



## International Autumn Conference

5–9 October 2022 at the Goetheanum

### On the Quest for Health ::: Vulnerability – Love – Balance

For the upcoming conference we would again like to offer

#### Contemplative Spaces

which on the one hand can help to overcome the midday tiredness and on the other hand can give space for inner work.

This does not mean discussion groups but offers such as: Class lessons for members of the School of Spiritual Science, open introduction sessions to School of Spritual Science work, meditation, meditative singing, listening, eurythmy, meditative painting, creative writing, storytelling, mindfulness exercises, meditative circle dances, silent contemplation, relaxation and body journeys, and the like.

It is important to us that you personally and your offer have a connection to an anthroposophical perspective on the human being and on life. They should be strengthening for the participants who are active in our professional field.

We would like to invite you to contribute your capacities in this area and look forward to receiving a variety of proposals.

Please complete the online form at <https://forms.gle/ihjJnu9SgVQEuzYx8> by **25.02.2022**. We will then get an overview of the proposals and contact you to see if we can include your offer in the conference program.

You can also use this form to suggest someone else for a contemplative space.

We would be especially pleased to have workshop leaders who are working in **tandem** with a person with support needs or offers which are led by a person with support needs on their own. Since we would like to offer an inclusive conference again, please consider in advance how you can formulate the text announcing your workshop in simple language.

We cannot offer a honorarium. However, you will receive a free ticket for the conference and, if desired, free tickets for all meals. Under special circumstances, we can also offer support for travel expenses.

You can find the conference program on the website, where you can also find the format of the contemplative spaces. This offer takes place on three days for one hour each. The participants do not need to register in advance but can choose a different offer every day. The group will therefore change every day. You should expect a group size of up to 30 people.

Note: The fewer materials needed, the easier it is to handle during planning.

**Thank you very much!**