

The Art of Being Your True Self – Your Body Knows the Way

Monday 15th May to Thursday 18th May,
from 9.30 – 13.00.

This workshop will be a journey of discovery to your true self with exercises from biography work and Focusing. Biography work will develop your self-knowledge by bringing consciousness to your life story and helping you to understand yourself on a deep level.

Focusing is a way of tapping into the wisdom of your body. You will learn to pay attention to your body in a mindful, appreciative and non-judgmental way. The aim is to learn the meaning behind your inner experiences.

You will take a close look at who you are, what you are really passionate about, and what gives you a sense of meaning in your life.

Cost of this workshop: € 300.-



Training:

licensed naturopath, biography work, destiny learning, focusing trainer, MA in Political Science and English

I am

passionate about facilitating personal and professional development

I have been

a weaver and spinner on the Scottish island of Jura, research assistant (Gesellschaft für

bedrohte Völker, Society for Endangered Peoples), a human rights researcher (publication: Forced Prostitution and Traffic in Women)

I believe

that it is important for everyone to find what they are passionate about and what they want to dedicate their life to

My Motto:

live your dream

My Mission:

to help make the world a tiny bit more friendly, warm and compassionate by facilitating self-knowledge (biography work) and inner growth and change (Focusing)

Preview: English Winter Week

26.11.-01.12.2016

Supersensible Perception of Nature in Lanzarote

A practice-based **five-days workshop** for the development of etheric and astral perception and **five lectures with Frank Burdich**



Frank Burdich is 50 years old, has the ability to perceive Etheric, astral and spiritual forces and beings using Imaginative and Inspirative cognition and is working as a spiritual researcher in a variety of contexts.

He also gives workshops and seminars for supersensible perception in a number of countries.

Additional events are available during English weeks.:

The themes are:

- Self recognition while modelling a head in clay.
- What is infinity?
- Imagination becomes visible.
- Dynamic drawing; movement as a bridge between matter and spirit.
- Modelling metamorphoses
- The human form

Twice a week in the morning there will be an introduction to the significance and background of the Labyrinth and you will be able to draw one for yourself on a Lavastone.

Once a week there will be painting with plant colours.

Centro de Terapia Antroposófica

in co-operation with

Fundación Canaria Antroposófica en Lanzarote

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Centro de Terapia Antroposófica

The Therapy-, Vacation-
and Cultural-Centre
on the sunny volcanic island of
LANZAROTE



English Weeks

15th May to
15th June 2017

Morning workshops with Russell and Jaqueline Evans



Russell Evans has been an active member of the Anthroposophical Society for over fifty years. By profession he was a Chartered Electrical Engineer in British Telecom, by choice an Anthroposophist. He has spent a life-time sharing the fruits of Anthroposophy in the U.K and America, facilitating groups and workshops with a favourite theme of developing a sense of Community and finding one's own Life Question.

Jacqueline Evans has worked for many years as a Eurythmist and Eurythmy Therapist with children and adults with learning difficulties.

Trusting our Spiritual experiences

Monday 22nd May to Friday 26th May

In this age it is no longer sufficient to have blind belief or rely on another authority for our faith, we need to know for ourselves. It's interesting that St Paul describes faith as Trust in the evidence of things unseen. **It is a path of knowledge** Most of us have questioned, "What is a spiritual experience", furthermore, how can I identify such occasions? Hearing other people's experiences may encourage us to look at our own and enable us to make sense of our own life and destiny. Can we gain trust in our own internal guidance?

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On request with minimum of 3 participants we can offer: a five day workshop (until end of June) for 2 hours a day:

The Healing Power of the "I Am" in the Gospel of St. John".

Discovering the formative forces in the organic and inorganic world and experiencing them by modeling and drawing.

The older one gets more important it is to become aware of events, the significance of which may have eluded us at the time. Such as moments of coincidences, synchronicity, moments of Grace, prophetic dreams and so on. In conversation we may have the opportunity to explore some examples. Gathering together our own and other people's experiences which we may have witnessed and recognised their authenticity, strengthens our own Faith as "Trust in the evidence of things unseen" and to affirm for yourself; "This I Know". In the words of Aristotle "The slenderest knowledge of Higher things is more desirable than the greatest knowledge of lesser things."

Not what can be proved to you is most desirable but that which by a patient contemplative thinking can reveal increasing meaning and significance and is found to match the facts; that is what is vital for mankind's future. Our intention is to explore these issues together.

Jacqueline will offer Eurythmy exercises relevant to the Theme and appropriate to the participants.

Morning Seminars with Wendy Cook



Wendy E. Cook studied Art and Design at Cambridge where she met satirist Peter Cook and became his wife. Wendy soon gained a reputation as a hostess at their London and New York homes, developing her cooking skills. She was the first person to serve John Lennon (Beatle fame) garlic! She was an early follower of the renowned cook Elizabeth David. It was when their youngest daughter Daisy became ill with asthma and eczema that she began a journey of investigating alternative philosophies and complementary treatments. She studied and practised several disciplines including macrobiotics before encountering Rudolf Steiner's approach to nutrition, agriculture and education. She spent 5 years at Emerson College helping to run the kitchen there and studying with Doctor Gerhard Schmidt (the then head of the Medical section)

Her experience with the wonderful produce grown on the Tablehurst Farm fostered her impulse to write about the importance of Bio-dynamic food in "The Bio-Dynamic Food and Cookbook" (Clairview Press) and in her book "Foodwise".

She has worked and taught in most of the Medical Initiatives in the UK, and travelled widely giving workshops.

Monday 29th of May to 1st of June

Monday 5th of June to Thursday 8th of June

Monday 13th of June to Thursday 15th of June

1. **The Evolution of Food and Consciousness.** How different foods, drinks and spices came in at specific times. They changed our consciousness, our trading throughout the world and our soils. Presentation with visuals. Illustrating 3 Epochs of human nutrition. The Milk and Honey (nomadic) The Bread and Wine (Agrarian) Mineral in which we now find ourselves with an industry that makes a fortune out of supplying mineral supplements.
2. **Coming to Our Senses.** How to refine our Sense Perceptions... smelling, seeing, tasting, touching, hearing. Experiential testing.
3. **The question of Vegetarianism.** Rudolf Steiner's perspectives as against current reductionistic nutritional perspectives.
4. **Seasonings, Herbs and spices...**culinary and therapeutic uses.
5. **The importance of the 7 grains, planetary influences.** How to cook them. Questions of allergy?
6. **Balancing a meal, How to use the principle of Root stem, leaf and fruit.** Some Goethean observation.
7. **Nutrition for the young.**
8. **The importance of Bio-Dynamic Agriculture.**

On some evenings there will be Live folk music, singing together (open choir) or a chamber concert as well as "una hora de Jazz"

Every Friday we will have a guided tour of the island.

On request we could organize a
"César Manrique day"

a guided tour to the main places created by the unique artist of Lanzarote.