



Biodynamic Agriculture & Anthroposophy

Deepen Biodynamics

Online course with Ueli Hurter & Jean-Michel Florin

15.11.2021 - 8.12.2021

Week I, MAN & NATURE

Exercise I, Plant observation

Preparation

1. Take with you a dark pencil and a notebook
2. Walk and find a good place outside where you can see the landscape around you
3. Find a plant or a tree that calls to you

Exercise

1. Look for 5-10 min. at a plant, a tree and sketch this plant or tree with a dark pencil to observe closer
2. During the observation, put your attention on: What do I perceive? How does this part of the world express?
3. Then let the perceptions go and wait with the question: Which inner impression, inner gesture do I get?

Closure

1. Close with a thank you, with a feeling of gratitude.
2. Then write your observations in your notebook