

## Objective

What is our objective for this workshop? First and foremost it is a retreat. This should be an opportunity to deepen our anthroposophical life by carrying these impulses through several days and nights, meditating on the topic, and learning how to incorporate it in our daily life.

Rudolf Steiner considered personal health to be one of the prerequisites for spiritual development - and ultimately for the very understanding of Anthroposophy. All ancient Mystery Temples had a healing center associated with them. Rudolf Steiner presents Anthroposophy as a quintessential Therapeutic Impulse for Mankind.

And yet most, even very serious students of Anthroposophy, know very little about Anthroposophical Medicine (AM) and certainly even less about how to make it fruitful in their everyday life.

This weekend we will try to take first steps in "curing this ill". AM can be, though is it not always, a self-help path, leading to a richer and more productive life.

This workshop will help with basic questions: What is AM? Why should I take "my daily remedies"? Why must I do daily eurythmy (therapeutic or artistic) exercises? And much more! Every session will include eurythmy and time for questions and answers.

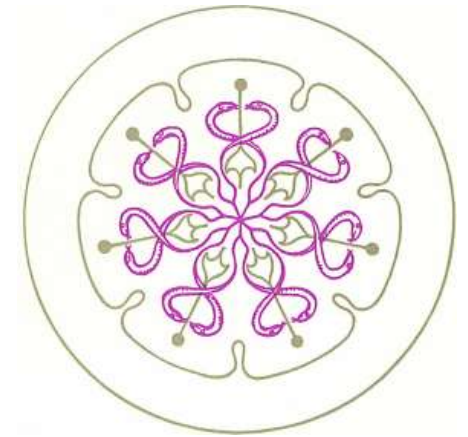


## Registration

Please pre-register. Fee: \$50 includes Friday, Saturday & Sunday lectures and Saturday lunch/drinks/snacks. Make checks payable to Barbara Bittles and mail to 4804 Sewanee Road, Nashville TN 37220. For list of nearby accommodations or other questions, email [lbittles@comcast.net](mailto:lbittles@comcast.net) or call 615-373-5173

## Sponsors

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# Principles and Practice of Anthroposophic Medicine

February 6-9, 2014  
Nashville, TN

presented by



and



## Schedule & Fees

### Thursday, February 6

Trinity Presbyterian Church (Chapel)  
3201 Hillsboro Pk., Nashville, TN 37215  
Fee: Donation

#### **6:00 – 7:30 PM: Maintaining and Recovering the Health of our Children**

Topics: acute and chronic problems, constitutional remedies, the difficult child, immunizations, and more as desired by participating parents

### Friday, February 7

Sunflower Cafe  
2834 Azalea Place, Nashville TN 37204  
Fee: \$15 Lecture (if not attending Saturday)  
and \$10 Optional vegetarian dinner

#### **6:00 – 7:00 PM: Vegetarian Dinner (optional)**

#### **7:00 – 8:30 PM: Principles and Practice: Understanding our Health from an Anthroposophic Viewpoint**

Polarities; "Roots and Seeds," the Reservoir Principle and more

### Saturday, February 8

Trinity Presbyterian Church (Chapel)  
3201 Hillsboro Pk., Nashville, TN 37215  
Fee: \$50 (includes Friday, Saturday & Sunday  
lectures and Saturday lunch/drinks/snacks)

#### **9:00 AM – 10:30 AM: Anthroposophic Remedies: From Research to Practical Applications in Daily Life**

Emphasis on the use of potentized remedies, the 7 fold planetary Constitution, for emotional and physical healing

#### **10:30 – 11 AM: Break**

#### **11:00 AM – 12:00 PM:**

##### **Artistic Group Activity: Eurythmy**

We won't just be watching movements – we will learn how to do them ourselves so that we can practice them on a daily basis

#### **12:00 – 1:30 PM:**

Vegetarian lunch provided

#### **1:30 – 3:00 PM:**

##### **Metabolic Illnesses (I)**

The Fourfold Constitution, an Anthroposophic view of cardiovascular and other chronic diseases

#### **3:00 – 3:30 PM: Break**

#### **3:30 – 5:00 PM:**

##### **Metabolic Illnesses (II)**

Continuing the workshop from the morning

#### **5:00 – 7:00 PM:**

##### **Dinner Break**

Dinner not provided (restaurants nearby)

#### **7:00 – 8:30 PM:**

##### **Michael and our Karma Today**

For members of the Anthroposophical Society and their invited guests - knowledge of Anthroposophy required

### Sunday, February 9

Home of Barbara Bittles  
4804 Sewanee Rd., Nashville TN 37220  
Fee: Included with Saturday

#### **9:00 – 10:15 AM:**

##### **Esoteric Basis of Anthroposophic Medicine**

For this lecture basic knowledge of and familiarity with Anthroposophy is assumed

#### **10:15 – 10:30 AM: Break**

#### **10:30 – 11:45 AM:**

Review, Questions & (possible) Answers, Closing Remarks

## About Dr. Rentea



*Dr. Ross Rentea MD has been a practicing anthroposophical family physician for over 30 years. He is an author, editor, physician of*

*Anthroposophical Medicine, and innovator. The Paulina Medical Clinic that he and his wife, Andrea Rentea MD, opened in Chicago, in 1983, enjoys an international reputation. Dr. Ross Rentea graduated from the University of Chicago, Pritzker School of Medicine. He joined the Anthroposophical Society in 1970. He is a member of the First Class of the School of Spiritual Science. He is a Board member of the American College for Anthroposophic Medicine. He is co-founder of the True Botanica Company and the not for profit True Botanica Foundation, a foundation dedicated to furthering education, research and social activities in anthroposophy and anthroposophical medicine.*

