

## STUDY GROUP & PRACTICE SCHEDULE

### Open to past and present students enrolled in the year-long course: **Foundations in Anthroposophy**

A study group meeting is up to 2 hours | A practice session is a 1/2 hour.  
Please check back on the website for additional dates as they are announced

#### EST/EDT (New York)

January 29 6:30pm

February 26 6:30pm

Feb/March TBA

March 25 6:30pm

April 19 5pm

April 22 6:30pm

May 20 6:30pm

June 17 6:30pm

June 22 8pm

July 15 6:30pm

August 12 6:30pm

August 16 4pm

September 9 6:30pm

October 7 6:30pm

November 4 6:30pm

December 2 6:30pm

#### Sydney (Aust)

January 30 10:30am

February 27 10:30am

Feb/March TBA

March 26 9:30am

April 20 7am

April 23 8:30am

May 21 8:30am

June 18 8:30am

June 23 10am

July 16 8:30am

August 13 8:30am

August 17 6am

September 10 8:30am

October 8 9:30am

November 5 10:30am

December 3 10:30am

**Lessons 1 & 2** - First Steps

**Lessons 3 & 4** - Understanding, Caring for, & Developing the Human Senses

Practice - Exercises on experiencing the senses through daily hygienic practices

**Lessons 5 & 6** - Painting, Polarities, & the Three-fold Human Constitution

Practice - Eurythmy (30 mins)

**Lessons 7 & 8** - The Human Being's Relationship to the World & the Four Kingdoms of Nature

**Lessons 9 & 10** - Development & Care of the Human Being & Temperaments

**Lessons 11, 12 & 13** - Elements & Ethers

Practice - Watercolour painting (30 mins) June 23 10am (Sydney NSW)

**Lessons 14, 15, 16 & 17** - Gender & Sexuality

**Lessons 18, 19 & 20** - The Arts & Society

Practice - Eurythmy (30 mins)

**Lessons 21 & 22** - Introduction to Biography & Astronomy

**Lessons 23 & 24** - Health & Nutrition

**Lesson 25** - Health & Nutrition, & Final Thoughts

**Lesson 26** - Review