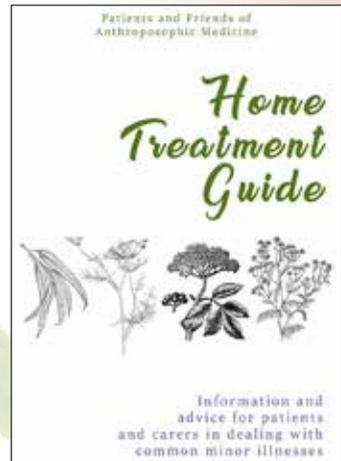
It aims to support and promote legislation at a national level to achieve this, at the same time as offering a member service that includes information about the availability of doctors, therapists and healthcare in general. PAFAM also provides workshops and retreats, a biannual Newsletter as well as its distinctive 'Living Will' within the context of its belief in freedom of choice and access to medication, medical treatments and therapies.

For more comprehensive information or to become a member of PAFAM please visit [www.pafam.org.uk](http://www.pafam.org.uk) E: [cathiegreen@outlook.com](mailto:cathiegreen@outlook.com) M: 07974 390197 T: 01584 881197

### The PAFAM Home Treatment Guide

We have a small book,  
*The PAFAM Home Treatment Guide*  
which costs just £5.00 including p&p.  
The Home Treatment Guide is a useful tool for one's medicine cupboard and a great Christmas gift for families. It is 48 pages full of helpful information.

Contact E: [cathiegreen@outlook.com](mailto:cathiegreen@outlook.com) to order your copy/ies.



## KAIROS REHABILITATION

### **Anthroposophical Medical Assessment and Therapy Kairos Rehabilitation Trust**

For adults & children with long-term conditions which prove hard to treat (may include sleep disturbances, chronic fatigue, anxiety, depression, autistic spectrum disorders, attention deficit disorders, post-traumatic stress & other medically unexplained symptoms.

Both at Kairos, Forum at Greenwich, Trafalgar Road, London SE10 9EQ  
T: 07712 810 108  
[www.kairosrehabilitation.org.uk](http://www.kairosrehabilitation.org.uk)

### **STUDY GROUP**

For health professionals, educators and others interested in exploring the human being in health and illness.

**Every Monday 6.45pm – 8.15pm with Ingrid Hermansen**

For further info, please contact:  
Ingrid Hermansen, 07712 810 108  
E: [info@kairosrehabilitation.org.uk](mailto:info@kairosrehabilitation.org.uk)



## TEMPLE LODGE CHRISTIAN COMMUNITY

51 Queen Caroline St, London W6 9QL  
E: [ccsecretary@btconnect.com](mailto:ccsecretary@btconnect.com) T: 020 8748 8388

### **All Talks on Sundays at 11.3am**

#### **9/12 Dilemma of the Modern Spirit.**

Rev. Roger Druitt

#### **16/12 The Advent of new Hope**

Rev. Peter van Breda (PvB)

#### **23/12 Sharing Christmas with the Unborn.**

PvB

#### **6/1 Gold, Myrrh and Incense. PvB**

#### **13/1 From Shepherds to Kings,**

**Kings to Shepherds. PvB**

#### **20/1 Influence of King James I on**

**Shakespeare's Macbeth. PvB**

#### **3/2 Renaissance Art & Biblical Themes**

**(slides). PvB**

#### **10/2 Landscape Art. PvB**

#### **17/2 Love of our fellowman. PvB**

#### **24/2 William Blake – prophet of our troubled**

**Time. Rev. Luke Barr**

#### **3/3 Love of God. PvB**

#### **10/3 The Pre-earthly Deeds of Christ.**

Dr Sue Peat

#### **17/3 Gospel readings for Passiontide &**

**Easter. PvB**

#### **24/3 Self-development and the human heart.**

Dr Peter Gruenewald

#### **31/3 Evil and the Love of God.**

Rev. Tom Ravetz

*For further details please contact Temple Lodge Christian Community*



# *Join us for our 5th annual Youth Eurythmy Festival*

*London*

*28. March 2.30pm*

*29. March 2.30pm*

*30. March 2.30pm*

*New: public workshops 1.30pm each day*

*Rudolf Steiner House 35, Park Road,  
London, NW1 6XT*

*suggested donation at door: £9 £14 for two days or £18  
for 3 days*

*limited availability, reserve seats @  
[youtherythmyuk@gmail.com](mailto:youtherythmyuk@gmail.com)  
and book for our public workshops*



London  
Steiner  
School

# School Tours Every Wednesday

9:00am - *ring or email to  
book a place*

## Spaces Available

ages 3.5 to 14

*Our Vision is to provide a holistic education that nurtures the children to become well rounded, confident, independently minded, creative thinkers who are authors of their own life, and well prepared for the needs of the 21st century.*

9 Weir Road, Balham, SW12 0LT  
[www.LondonSteinerSchool.org](http://www.LondonSteinerSchool.org)  
[office@LondonSteinerSchool.org](mailto:office@LondonSteinerSchool.org)  
02087723504



# The North London Rudolf Steiner School

As a recognised Steiner Waldorf School Early Years provider, we believe children should be given every opportunity to be creative, resourceful and develop a life-long love of learning.

Forthcoming open events at our school:

## Open Afternoons

Tuesday 22 January

Monday 12 March

## Kindergarten Experience mornings

Monday 28 January

Monday 18 March

Please call the school office on **0208 3413770** for further information and registration.

## Learn. Live. Flourish

Join a warm, Friendly and nurturing community where your child will learn through imaginative play, songs, rhymes and fun activities like baking bread.

# *Is the secret to a happy childhood, a Steiner Waldorf education at Michael Hall?*



The early years provision is outstanding and is a strength of the school.

The curriculum is outstanding, particularly in the breadth and depth of subjects which are studied throughout the school.

Outstanding work by the trustees is driving the school forward and aiming towards it becoming a centre of excellence for Steiner Waldorf education. They have ensured that all the independent school standards are met.

Overall results in GCSE examinations are in line with national and local averages and above average at the higher grades in mathematics, English and science. 'A' level results overall are slightly above average.

Pupils enjoy coming to school and grow into articulate, confident young people, who say that they feel safe, secure and happy.

The substantial amount of curriculum time available ensures that a broad, high quality, innovative programme is delivered. As a result, pupils are confident, articulate, independent, self-reliant, young people, who are imaginative and creative. They receive a well-rounded education and consequently acquire a broad range of skills.

Please see the full report:

[www.michaelhall.co.uk/sisofsted](http://www.michaelhall.co.uk/sisofsted)

## The Children's Garden

KINDERGARTEN for children age 3 to 6.

"Children thrive and have great fun as they learn in this nurturing kindergarten. They learn valuable life skills and gain independence through their daily routines." Ofsted – March 1st, 2018

**PARENT AND CHILD GROUPS** (birth to 3 ½)  
Mondays and Thursdays 2.45pm to 4.15pm

Grove Gardens Chapel, Lower Grove Road,  
Richmond TW10 6HP

### Information and Bookings

E: [regine.childrensgarden@gmail.com](mailto:regine.childrensgarden@gmail.com)  
[www.thechildrensgarden.org.uk](http://www.thechildrensgarden.org.uk)



## Open Days

Saturdays at 11am

February 2nd

and May 11th



## LONDON STEINER SCHOOL

9 Weir Road, London SW12 0LT

T: 020 8772 3504

E: [office@londonsteinerschool.org](mailto:office@londonsteinerschool.org)

[www.londonsteinerschool.org](http://www.londonsteinerschool.org)



St Paul's  
STEINER  
SCHOOL

## ST. PAUL'S STEINER SCHOOL

1 St. Paul's Road, London

N1 2QH

T: 0207 226 4454

[www.stpaulsteinerschool.org](http://www.stpaulsteinerschool.org)



## ST. MICHAEL STEINER SCHOOL

Park Road, Hanworth Park,

London TW13 6PN

T: 020 8893 1299

E: [info@stmichaelsteiner.hounslow.sch.uk](mailto:info@stmichaelsteiner.hounslow.sch.uk)

[www.stmichaelsteiner.hounslow.sch.uk](http://www.stmichaelsteiner.hounslow.sch.uk)



## GREENWICH STEINER SCHOOL

Woodlands, 90 Mycenae Road, Blackheath,  
London SE3 7SE

T: 020 8858 4404

E: [admin@greenwichsteinerschool.org.uk](mailto:admin@greenwichsteinerschool.org.uk)

[www.greenwichsteinerschool.org.uk](http://www.greenwichsteinerschool.org.uk)

## Healthy Shopping, Healthy Eating, & Health Generally

### BIODYNAMIC FARMS

For LONDON MARKETS see websites

**Akiki Organics Biodynamic farm**

Fruit, veg, eggs, meat, juices & preserves

T: 01905 381420.

E: charbel@akiki.co.uk [www.akiki.co.uk](http://www.akiki.co.uk)

**Brambletye Biodynamic Fruit Farm**

Fruit, eggs, veg, juices, honey & jams

T: 07867 740 040.

E: steinleenders@gmail.com

[www.brambletyefruitfarm.co.uk](http://www.brambletyefruitfarm.co.uk)

**Brockman's Farm Biodynamic Growers UK's oldest biodynamic farm**

Fruit, vegetables & juice

T: 01227 732 001.

E: perrycourtfarm@gmail.com

[www.brockmansfarm.co.uk](http://www.brockmansfarm.co.uk)

**Fern Verrow Farm Biodynamic/Demeter Certified Farm**

T: 01981 510 288.

E: fernverrow@btopenworld.com

[www.fernverrow.com](http://www.fernverrow.com)

**Jacob's Ladder Farms**

Biodynamic & organic produce by small farms in Kent & East Sussex

T: 07565 303 559.

E: jayne@jacobs ladderfarms.co.uk

[www.jacobs ladderfarms.co.uk](http://www.jacobs ladderfarms.co.uk)

**Mushroom Table**

Pioneering Mushroom Growing!

[www.mushroomtable.com](http://www.mushroomtable.com)

T: 01206 231 660.

E: info@mushroomtable.com

[www.mushroomtable.com](http://www.mushroomtable.com)

### BIODYNAMIC WINE RETAILERS

**Vintage Roots.** [www.vintageroots.co.uk](http://www.vintageroots.co.uk)

**Bar Buvette** [www.barbuvette.co.uk](http://www.barbuvette.co.uk)

### RESTAURANTS/CAFES USING BIODYNAMIC/ORGANIC PRODUCE

**Spring Restaurant.** Somerset House,

New Wing, Lancaster Place, London

WC2R 1LA T: 020 3011 0115

Using biodynamic vegetables from Fern Verrow Farm.

E: press@springrestaurant.co.uk

[www.springrestaurant.co.uk](http://www.springrestaurant.co.uk)

**The Hive Wellbeing Biodynamic & Organic Cafe and Natural Wine Bar**

286-290 Cambridge Heath Road, London

E2 9DA T: 020 8981 9245

E: info@thehive wellbeing.com

[www.thehive wellbeing.com](http://www.thehive wellbeing.com)

### NATURAL SKINCARE BRANDS USING BIODYNAMIC INGREDIENTS:

**Dr Hauschka**

[www.dr.hauschka.com/en\\_GB/](http://www.dr.hauschka.com/en_GB/)

**Martina Gebhardt**

Demeter Certified biodynamic brand

[www.liv.co.uk/martina-gebhardt/](http://www.liv.co.uk/martina-gebhardt/)

**Weleda** [www.weleda.co.uk](http://www.weleda.co.uk)

### HEALTH AND COUNSELLING

**Biographical Counselling in London**

**Giovanna Mabanta** MPABC, reg MBACP

Biographical Counsellor T: 07720 783 780

[www.biographyworklondon.co.uk](http://www.biographyworklondon.co.uk)

**Counsellor, Psychotherapist and Psychophonetics Practitioner**

**Graham Kennish MBACP**

47, Harrington Gardens, SW7 4JU

E: kennish46@gmail.com

T: 07973 680959

**Cranio-Sacral Therapy & Remedial Massage**

**Christa Parkinson**

24 Woodland Gardens, Muswell Hill, London

N10 3UA T: 020 8444 6331

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For further therapies, please see Therapy Centre at RSH on pp. 22/23 of *impulses*.

## Events at RSH – At a Glance

For reasons of space only January–March 2019 events are included in this overview

JANUARY			SG = Study Group   SIA = Spirit in Action   FT = Friday Talks	
Date & Start Times			Weekly from 10.00am: Sat BD Market Stall	13
8th	Tue	6.45pm	More to Life: Meditation (1)	6
11th	Fri	1.00pm	Start of 'Lunchtime Conversations'	8
12th	Sat	11.00am	Start of 'Exploring Steiner'	8
12th	Sat	1.30pm	Eurythmy for Wellbeing (1)	12
14th	Mon	7.00pm	Start of SG: Spiritual Guidance	7
15th	Tue	7.15pm	Start of SG: Gospel of St John	7
16th	Wed	2.00pm	Start of SG: Riddles of Philosophy	7
16th	Wed	4.15pm	Start of Spiritual Reading Group	8
16th	Wed	7.15pm	Start of SG: Essential Steiner	8
18th	Fri	7.00pm	FT: 'Alienation...in the Modern Age'	9
18th	Fri	7.00pm	Essence of Non-Duality (1)	20
19th	Sat	1.30pm	Eurythmy for Wellbeing (2)	12
19/20th	Sat/Sun	see p. 18	The Heart of the Rose	18
21st	Mon	7.00pm	Start of SG: Temple Legend	6
23rd	Wed	2.00pm	Start of SG: Gospel of St Mark	8
25th	Fri	7.00pm	FT: 'Anxiety, Materialism...'	9
25/26th	Mon/Tue	see p. 19	Forum: Special Education (1)	19
26th	Sat	7.30pm	ICT Concert: Hristo Kazakov	14
FEBRUARY				
1st	Fri	7.30pm	Art Talk: The Golden Legend	11
2nd	Sat	1.30pm	Eurythmy for Wellbeing (3)	12
2nd	Sat	6.15pm	Eurythmy Studio Performance	12
5th	Tue	6.45pm	More to Life: Meditation (2)	6
7th	Thu	7.30pm	SiA: Fables of Leonardo da Vinci	4
8th	Fri	7.00pm	FT: 'Incarnation Difficulties'	9
9th	Sat	1.30pm	Eurythmy for Wellbeing (4)	12
14th	Thu	7.30pm	SiA: French & Breton Folk Dancing	4
15th	Fri	7.00pm	FT: What Happens ...When we Sleep?	9
15/16th	Sat/Sun	see p. 12	Goethean Psychology	12
16th	Sat	7.30pm	ICT: Piano Quintet Recital	14
21st	Thu	7.30pm	SiA: Creative Process & the 7 Plants	4
22nd	Fri	7.00pm	FT: 'Expelled out of Paradise'	9
25/26th	Mon/Tue	see p. 19	Forum: Special Education (2)	19
24th	Sun	2.00pm	BD workshop	13
28th	Thu	7.30pm	SiA: Living Well in the Lean Season	4
MARCH				
1st	Fri	7.30pm	Art Talk: Egyptian & Modern Culture	11
3rd	Sun	11.30am	ICT: Keyboard Conversations	15
5th	Tue	6.45pm	More to Life: Meditation (3)	6
7th	Thu	7.30pm	SiA: The Secret Sacred Life of Bread	5
8th	Fri	7.00pm	FT: 'Outsiders'	9
14th	Thu	7.30pm	SiA: Hypersensitivity	5
15th	Fri	7.00pm	'Separation of Body, Mind & Spirit'	10
16th	Sat	6.15pm	Eurythmy Studio Performance	12
21st	Thu	7.30pm	SiA: Anthroposophy & Religious Renewal	5
22nd	Fri	7.00pm	FT: 'Technology & the Spiritual World'	10
22/23rd	Mon	see p.	Forum: Special Education (3)	19
28th	Thu	7.30pm	SiA: Sacred Geometry	5
28–30th	Th–Sa	see p. 18 & 26	Youth Eurythmy Festival	18