

Study Group **Anthroposophy – The Basics**

Over three sessions, this study group will explore the basics of Anthroposophy. This will deepen our understanding of the indications given for Steiner Education as well as prepare parents and teachers for upcoming workshops, including *The Developing Child's Body and Soul Relationship* with Lisa Romero. We will explore the four-fold human being (the physical, etheric, astral and ego) as well as an overview of the nerve sense, rhythmic and metabolic systems.

Collaborative Study Group

Date: Wednesdays 7.30 – 9pm on 23rd July, 6th August & 20th August

Contact: James Deefholts for further details & venue
- ph 6655 9231

An Anthroposophical approach to Nutrition

Sarah will explore some interesting and practical insights into modern diet fads and how adults (and children) digest - from a wholistic and anthroposophical perspective. She will explore how foods speak to the individual in light of diet trends such as: grain-free diets, gluten-free diets, saturated fats diets, no carb diets, fermented foods etc.

Discussion and workshop with Sarah Hoza

Date: Friday 8th August

Venue: In the school hall
following the Week 4 Assembly

Time: 10:30-11:30am

Sarah Hoza is a naturopath with a firm interest in Anthroposophical prescribing. She is currently on maternity leave from naturopathic practice, and is tutoring with the EduCareDo distance education course in Anthroposophy. Her specialty subjects are nutrition and healthcare for families.

Practical Wholistic Parenting in The Spirit of Anthroposophy

There are many Anthroposophic external treatments we can use in the family life to support each other as we meet daily life. These simple yet effective treatments can support us to bring balance to our lives. Beyond the treatment is the gesture that we hold when we bring such an experience to another human being. We will explore this and some basic treatments such as footbaths, compresses and external creams, using household items.

Experiential Workshop with Melanie Deefholts

Date: Tuesday 19th August

Venue: Morning Star Kindy

Time: 7 - 8.30pm

Melanie Deefholts started working 20 years ago with daily rhythm and musicality in early childhood. She has undertaken studies of "Anthroposophy- Spiritual Science" and also "Towards Health and Healing".

Melanie has also worked closely over the last 10 years with Lisa Romero to deepen her understanding of child development and her own Inner Work.

The Foundations of Children's Health and Wellbeing

When understanding and supporting the child's body and soul development in today's world filled with great changes and advancements, it is important to recognize what effects this has on their developmental processes. Our medical model is based on determining when an individual is sick rather than what makes them well. We do not need to wait years for studies to prove what may be detrimental to our children's health, we can perceive what promotes health and wellbeing through the insights given out of Steiner education and Anthroposophical medicine.

This talk will speak about some of the main issues confronting child health and wellbeing in our times and how we can counter the unbalancing effects.

Talk by Lisa Romero

Date: Thursday 4th September

Venue: Morning Star Kindy

Time: 7.00 – 8.00pm followed by question time

Cost: \$5

The Developing Child's Body and Soul Relationship

Weekend Course with Lisa Romero

Dates: 5th – 7th September 2014

Through the esoteric understanding of child development we will explore what is needed to support a child's growth at various stages of their school life. This brings harmony between the evolving

body and soul which sets the ground for healthy adult experience.

The course also addresses gender differences and similarities that can both limit or free us. As adults much of what we struggle with today can be traced to our own developmental stages.

By understanding deeply the foundations laid down in childhood we can recognise the healing steps we and others need to take. Through inner development exercises we overcome our past and in doing so we begin to see the potential gifts in it. This course is highly valuable to teachers, parents, therapists and those wishing to gain insight into the anthroposophical wisdom of child development and the individual's ability to transform the past through inner development.

To discuss the course please contact:

Lisa Romero (02) 6684 1636

For booking enquiries contact:

Katherina Kiss (02) 6684 6147

Cost \$300 www.innerworkpath.com

Lisa Romero is a practising homeopath and adult educator who has applied anthroposophy to her practice since 1990. Lisa lectures and presents workshops and retreats on the inner work and anthroposophical meditation for professional and personal development. These are offered throughout the year in many communities within Australia, Asia and the United States.

For several years Lisa was the lecturer for Health and Nutrition and Male/Female Studies at Sydney Rudolf Steiner College (Parsifal College) where she now continues to lecture the tutors on inner development. She also designed and facilitated the EduCareDo "Towards Health and Healing" course. This training ran eight, year-long courses working with therapists

from all modalities as well as Waldorf teachers to bring the practical application of therapeutic and pedagogical methods. She has taught on numerous trainings and seminars for several organisations.



Chrysalis' Life Long Education Programme

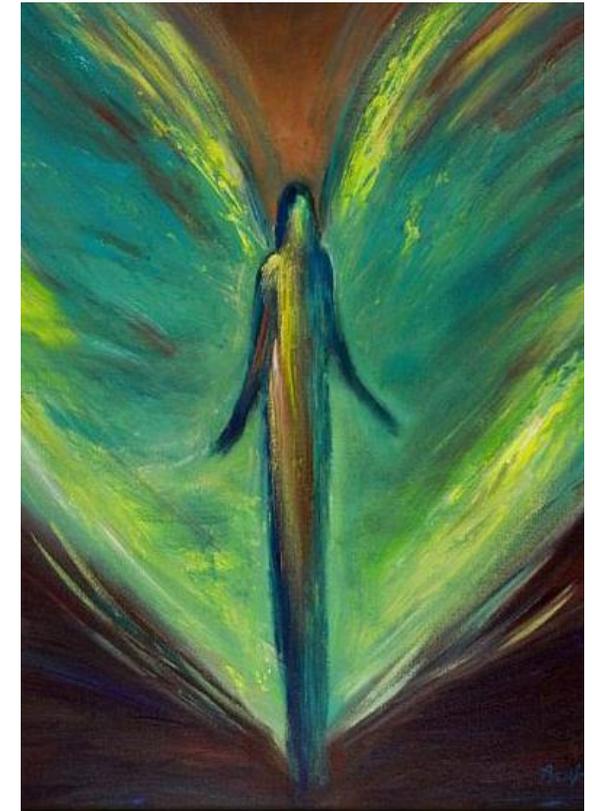
Chrysalis aims to provide experiences to deepen parent's understanding of Steiner Education through a variety of experiential experiences and group interactions.

Check out our website for more details:

www.chrysalis.nsw.edu.au



**CHRYSALIS
STEINER SCHOOL**
educating the whole child



**Information
Talks
And
Workshops
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