

What is our objective for this workshop?

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. R. Steiner presents Anthroposophy as a quintessential Therapeutic Impulse for Mankind. His life on earth culminated in developing this aspect of his greater mission.

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 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.

Ample time will be given for audience questions.

Workshop fee: \$50

To reserve a seat, send check for \$50 payable to Novalis Branch, to Steve Usher, at 20 Coach House Rd, Austin, TX 78737

Registration at the door 6:00 – 7:00 pm on Sept. 20, 2013 (Space Limited)

Questions: Call Steve Usher:

512-288-6130

Meals are not included: Bring Your Own Brown Bag Lunch & Supper or go to local restaurant.

For questions related to the presented material please contact the True Botanica Foundation:

262-912-0970

info@truebotanicafoundation.org

Please support the sponsors who have made this workshop possible:

Novalis Branch

The True Botanica Foundation



NOVALIS BRANCH, AUSTIN

Present:

A weekend workshop:

***Principles and Practice of
Anthroposophic
Medicine***

September 20-22, 2013

Location: Eurythmy Hall, Austin Waldorf School, 8700 S View Road, Austin, 78737

Friday

7:00 – 9:00 PM:

Introduction to Anthroposophical Medicine:

Complex threefold connections exist between ourselves, the Nature around us, and the Planetary World. Only by exploring and understanding these relationships can we truly hope to develop new, truly healing remedies.

Saturday

9:00 – 10:30 AM:

Anthroposophic Remedies: From Research to practical applications in daily life.

Break

11:00 AM – 12:00 PM

Artistic Group Activity: Eurythmy – B. Usher

We won't just be watching movements – we will learn how to do them ourselves.

12:00 – 2:00 PM:

Lunch

2:00 – 3:30 PM:

Children's Concerns

What are anthroposophic Supplements?

We will look at the principles but also we will be going over some practical "how to" for acute and long term situations.

3:30 – 4:00 PM

Break

4:00 – 5:00

Artistic Group Activity: Eurythmy as suited for children's care – with Barbara Bresette-Mills

5:00 – 5:30 PM:

Q & A Session

7:30 – 9:00 PM:

**From Human to Humanity
The Esoteric Basis of Anthroposophic Medicine**

Sunday

9:00 – 10:15

The Fourfold Constitution – An Anthroposophic View of Cardiovascular and other Chronic Diseases

10:15 – 10:30 AM:

Break

10:30 – 11:45

**Review;
Questions & (possible) Answers;**

Closing Remarks



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 is a Board member of the American College for Anthroposophic Medicine. He joined the Anthroposophical Society in 1970. He is a member of the First Class of the School of Spiritual Science. He is co-founder of the True Botanica Company and the True Botanica Foundation.

