



ATHENA

National Conference
July 30 – August 1, 2015, in Chicago

Impulses
Working through Therapeutic Eurythmy
To Address Stress and Anxiety in our Time

With Ross Rentea MD

Coming from cosmic impulses Therapeutic Eurythmy can offer fundamental healing impulses to the pervasive, nearly epidemic challenges of stress and anxiety which can lame and undermine untold numbers of people.

This conference is geared primarily toward physicians and therapeutic eurythmists. However, other eurythmists are also warmly invited to attend.

Some of the highlights for this work- intensive gathering are:

- How can we make the insights given by R. Steiner in his eurythmical “12 Moods” useful in the therapy of anxiety and stress? (Since the original demonstration was given on August 29, 1915 the work will also serve as a centennial celebration of this unique work. Many new research aspects worked on by the group of doctors in Chicago/Wisconsin will be presented);
- We will look at new aspects (or some that are less practiced) related to the psychology and physiology of the eurythmical gestures (zodiac consonants emphasized) from an anthroposophical viewpoint;
- Multiple case presentations will be given by several therapeutic eurythmists followed by discussions and explanations;
- Throughout the conference a review and practice of the therapeutic eurythmy gestures will take place. (This should be particularly interesting to the prescribers and eurythmists who may want to take up the therapeutic work);
- Most sessions will be introduced and ended with artistic solo/group eurythmy offerings;

Suggested reading material:

Lectures 6 and 7 of the Curative Eurythmy Course;

Twelve Moods, a small booklet published by Mercury Press (containing both the original German verses and an English translation; another translation is available on the website www.koliskoinstitute.org)

Presenter:

Dr. Ross Rentea (MD 1976) spent five years at various anthroposophic European clinics studying anthroposophic medicine and eurythmy. Together with Andrea Rentea MD he has practiced anthrop. medicine in Chicago since 1983, emphasizing especially eurythmy, and developing anthro. remedies. Outside his practice his additional activities have included hundreds of lectures, training seminars and workshops to professional and lay groups. He has organized several jointly held conferences of therapeutic eurythmists and doctors. He is currently a Board member of the American College of Anthroposophic Medicine. He is also Co-founder and President of the Lili Kolisko Institute for Anthroposophic Medicine and the True Botanica company.

Impulses Working through Therapeutic Eurythmy

All events on Thursday, Friday and Saturday will be held at the Christian Community 2135 W. Wilson Ave, Chicago, Il, 60625, Tel: 773-506-0963

Thursday

4:00 - 5:15 PM

First Class Meeting. Reading of the 6th Lesson.
Blue Cards required.

5:15-6:30 PM - Dinner

5:45 PM Registration opens

7:00 PM – 8:30 PM

Opening of the Conference

Presentation: “Consonants and Vowels in therapeutic eurythmy - a fundamental polarity in approaching stress and anxiety issues. “

The presentation will be framed before and after with artistic eurythmy offerings.

Friday and Saturday

7:00 -8:00 AM Meeting of the First Class members to share their work on the 6th Lesson. Blue Cards required.

8:00– 8:45AM Breakfast

8:45- 10:30AM Announcements; Eurythmy wakeup, then:

Friday Presentation: Physiological and Psychological Foundations for an effective approach to dealing with stress and anxiety issues

Saturday Presentation: Continuing the Work on the “12 Moods” relating to the conference topic

10:30 – 11:00 Break

11:00 AM - 12:30 PM

Friday, Saturday Workshops:

Bringing the ideas of the evening and morning lectures into movement; sharing case studies and experiences/exercises with anxiety challenged patients. Contributions by doctors and TE’s.

12:30 – 2:00 Lunch and noon break

2:00 – 3:30 PM

Friday, Saturday

Group work on the 7th lecture of the TE course (1921)

3:30 - 4:00 Break

4:00 – 5:30 PM

Friday Workshop: Combining the eurythmy therapy of anxiety and stress related disorders with corresponding anthroposophic remedies.

Saturday Workshop: Bringing the ideas of the evening and morning lectures into movement; sharing case studies and experiences/exercises with anxiety challenged patients. Contributions by doctors and TE’s.

5:30 – 7:30 Dinner and break

7:30 – 9:00 PM

Friday: The Astronomical and Eurythmical Mysteries of the “12 Moods”

Saturday: Thoughts on the Spirit Being of Eurythmy

Following the lecture there will be a brief Plenum and Conference Closing.

This conference is sponsored by the Association for Therapeutic Eurythmy in North America, ATHENA, and the Lili Kolisko Institute of Anthroposophical Medicine and qualifies for 16.5 hours of AnthroMed Professional Development.

Sunday 9:00 AM – 10:30 AM, August 2, 2015

ATHENA AGM (*for ATHENA members only*)

The meeting will be held at the Rudolf Steiner Branch of the Anthropol. Soc. 4249 N. Lincoln Ave. Chicago Il, 60618.

Registration Information

Fee (meals Thursday to Saturday evening included, vegetarian only):

For ATHENA and AAMTA members: \$ 225 For non-members \$250

Registration Deadline: June 30th No refunds for cancellations after June 20. Earlier cancellations will receive a refund, less a \$25 fee.

Housing:

A fair number of rooms have been made available at the Christian Community, the R. Steiner Branch and by private friends. Some rooms may need to be shared; some "sleeping bag" quarters area also available. Costs range from \$10-\$30. **For these options contact Susann Eddy: (248) 376-1154, susanneddy@yahoo.com.**

For hotels many options are available. Best way put in the zip code of the CC and check on Google. Reasonable choices seem to be the Days Inn, the City Suites Hotel, and scores more.

Transportation details –

Please contact the hosts or hotels directly. Susann will give the phone numbers of the hosts. Transportation from your host/hotel in Chicago is available by cab, Uber service or public transportation. In general, rental cars are a convenience but not a necessity.

Limited scholarships and travel funds are available through ATHENA upon written request.

Questions? Contact **Dale Robinson at (510) 339-2769, dale1022@sbcglobal.net.**

Please submit the following registration information by fax to 510-339-2769, email scanned forms to dale1022@sbcglobal.net or send printed copy by regular mail to **ATHENA registration c/o Dale Robinson 1962 Asilomar Drive Oakland, Ca. 94611**. Please make **checks payable to ATHENA**. Checks will also be taken at registration before and after the evening lecture and during the morning break.

Registration Form

ATHENA National Conference 2015, Chicago IL July 30 –August 1, 2015

Name_____ TE_____ Doctor_____ Eurythmist_____

Address_____

Phone/cell_____ Email_____

Fee:_____ Included_____ Due at registration_____