

The Rhythm of Inspiration

IMAGINATION • INSPIRATION • INTUITION

FEBRUARY CONFERENCE | February 19-21, 2017

Welcome TO THE FEBRUARY CONFERENCE 2017!



Our teaching flows from subtle and dynamic rhythms. Through these rhythms, children come to know the world and their place in it. Skillful use of rhythmic processes allows us to meet current personal and pedagogical challenges.

In this conference, we will explore numerous facets of rhythm, engage their inner and outer aspects, and activate new approaches to awaken and renew their influences in the classroom.

Dennis will build and deepen themes from last year on imagination, inspiration, and intuition, guiding us in inner rhythm; Kris will complement Dennis' morning lectures in the afternoons with practical outer rhythms. And our artistic and practical workshops are designed to provide the link between inner and outer rhythms.

We look forward to seeing you at the conference!

Edmund Knighton

Edmund Knighton, PhD
President, Rudolf Steiner College

Keynotes

Dennis Klocek



KEYNOTE SPEAKER As Director of RSC's Consciousness Studies Program since 1992, Dennis is engaged in research, teaching, and writing in many fields,

including weather, gardening, color therapy, meditation, embryology, alchemy, and sensory transformation. He is the author of *Bio-Dynamic Book of Moons*, *Weather and Cosmology*, *Drawing from the Book of Nature*, *Seeking Spirit Vision*, *The Seer's Handbook: A Guide to Higher*

Perception, *Climate: Soul of the Earth*, and *Sacred Agriculture: The Alchemy of Biodynamics*.

From his latest book, *Esoteric Physiology*, Dennis will discuss hidden life forces and processes that sustain us, in order to deepen our foundation for understanding the rhythms of sleep and awakening that can lead to the development of health and renewal through consciousness.

CONSCIOUSNESS AND PHYSIOLOGY LECTURE SERIES

The Art of Dreaming

Studies have shown the importance of dreaming and its role in well being and health in recharging the mind and revitalizing the

body. We will explore the role of dream sequences in consolidating short-term memories into biographical insights and how these healing impulses can be enhanced through exercises designed to stimulate awareness of shifts in levels of consciousness. Methods related to the beneficial practice of thinking backwards for teaching will be featured.

Sacred Sleep

In deep sleep, we rejuvenate and return to pure awareness. We will address methods of strengthening the ability to form and dissolve inner images as a preparation for stabilizing rhythmic sleep/wake cycles. We will also discuss techniques for developing living picture thinking with exercises to enhance teaching capacities.

Forming Healing Ritual

Rudolf Steiner indicated that the human ability to "create out of nothing" was the most important human faculty. A necessary adjunct to the healing process is ritual work to anchor and integrate soul stabilization. We will address the use of symbolic thinking to create ritual moments where we can absorb creative forces from higher sources in order to "create out of nothing."

Kris Boshell

KEYNOTE SPEAKER Kris is Co-Director of RSC's Remedial Educational Support Program. She graduated in Grades and Remedial Education at



RSC and received an MA in Depth Psychology from Sonoma State University. Her work as an Educational Support teacher includes independent consulting for private and chartered Waldorf schools. She is a full-time Educational Support teacher and Grade School Level Chair at the Chicago Waldorf School. Kris works with rhythmic movement exercises on a regular basis with her students, which reduce attention and behavioral issues in the classroom. We will practice them as she provides illustrations about remediation.

EXPERIENTIAL LECTURE SERIES

Rhythmic Movement on the Path to Becoming Conscious

Rhythm is the key to understanding how transformation and mastery can develop. We will focus on indications of the structural physical path towards uprightness and our relationship to space, as well as movement and how to work with those patterns at school and at home. Observation and interventions, plus an introduction to rhythmical movements to address early movement patterns, will be demonstrated and practiced for use with individuals, small and large groups. Come dressed for movement. *Bring a yoga mat or small blanket for floor work.*

Getting to the Source of Behavior and Learning Differences

As an introduction to Steiner's developmental "pictures," this lecture will include the human being as a sum total of the senses and a three-dimensional orientation to the Earth via supersensible currents. We will focus on their practical use to aid observation and get to the source of students' behavior and learning differences. Rhythm as the agent of transformation of the structural physical will also be discussed. *Come dressed for movement. Bring a yoga mat or small blanket for floor work.*

Transformation and the Educator

As an educator, inner and outer work is important. Should we be working on the structural physical as we are standing before youth as representatives of the modern human being? How do we continue the work of self-transformation as an educator, while supporting transformation in one's students? We will address these two questions with methods and movement. *Come dressed for movement. Bring a yoga mat or small blanket for floor work.*

Workshops

OUR WORKSHOPS have been designed to allow you the gift of immersion in your chosen activity through four 90-minute sessions. We have a diverse range of workshops to choose from, please select and register early as many workshops have a limit on the number of participants.

Physiology, Imagination, and Creativity

Dennis Klocek

■ Learning Challenges and the Neurology of Morality - Part 1 of 4

Focusing on stimulus-response patterns in learning situations, we will work with an exercise known as “the crucible” to observe emotions that arise when symbolic sensory events occur in social contexts. These observations are the core of moral imagination.

■ The Role of Sleep in Education - Part 2 of 4

We will explore alchemical imagery that may be ambiguous in exercises that amplify the soul’s power to modify images. Rudolf Steiner calls this ability to modify images “flexibility of soul.” Strengthening this power enables sustained engagement with teaching demands and minimizes burnout.

■ Living Picture Imagination - Part 3 of 4

To develop living picture imagination we will use exercises for establishing creative silence, which is known as “ripeness” in psychology. To create ripeness we will use an exercise in gratitude that promotes dialogue with the higher self, the source of all healing solutions. We will also discuss techniques for developing living picture thinking with exercises to enhance teaching capacities.

■ Creative Silence - Part 4 of 4

Silence leads the soul into higher states of consciousness, where most people meet the higher self or guardian. We will focus on

exercises exploring the speech of the guardian. Meeting the guardian helps one understand how challenges and gifts in personality are linked. This interaction develops strength through insight and is available to all.

Rhythmic Movement on the Path to Becoming Conscious

Kris Boshell

■ Working Rhythmically with Paintings from the Extra Lesson – Part 1 of 4

Each participant will complete two painting series while gaining the experience of working in a large group or a classroom setting. All of the paintings from each series will be completed in one sitting that would typically be done with students over the course of several weeks. Practical applications will be discussed. *Come dressed for movement.*

■ Supportive Exercises for Drawing - Part 2 of 4

Specific forms and other drawing exercises will be practiced on paper and chalkboard as participants understand the experience of the student in a classroom setting. Hand warm-up exercises and techniques for introducing such work to large groups of students will be included. All steps will be completed in one sitting that would typically be done with students over the course of many sessions. *Come dressed for movement.*

■ Developmental Movement with Large Groups - Part 3 of 4

Floor movements can be helpful to students of all ages. We will learn several movements with proper, archetypal form and then do them as a class. Participation is recommended for learning the exercises, but if physical impairments do not allow your participation, you are invited to watch or do those that you are able to do. *Come dressed for movement.*

■ The Importance of Technique with Balls, Rods, and Ropes - Part 4 of 4

Exercises using marbles, beanbags, balls, copper rods, and jump ropes often seem like a good idea, but can be challenging to bring to a group of students. Proper archetypal form is critical for these exercises to imprint. We will learn techniques for bringing these types of exercises to classes while simultaneously learning the proper archetypal form for the exercises. Be ready to share your successful techniques with the group. *Come dressed for movement.*

Enhance and Energize with Transformative Movement

Justin Ganz

Experience a better sense of ergonomics in your body, the efficiency and grace of your movement, and enhance and energize yourself. Part of transformative movement methods are based on observations, engagement, behaviors and patterns of movement of the natural world. These experiences will be transformed into activities, which will include circus arts, parkour, rhythm, nature play, Bothmer Gymnastics, and Spatial Dynamics. *Come dressed for movement – shirts that can be tucked in are recommended.*

Unlocking Potential Within a Tree Branch

Todd White

By building an understanding of the inner lawfulness of how a tree grows, we can unlock its potential. This workshop will be an opportunity to make spoons and spatulas from freshly cut green wood. *Participants must wear proper shoes or boots for safety.*

Finding Artistic Inspiration in Nature

Kim Manka-White

As Waldorf teachers we strive to guide our students to develop artistically. By choosing an inspiration from nature, such as a stone, leaf, or a flower, we will explore various techniques such as drawing, watercolor painting, collage and stitching to reflect these natural forms and create a sampler of ideas and processes that can be used in the classroom.

Seasonal Rhythms in the Garden

Jim Bowen

Participants will learn the best times to sow seeds, transplant seedlings, cultivate, and fertilize, as well as working with biodynamic preparations. Our focus will be on practical work in Raphael Garden, and there will be plenty of time for questions and answers. Recommended reading: Culture and Horticulture by Wolf Storl and Stella Natura 2017 Calendar. *Come prepared for all weather – bring wet gear including rain boots.*

Working in Rhythm with Copper

Keith Gelber

Copper is one of the most important metals mentioned by historians of the ancient world, who say that Cadmus discovered it and taught its application to his countrymen. In the mystic nomenclature of alchemists, copper is known as Venus, the sacred goddess of Cyprus. We will start with a square of copper, and then cut out a circle to begin the process of raising the copper in to a vessel or bowl. We learn through the experience with copper that rhythm does indeed replace power. *Jeans and closed toed shoes are required for safety.*

The Dynamic Process of Soap and Salve Making

Jessica Ganz

We will work with ingredients from the natural world in the dynamic process of soap and salve making, and also learn the basic principles, ingredients, and tools that are involved, such as herbs, essential oils, waxes, lye, and fixed oils.

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Experience how essential oils and herbs can be our allies for wellbeing and improved self-care. We will create aromatherapy blends and everyone will get to take home their wonderful creations. *Wear or bring long sleeved shirts and closed toed shoes for safety.*

Movement Becoming Form Through Projective Geometry

Jeremy Strawn

Through drawing and applying our thinking to lawful geometric processes, we will participate in the emergence of form out of the rhythmic weaving of points and lines. Free of measuring or calculating, we will explore how thought becomes movement becomes form, and observe some of the archetypal dynamics underlying such processes. Colorful patterns and infinity will be included.

Engaging with the Rhythm and Music of Words

Jazmin Aminian

What happens to the student when s/he writes a poem, retells a main lesson story about an ancient myth or presents the biography of a

heroic figure? What words do we use to guide the students to this task and how do we best engage the student's will? This four-session workshop explores how learning can be understood as movement and how the rhythm and music of words can be taught through fundamental practices.

Light, Color and Darkness—Path to Our Higher Self

Pamela T. Whitman

We will explore the archetypal principles of light, color and darkness and their connection to the human being. Using artistic processes, we will experience the rhythm of interaction between polarities, such as forming and dissolving, density and lightness, convex and concave, and center and periphery. These processes help us to develop our soul capacities, and connect with the world and our higher self as co-creator and source of healing.

Meristem Interactive Panel

Come ask questions of veteran Waldorf teachers who now instruct practical arts exclusively with autism spectrum students. Many students in our classrooms today have exceptional needs. Meristem teachers will share their most successful practices in the classroom. Meristem students' neurological, psychological, and emotional development are similar and relevant to Waldorf students. RSC President Edmund Knighton and Meristem President Elisabeth Johnson will emcee what promises to be a lively question and answer panel.

Conference Schedule

SUNDAY FEBRUARY 19

8:00 - 9:00	Registration
8:15 - 8:45	Movement
9:00 - 10:30	Keynote with Dennis Klocek 🔑
10:30 - 11:00	Refreshments
11:00 - 12:30	Workshops
12:30 - 2:00	Lunch and Job Fair
2:00 - 3:30	Workshops
3:30 - 4:00	Refreshments
4:00 - 5:30	Keynote/Interactive with Kris Boshell 🔑
5:30 - 6:30	Complimentary Social Hour

MONDAY FEBRUARY 20

8:15 - 8:45	Movement
9:00 - 10:30	Keynote with Dennis Klocek 🔑
10:30 - 11:00	Refreshments
11:00 - 12:30	Workshops
12:30 - 2:00	Lunch and Job Fair
2:00 - 3:30	Workshops
3:30 - 4:00	Refreshments
4:00 - 5:00	Meristem Interactive Panel
5:00 - 6:30	Keynote/Interactive with Kris Boshell 🔑

TUESDAY FEBRUARY 21

8:15 - 8:45	Movement
9:00 - 10:30	Keynotes with Dennis Klocek and Kris Boshell 🔑
10:30 - 11:00	Refreshments
11:00 - 12:30	Closing Plenum
12:30 - 1:00	Lunch

Registration

REGISTER ONLINE at febconf.com Online registration only. Workshops are limited, please register and select early.

The \$285 conference fee includes supplies and lunch each day. Payment methods include Visa, MasterCard, American Express, check, and purchase order. For modifications or changes to your registration, please contact conf@steinercollege.edu.

With questions, please contact conf@steinercollege.edu or call 916 963 2500

Meals

Lunch is included in the conference fee for all attendees. Many of our ingredients are organic and locally sourced, some from our own biodynamic Raphael Garden. Select your choice of regular, vegetarian, or gluten-free meals when registering.

Job Fair

Our job fair provides a forum for conference attendees and schools to meet and talk informally about full-time, part-time, volunteer, and internship opportunities. The fair is free for all conference attendees on Sunday and Monday during the 90-minute lunch breaks. The fee is \$100 per school. For more information or if you would like to reserve a space at the job fair, contact Denise at 916 963 2500 or conf@steinercollege.edu

Hotels

The hotels listed below have established a reduced rate with RSC. When you call, please be sure to let them know that you're coming for an RSC event. All of these hotels offer breakfast with the room.

- **Holiday Inn**
11269 Point East Drive
Rancho Cordova, CA | 916 635 4040
Rudolf Steiner College's preferred hotel choice!
- **Marriott Rancho Cordova**
11211 Point East Drive
Rancho Cordova, CA | 916 638 1100
- **Fairfield Inn by Marriott**
10745 Gold Center Drive
Rancho Cordova, CA | 916 858 8680
- **Best Western Plus**
10713 White Rock Road
Rancho Cordova, CA | 916 631 7500

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