



# Explorations Online 2024-2025

Discover the foundations of Anthroposophy, Waldorf education, and the arts—for parents, grandparents, administrators, new teachers in public and independent Waldorf schools, and those teaching children at home.



**Explorations** courses meet via Zoom for 2 hours on Saturday and Sunday (4 hrs. per weekend) twice a month. Classes include artistic work (speech/storytelling, movement, music, and pastel drawing) and contemplative studies on current issues, using Anthroposophy as a method of inquiry. We will look at a holistic view of the human being, self-development, and current social and pedagogical needs.

## Explorations Themes 2024-2025

Saturdays & Sundays from Noon to 2:00 p.m. EST

<p><b>March 16 and March 23-24, 2024</b>  <b>Meditative Practices and Self-Development</b>            with Bev Boyer and guest Torin Finser, speech with Debbie Spitulnik</p>	<p><b>November 9-10 and November 23, 2024</b>  <b>Healing the Hurt: Supporting Each Other as Advocates</b>            with Heather Scott, singing with Meg O'Dell Chittenden</p>
<p><b>April 13-14 and April 20-21, 2024</b>  <b>Practical Thinking and the Rightful Place of Technology</b>            with Douglas Gerwin, eurythmy with Leonore Russell</p>	<p><b>December 7-8 and December 14, 2024</b>  <b>Phenomenology: Learning to See with Beginners' Eyes</b>            study and visual arts with Colleen O'Connors</p>
<p><b>June 1-2, 2024</b>  <b>Parents and Community in a Waldorf School</b>            with David Barham, pastel drawing with Nikki Shoneman</p>	<p><b>January 11-12 and January 25-26, 2025</b>  <b>Overview of the Waldorf Grades Curriculum:            A Renewed Pedagogy for our Times</b>            with Alison Henry, singing with Meg O'Dell Chittenden</p>
<p><b>September 14-15 and September 21-22, 2024</b>  <b>Meeting the Social and Emotional Needs of Children Today</b>            with Kim John Payne, eurythmy with Leonore Russell</p>	<p><b>February 8-9 and February 22, 2025</b>  <b>Innovation Through Anthroposophical Initiatives</b>            with Karen Atkinson and Bev Boyer, pastel drawing with Nikki Shoneman</p>
<p><b>October 19-20 and October 26-27, 2024</b>  <b>Temperaments and Learning Styles</b>            with Carla Beebe Comey, speech with Debbie Spitulnik</p>	<p><b>Register now at <a href="http://centerforanthroposophy.org">centerforanthroposophy.org</a></b>  <b>We welcome international students!</b></p>

**Tuition for the entire course is payable by credit card in 10 monthly installments of \$85.**

Completion of this Explorations course (30 sessions) satisfies prerequisite foundational studies for Waldorf teacher training.

Contact our program directors for information about online seminars for Waldorf high school teachers ([david@centerforanthroposophy.org](mailto:david@centerforanthroposophy.org)) and school administrators ([karen@centerforanthroposophy.org](mailto:karen@centerforanthroposophy.org)).

**For more information and to register, contact: [info@centerforanthroposophy.org](mailto:info@centerforanthroposophy.org), Ph. (603) 654-2566**