

Contemplative spaces

	Name	Topic/Title	To bring, if possible	Language
Anthropo- sophical	Dackweiler, Michael	School of Spiritual Science meeting/Class lesson		DE/EN
	Oeder, Michael	Discussion about religious acts and rituals in communities		DE
	Sleigh, Joan	Practicing soul hygiene – with the six basic exercises by Rudolf Steiner		DE/EN
	Vanmechelen, Bart	School of Spiritual Science meeting/Class lesson		DE/EN
Meditative and mindful	Daniel, Elvira	Relaxing with singing bowls	Warm comfortable clothing	DE/FR
	Gaiser, Karin	Introduction to Tibetan Healing Yoga Lu Jong		DE/EN
	Marti, Erendira	Relaxation journeys with meditation	Warm comfortable clothing	DE
	Zausch, Sonja	Experience listening! Experience speaking!		DE/EN
Movement	Delage, Jessie	The horizontal plane: inside and outside – a movement workshop	Comfortable clothing and slippers/thick socks	FR, ES, EN
	Moreno Rivilla, Natividad	Eurythmy for well-being	Slippers/thick socks	DE/ES
	Recht-Granges, Geneviève	Creating strength through movement – vital eurythmy	Slippers/thick socks	DE/FR
Music	Ronen, Ilan	Meditative world rhythms for all		EN
Painting/ crafts	Neu, Matthias	Watercolor painting: What lives in me, what do I reveal and what becomes of it...		DE
	Schälike, Igor	Practical geometry – Making platonic solids from straws		DE/RU
Writing workshop	Löwe, Sandra	Letters to the future	Pen	DE/EN
Theater/ playing	Blaxland-de Lange, Paulamaria	Me and the world in story and gesture – an interactive theatre workshop		EN
	Vutyanov, Yuriy	Games for self-development and inner mobility	Comfortable clothing, slippers/thick socks	DE/RU
Other	Maiwald, Christiane	Feel your center – Chirophonetics		DE
	Meier, Friedlinde	Metallic colored light therapy as self-awareness		DE/EN
	Rothkegel, Martin	Labyrinth installation on the Goetheanum to accompany those who have died		DE
	Steinel, Daniela	Simple. Speech.		DE