

What is our objective for this workshop?

Consider this a retreat. We want to:

- Learn how to introduce health and life style related anthroposophic impulses into our daily life;
- Learn why Eurythmy must be an essential part of our daily “routines”;
- Deepen our ability to study the complicated anthroposophical writings and ideas;
- Over all deepen our ability to understand Rudolf Steiner’s intentions.

Rudolf Steiner calls Anthroposophy as such a Therapeutic Impulse that leads to the Healing of the Whole Human Being.

Yet most, even very serious students of Anthroposophy, know very little about specific details and methods that are unique to Anthroposophic 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”.

Let’s work together to bring this Positive Impulse to our much tested times.

All events held at:
Lexington Waldorf School,
739 Massachusetts Ave,
Lexington, MA, 02420
Tel: 781-863-1062

Fees:
Friday evening:
Free, but a donation of \$10 - \$15 suggested

Saturday:
Individual sessions: \$10
All day: \$45

Please bring a potluck contribution if staying for lunch at the school!

For more information contact
Andrew Linell
jandrewlinnell@yahoo.com
Tel: 978-562-3528

This weekend workshop is
sponsored by :

1. *Anthroposophical Society in Greater Boston*
2. *True Botanica LLC*
www.truebotanica.com
3. *True Botanica Foundation (501c3)*
www.truebotanicafoundation.org



And the

Anthroposophical Society
In Greater Boston

Present:

A weekend workshop:

Principles and
Practice of
Anthroposophic
Medicine

May 2nd & 3rd, 2014

Boston, MA

You can let us know if you have any particular questions or concerns so that we may possibly work them into the program. You can hand over a note at the beginning of the workshop on Friday or email them to info@truebotanicafoundation.org.

Depending on the participants' input changes in themes and times may occur on Saturday. Should they occur these changes will be announced from session to session.

Friday

7:30 – 9:00 PM

Too Tired - Too Wired

(Starting with a look at basic polarities in our children's behavior will help us also gain insights into many specific anthroposophic remedies and Eurythmy exercises.)

Saturday

9:00 – 10:00 AM:

From Research to Practical Applications

(What are Potentized/Homeopathic Remedies; New Anthroposophic Remedies; Over the counter drugs for home and self-help use)

Break

10:15 – 11:15 AM

Immunizations

An Anthroposophic Viewpoint

11:30 AM – 12:30 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.)

12:30 – 2:00 PM

Lunch

2:00 – 3:00 PM:

Metabolic Illnesses

(An Anthroposophic View of chronic diseases, various cultural health related issues and applicable anthroposophic remedies)

Break

3:15 – 4:15 PM

Technology and Anthroposophy

(What to embrace what to overcome)

4:30 – 5:30 PM

Case Studies

Questions & Answers

5:30 – 7:30 PM:

Dinner (on our own)

7:30 – 9:00 PM:

Michael and our Health Karma

(The karma that connects us to Michael is particularly related to our Health Karma. For Members of the Anthrop. Society and their invited Guests; Knowledge of Anthroposophy is assumed)



About the Speaker

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.

