

EXPLORATIONS

Offered by **Center for Anthroposophy**

Location: Classes held at Emerson Waldorf School, 6211 New Jericho Rd., Chapel Hill, NC 27516

A Program of Foundational Studies including workshops, seminars and online zoom sessions

PART 1: WEEKEND WORKSHOPS

April 13-15, 2018 Weekend Workshop

Anthroposophy and Self Development,
and Steiner's 6 basic exercises *with Torin Finser &*
Speech and Story Telling *with Debbie Spitulnik*

At a time of world conflict and polarization we need to be the change we long for in others.

Torin will introduce the basic exercises given by Rudolf Steiner to enhance self development and professional growth for teachers, parents and all who seek a future worthy of our children.

Debbie Spitulnik will bring the art of speech formation to assist in self development, teaching and parenting.

September 14-16, 2018 Weekend Workshop

Speech and Story Telling *with Debbie Spitulnik*
Continuation of Self Development *with Margaret Heath*

Building the inner soul and outer form of imagination through Creative Speech using texts from poetry, story and drama.

October 5-7, 2018 Weekend Workshop

Temperaments, Eurythmy and Form Drawing *with Carla Beebe Comey*

Temperaments: With roots in the ancient civilizations of India and Greece, and still relevant in psychological research today, study of the temperaments offers unique insight into our development as human beings.

Eurythmy: Eurythmy gestures make visible the inclinations towards movement that arise when we speak or sing, and thus is known as visible speech or visible song. Deeply rooted in human expression, these movements are artistic and harmonizing.

Form Drawing: We are surrounded by objects, plants, and animals that have taken on physical form, and it can be said that these forms arise from the movement of formative forces. We can begin to experience these forces through the process of drawing patterns and forms in a rhythmical and harmonious manner.

November 2-4, 2018 Weekend Workshop

Phenomenology, Intuitive Thinking and Clay Modeling *with Daniel O'Connors*

During our weekend we will work mostly in clay. Clay is a very special natural material that allows us to form and shape an inner expression and make it visible. The material is very forgiving and flexible while challenging us to live and create in the moment.

January 11-13, 2019 Weekend Workshop

Painting and Drawing *with Laura Guinan*

Through a variety of media, participants will be led through individual and group artistic exercises that engage with ideas of transformation. These experiences provide the foundation for dialogue about the influence of the artistic process on one's own development.

February 8-10, 2019 Weekend Workshop

Practical Training in Thinking: A Pathway to Human Freedom *with Douglas Gerwin and others*

In lucid and yet down-to-earth terms, Rudolf Steiner outlines concrete steps to improving our understanding of this uniquely human capacity. We will work with exercises Steiner suggests for improving our powers of observation and memory.

Lively sessions of movement, as well as dramatic readings drawn from Goethe's challenging drama *Faust*, will round out the weekend, which will culminate with a consideration of key questions concerning the nature of human thinking and the obstacles in our time to human freedom.

PART 2: SEMINARS

SEMINARS

10 two-hour seminars are interwoven between Weekend Workshops.
Times and dates of the seminars are determined by the participants during the initial Weekend Workshop.

Self Development-Knowledge of the Higher Worlds with Margaret Heath

Our work with Rudolf Steiner's text, "How to Know Higher Worlds", will involve study, discussion and practical exercises in observation of oneself, others and the phenomena of the world. It will take us on a journey of self-awareness to build a secure inner foundation for meeting what comes towards us. It will reach towards this goal as expressed by Rudolf Steiner:

"Anthroposophy should never become mere abstract theory....it must be reshaped within our hearts into qualities of feeling, and it should make us into very different human beings. It should guide us toward the right use of our time on earth, so that during life we are changed entirely." (Karlsruhe 1/25/10)

Theosophy-The Study of the Human Being with Colleen Everhart

Excerpts from Theosophy, found in *Guided Self-Study: Rudolf Steiner's Path of Spiritual Development*, will lay out a concise framework for understanding the human as a being of body, soul, and spirit as well as introduce new ideas concerning human destiny and karma. Exploration of this foundational text will take place through eurythmy, conversation and artistic activities.

PART 3: ZOOM SESSIONS

ZOOM SESSIONS/WINDOWS ON WALDORF

Zoom sessions with Alison Henry- will take place once a month, and are open to participants in all our Explorations hubs. This 10-month series is called Windows on Waldorf. Each session will focus on a theme arising from Waldorf education and will last 1.5 hours. Each theme will be presented with question and discussion following.
Zoom Session dates and themes will be announced late summer.

Required Explorations Reading

Each participant is required to read: *Guided Self-Study: Rudolf Steiner's Path of Spiritual Development* by Torin Finser.
Additional reading may be given by individual instructors.

Registration for Chapel Hill, NC Explorations

Registration is currently open for this Explorations hub in Chapel Hill, NC

Register/Pay Here:

<https://www.centerforanthroposophy.org/programs/explorations/program-locations/chapel-hill-nc/spring-block-registration/>

View the April 13-15, 2018 Weekend Workshop Class Schedule Here:

<http://www.centerforanthroposophy.org/programs/explorations/program-locations/chapel-hill-nc/class-schedule/>



For more information please contact Center for Anthroposophy

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EXPLORATIONS CHAPEL HILL, NC FACULTY BIOGRAPHIES



Carla Beebe Comey joined the faculty of the Education Department at Antioch University New England in 2016. Over the course of the previous 26 years it was her joy to serve as eurythmy teacher, class teacher, math teacher, drama teacher, faculty chair, college chair and faculty administrator at Waldorf schools in Massachusetts, Oregon and Colorado. She has also been a Waldorf mentor and evaluator as well as an AWSNA delegate and accreditation team member. She was honored to serve on the General Council of the Anthroposophical Society in North America, 2011-2017. Education: M.Ed., Antioch University New England; B.A., Rudolf Steiner College; Eurythmy Diploma, Eurythmy Spring Valley. She completed her foundation studies and pedagogical eurythmy training at Emerson College in Sussex, England. She is co-author of *Working Together: Mentoring for Eurythmy Teachers*.



Margaret Heath completed her degree in Philosophy at the University of Wales and began her lifelong connection to anthroposophy at Emerson College in England. After working at the Merlin Theatre, Sheffield, an anthroposophically designed and run theatre, she taught anatomy and physiology in the New Hampshire Institute for Therapeutic Arts and took part in the anthroposophical activities in Wilton, NH. She moved to Chapel Hill, NC in 1994, where her work as a facilitator, for those without speech due to autism or cerebral palsy, is recorded in the documentary "A New Kind of Listening" (2009). She is also a HeartMath® Certified Trainer & Coach and has taught Foundation Studies in the Chapel Hill program since 2007.



Alison Henry a graduate of the AUNE Waldorf Teacher Education Program, has found her home in Keene, New Hampshire, just a short walk from Monadnock Waldorf School where she recently took a class through the grades. She now divides her time between doctoral studies, part-time class teaching, and teacher development.

She finds inspiration in the lively dance between these roles.



Daniel O'Connors deep commitment to the practical arts and Waldorf education has been an enduring theme in his biography and it is this passion that he brings to Monadnock Waldorf School as Co-Chair of the College of Teachers. Daniel has over 30 years of teaching experience in both public

and Waldorf elementary and high schools in Switzerland, Germany and the United States. He was also a founding member of a Waldorf apprentice-praktika-oriented high school in Basel, Switzerland. He has worked as an independent carpenter, a facilities manager and a farmer. He is married to a Waldorf teacher and their son is a Waldorf-lifer. When he is not at school, preparing firewood for winter or working on independent building projects, Daniel enjoys water sports, archery and a good book. Daniel holds a Chemistry Technician degree from Ciba-Geigy (today Novartis) in Switzerland, as well as a Practical Arts Teacher degree from the Goetheanum, Switzerland.



Torin Finser served as Chair of the Department of Education and is currently part of the Senior Core Faculty in the Waldorf Teacher Education Program at Antioch University New England. Education: Ph.D. in Educational Leadership, Union Graduate School, M.A. in Education with Waldorf specialization, Adelphi University, B.A. from Bowdoin College. Torin has served as General Secretary of the Anthroposophical Society in America. Author of eleven books, most recently, *Education for Non-violence: The Waldorf Way*. He is an international speaker at conferences around the world, consultant, and advocate for school renewal.



Douglas Gerwin Executive Director of both the Center for Anthroposophy (CfA) and the Research Institute for Waldorf Education (RIWE). Visiting high school teacher in life science, history, literature, and music; lecturer and mentor to Waldorf high schools across

North America. Adjunct faculty at Antioch University New England. B.A., Hons., University of Sussex; Ph.D., University of Dallas.



Laura Guinan has been making and teaching art for over 30 years. Inspired from a young age by the natural world, she continues to dialogue with nature through painting, drawing and sculpture. Her interest in Anthroposophy continues to substantially deepen her work as an artist and as a teacher.

Laura has degrees in Studio Art from the University of Texas and Art Education from Pennsylvania State University, and has completed her Waldorf High School Teacher Training through the Center for Anthroposophy. Currently, Laura serves as the Fine Arts teacher and High School Faculty Chair at Emerson Waldorf School.



Debbie Spitulnik began her Waldorf career at Washington Waldorf School as the speech and English skills teacher and substitute for grades 1-12. Debra was a class teacher at WWS for 21 years. She received her Goetheanum diploma as a Speech Artist from PerformInternational in 2016. Debra now combines these two loves, bringing Creative Speech to the children and faculty of WWW. Her unique perspective from years of Class Teaching enlivens plays, poetry and story in grades 1-12. Additionally, she serves as a Lower School Substitute and Mentor of teachers in the lower grades. Debra is also an Adjunct Instructor teaching speech, drama, storytelling and curriculum to graduate students at Antioch University New England.