



Contemplative Practice: Beginning a Path of Transformation

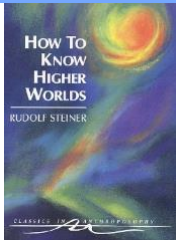
This *Great Lakes Waldorf Institute* Foundations course focuses on Rudolf Steiner's approach to spiritual self-development and mindfulness practices. What does it mean to be in the process of being more human? What does it mean to be on a path of transformation? Can we take hold of who we are and how we wish to be in the world?

This course is an introduction to the ideas, exercises, verses and meditations presented to us by Rudolf Steiner as a guide through the oftentimes challenging process of knowing ourselves, the spiritual world and how we might serve the world good. During this course, participants will explore spiritual transformation by working with Steiner's text, *How to Know Higher Worlds*, and Gertrude Reif Hughes' handbook for working with Steiner's meditations and exercises, *More Radiant Than The Sun*. Marianne Fieber-Dhara is the lead instructor with guest teachers contributing from their areas of expertise.

Marianne received an MS Ed in Waldorf Administration and Community Development from Sunbridge College in 2005, and Waldorf teacher certification from Arcturus Rudolf Steiner Education Program in 2008. She has worked in Waldorf Schools for over 16 years in both administration and in the classroom, and continues to serve anthroposophy as a member of both the General Council and Central Regional Council of the Anthroposophical Society in America.

This course, (GLWI-Fn1) for 2 credits, is required for GLWI students who are seeking a certificate in Waldorf teaching and is open to anyone interested in developing their own contemplative practice or exploring the Anthroposophical approach to mindfulness.

COURSE TEXTS

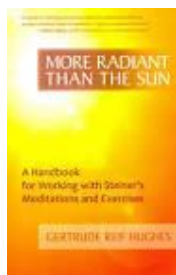


How To Know Higher Worlds

by Rudolf Steiner,
translated by
Christopher
Bamford, Foreword
by Arthur Zajonc,
1994 edition;
available from
Steiner Books.

More Radiant Than The Sun

by Gertrude Reif Hughes



Register at greatlakeswaldorf.org

or contact: Sandra J Martin
Director of Administration at
admin@greatlakeswaldorf.org or 414-
299-3820 for registration materials and
further information

Course Details

Weekend Retreat:

The course will open with a weekend retreat, establishing the class community and a foundation for meditative work and will include social exercises, artistic activity, and practice with various meditations. **Individuals may register for the weekend only.**

Full Course:

The full course will include the weekend retreat plus an online component in which students will continue with an Anthroposophical study, meditation practices and written reflections. The online time will be at the student's own convenience.

Retreat & Course Dates:

Friday, February 2nd, 3:00 pm-8:30 pm

Saturday, February 3rd, 8:30am-5:00 pm

Sunday, February 4th, 8:30 am-11:30 am

Then asynchronous online for 10 subsequent weeks, February 5th -April 16th

Registration and Fees:

Full Course for credit towards Certificate: \$1,090/2 units. *Current and new students, please register by **January 19th** to hold your place in the course.*

Full course for personal enrichment:

\$545 by **January 19th, 2018**; \$570 after

Weekend only:

February 2nd and 3rd, 2018, \$125 plus meals by **January 19th, 2018**; \$150 after.

Retreat meals additional cost TBD

Great Lakes Waldorf Institute

Education Department, Mount Mary University
2900 N. Menomonee River Parkway, Milwaukee, WI 53222
414.299.3820