



ALL AFRICA ANTHROPOSOPHIC TRAINING



Human Development and Social Competence

August 27 - September 3 @ Kufunda Village, Zimbabwe

Conference Overview

The All Africa Anthroposophic Training has five modules, which can be visited each year, either as a single event for learning and orientation or as a whole training over five years (one week per year) to deepen ones understanding of the human being and his/her individual and social development. We started last year in Nairobi with the first course and come now to the second, held in Zimbabwe. These intensive one-week courses are giving the participants the chance to come together with colleagues from other cultures by learning in topics of mutual interest and to develop new faculties. Living under one roof and surrounded by nature that supports their Goethean plant observations and studies of the phenomenas of life, participants deepen their understanding of an approach to learning, which aims to recognize the wholeness of the human being, nature and the cosmos. In our time we need more than ever an understanding of the human being independent in whatever profession we are engaged: working with child development, farming, medicine, care, midwifing, business, leadership and social care.

The core question of this second module will be: What is Life? And in regard to the human beings' life: "What makes it individually and socially „life-worthy“? How are the living beings connected? How can we support healthy development by a deep and concrete understanding of the processes and laws, manifesting in our individual and social development? And the most important challenge: how can we bring this wisdom about life into the daily practice of our professions to support the wellbeing of people and working processes in our environment?

Agenda at a glance

Tuesday 27 August	Wednesday 28	Thursday 29	Friday 30	Saturday 31	Sunday 1	Monday 2	Tuesday 3
	8.30-9.15: Eurythmy (movement exercises) with Cobie Roelvert						
	9.15-10.30: Nature Observation: Observing the 7 life processes						
	BREAK						
	11.00-12.30: Text Study Rudolf Steiner: Chapter one Knowledge of Higher Worlds						
	LUNCH						
2 pm onward: Arrival	14.00-17.30: Concurrent Workshops (incl. tea break) <ol style="list-style-type: none"> 1. African Economic Development based on the Threefold Social Order with David Wertheim Aymes 2. "Celebrating the festivals of the year as a foundation for a new, healthy family and home culture." with Richard Goodall 3. Biodynamic Farming with Rolf and Anne Bucher and Angela Hofmann 4. Practical course: External applications in baby nursing and midwifery with Julia Schad 5. Anthroposophical Medicine with Dr. Friedeman Schad 6. Waldorf Education with Joan Sleight 7. Children with Special Needs with Dr. Andrea Seeman 						Departure
	19.00-19.30 Review of the Day						
	19.30-21.00 Human development and social faculty building: Michaela Glöckler						

Structure of the days

The following description gives a little overview over the way of learning and faculty building, we are striving for. Each day follows the same basic rhythm.

Morning Sessions: Faculty building through exercising movement, observation and thinking capacities

8.30-9.15: Movement Exercises: Morning Eurythmy

The faculty building work starts every morning with training of elements of the art of movement: Eurythmy, which is a movement form developed by Rudolf Steiner in collaboration with movement artists, in particular Marie Steiner. In the first training block we experience the basic vowels and consonants. In the second year the exercises will be enlarged by gestures corresponding to the planetary movements and zodiac signs. These exercises will help to give participants an experience of the *Seven Life Processes* in ways that pure understanding through the intellect cannot do. What lives inherently in these life processes can become tangible and visible through the movements and gestures of eurythmy. The 45-minute sessions usually include adjusting to a balanced and receptive stance, exercises to warm up the feet and hands, and moving as a group (or smaller groups) to simple, guided geometric patterns and pathways, often accompanied by expressive gestures and/or music. The eurythmy is built up over the course of the week so that participants can master all the steps on the way.

9.15-10.30 Schooling sense perception

After an introduction to the phenomenological method of working according to Johann Wolfgang von Goethe (1749-1832), we divide into small groups in order to engage in practical exercises in observation. In the first module we observed according to Goethe, the processes of certain aggregate states in nature are directly connected to the fourfold nature of the human being: solid matter constitutes the human physical body, the liquid element is the prerequisite for life processes, the aeriform state and breathing are linked to the inner experiences of the soul, and warmth is the basis for the will activity of the "I". In the second Module the Goethean observation is focused on the seven main life processes, which Rudolf Steiner identified and how the plant is showing them and how they manifest within the human individual and social life. We require a holistic observation methodology that places the separate phenomenon into the greater context of body, soul and spirit.

11.00-12.30 Schooling thinking through text study

The third step of faculty building in the morning is the schooling of one's own thinking. For this purpose we will use chapters from the book Knowledge of Higher Worlds written by Rudolf Steiner. Last Year we read the Chapter about the seven conditions of development. This year we will work with the first 13 paragraphs of the first chapter of the book. After a short introduction, the work takes place in the same small groups as for our Goethean studies. The groups are using the text not only to understand the content, but also to practice a four-stage thought-schooling process.

Afternoon Parallel Learning Streams

Each afternoon participants go into parallel workshops where they can deepen into one several tracks:

A. African Economic Development based on the Threefold Social Order with David Wertheim Aymes

The workshop will work with how the threefold social order (TSO) concepts can work for Africa. Africa is open to and desirous of a viable self-made future, and Africa needs to find a smart and sustainable way to link into economic activity. There is much in the ideas of the threefold social order that can inform this pathway. We will be exploring these together, and building from scratch a working Threefold society amongst us in the group at the conference.'

B. Celebrating the festivals of the year as a foundation for a new, healthy family and home culture with Richard Goodall

- The workshop will explore:
- The festivals as the process of human development
- Cosmic rhythms and the human being
- St John's festival and Michaelmas.
- Homemaking today
- The Art of Conversation
- Forgiveness and prayer as the foundation of social art
- What do children really need?

C. Biodynamic Farming with Rolf and Anne Bucher and Angela Hofmann

The workshop will be an introduction into the basics of organic and biodynamic agriculture, including: soil fertility, understanding soil health, compost and manure, crop rotation, plant families, improving plant health (pest & diseases), agroforestry, seeds.....and more. In the workshop participants will work practically with the biodynamic preparations: production and use of the biodynamic preparations including field sprays, compost preps and more. We will share guidelines and principles to ensure the quality of biodynamic preparation.

D. Waldorf Education with Joan Sleigh

Waldorf Education follows a curriculum which places the human being in its highest potential at the centre of its focus. Its goal is to unfold and enhance all levels of human becoming, in the appropriate time and manner, so that independent individuals may develop and emerge, as freely thinking, confident shapers of society.

E. Practical course: External applications in baby nursing and midwifery with Julia Schad

Between herbal, African traditional and anthroposophical approaches in pregnancy, labour and early childhood. The participants contribute with their own practical experience in order to compile an anthroposophical-african approach for praxis.

F. Basics and Practice of Anthroposophic Medicine with Dr Friedeman Schad

Anthroposophic Medicine (AM) is a modern example of integrative medicine, which improves health outcomes through a holistic approach to medical treatment including physical, psychological and social health. AM addresses health resources in patients, understands illness as development on individual bases and focuses on how to keep people healthy rather than on why they fall ill. AM brings together the diagnostic and therapeutic approaches of science based conventional medicine with the philosophical and spiritual knowledge of anthroposophy. The spectrum of applied medicine includes natural medicines, external applications and special medical massages, artistic therapies, eurythmy therapy, life coaching and biographical counselling. The course invites health professionals and therapists. An introduction in AM is given and practical issues are discussed, Topics like research methods or cancer therapy can be deepened.

G. Children with Special Needs with Andrea Seeman

The workshop will give an overview of different types (polarities) of children with special needs and how to deal with them. One main focus will be laid on children with hyperactivity. How can we develop a deeper understanding and find ways of support (with practical examples).

19:00-19:30 Review of the day – Participants sharing

Each evening the conference will do a review of the learning of each day, weaving together the lessons from the different strands. The participants are preparing a one to two minute contribution about their workshops and small group work up to Eurythmy in the morning and the lecture or event of the night before. This sharing gives every one the possibility to participate in the events of the day, without becoming tired by a lot of reports. The short contributions are bringing forward mainly two aspects of the work who are inspiring: what was the highlight for me and: with what I could not cope, or what question I took from it.

19.30-21.00 Lectures and interactive learning

Michaela Gloeckler is accompanying the training through giving in the morning the brief introductions into the plant observation along the seven life processes, developed by Rudolf Steiner and into the text study work. She is closing the day in the evening with a lecture, dialogue, or interactive learning sequence fitting to the days theme and work. She brings to our consideration various aspects and experiences in regards the overriding theme of the AAAT: Human Development and Social Competence.

Conference Contributors

Dr. Michaela Gloeckler

Michaela is both a Pediatrician and expert in Salutogenesis - prevention through healing education and self-education. Since 1988, she has been Head of the Medical Section at the Goetheanum, School of Spiritual Science in Dornach/Switzerland. She is active as an international lecturer and in training medical doctors on a worldwide basis. Some of her publications include: "Guide to Child Health", "The Dignity of the Young Child", "Ethical Considerations in Medicine", "Education – Health for Life", "Education as Preventive Medicine" and "Medicine on the Threshold". She is also leader of the Goetheanum Medical Section Emerita.

David Wertheim Aymes:

David Wertheim Aymes is a Waldorf child born in South Africa in 1961. He studied accounting and is now a CA(SA). He wanted to test the world and understand it and ended up in his own back yard business at the age of 34. They produced and sold 4,000m² of paving in a month with 22 people. Now they produce and sell 200,000m² per month Nationally with 450 people and are the leaders in the industry. Never having capital or family money he built it all with borrowed money and the weaving of people's soul and spirit into their daily participation and care of these borrowings. He did not know all of this while it was happening but, from self-objectification and observation was able to distil out what was really happening. He will share some of this distilled learning with you. He owes this to a large extent to Anthroposophy, but mostly to the Godliness in himself and others.

Anne and Rolf Bucher

Anne and Rolf Bucher have acquired the methods of organic and biodynamic agriculture in the late 1970s and have been practising them ever since. As farm managers they have cultivated medicinal plants for WALA/Dr Hauschka Cosmetics (Germany) for more than 30 years. Anne and Rolf have made the biodynamic preparations for more than 40 years and are prep makers for biodynamic farmers in Southern Germany. In close cooperation with GLS Zukunftsstiftung Entwicklung (Germany) and Demeter International Anne and Rolf have given public talks, conducted biodynamic workshops in many countries and have been working in rural development and education since 2011.

Rev. Richard Goodall

Richard has been a Christian Community priest for the last 25 years and has a history in shipping, curative education, working with people with special needs and in Bio-dynamic agriculture.

Angela Hoffman

Born in Stuttgart/Germany, Angela Hoffmann attended the Steiner school there. In 1977 she started her education and training in biodynamic agriculture and horticulture with a focus on dairy cattle management and milk processing. In 1982 she left Germany and joined the Sekem initiative, which was founded in 1977 in the desert east of Cairo/Egypt. Here she was involved in all steps which are important to set up a farm in the desert, like water management, planting of trees and hedges and compost production.

From its very beginning Sekem has adopted biodynamic farming methods. To transfer this knowledge to other farmers, the Egyptian Biodynamic Association (EBDA) was founded in 1996. Today there are 140 farms with 3000ha under contract for biodynamic farming. Angela has been working in EBDA as an agricultural coordinator since its beginning and is responsible for making the bio-dynamic preparations for all Egyptian Demeter farms.

Recently a seed initiative for the Mediterranean area was started which will in future develop seeds for the whole African continent. Since 1989 Sekem is running a school and since 1997 a vocational training center for holistic education. Angela works there as a teacher trainer for workshop teachers and agricultural trainers.

My overall goal is to further spread bio-dynamic farming methods. By doing so I aim to build a deeper understanding of nature and its diversity, soil, water, air, plants, animals and human beings. This is the base for responsibility and sustainable development.

Cobie Roelvert

Cobie works in Cape Town as a part-time lecturer of Pedagogical Eurythmy at the Kairos Eurythmy Training and often teaches workshop sessions at conferences. Since 2004 she has facilitated a regular weekly class for adults in Cape Town, and also had groups in Johannesburg and Stroud, UK. Her love for children led her to teach in the Michael Oak and Gaia Waldorf schools in Cape Town and currently she is teaching the children at the New Muizenberg School. She is looking forward to the 2019 AAAT eurythmy sessions and the deepening of the learning experience through the movements and gestures of eurythmy.

Dr Friedeman Schad

Friedemann Schad is specialized in internal medicine, gastroenterology, GI-oncology and Anthroposophic Medicine. He is the head of the center of oncology and the department interdisciplinary oncology and palliative care, deputy medical director and member of management of the Gemeinschaftskrankenhaus Havelhöhe, Berlin, Germany.

Dr. Julia Schad

After having completed her school at the Michael Bauer Waldorfschool in Stuttgart Julia Schad was educated as a midwife in Hamburg from 1992 to 1995 and worked in midwifery for many years. From 1996 to 2001 she studied Biology with a focus on evolution, anthropology and palaeontology. After 6 years of maternal leave, she finished her studies in 2012 with a PHD on the evolution of immunogenetic patterns in bats and worked until 2016 as a scientific researcher in the department of Evolutionary Genetics and Ecology at the Institute of Zoo- and Wildliferesearch in Berlin. She teaches biology and chemistry in a Waldorfschool and manages a Waldorf Kindergarden in Berlin.

Dr. Andrea Seemann

Dr Andrea Seemann is married with two adult sons. She was a teacher of physics and chemistry before she started to study medicine. Apart from her own practice of Anthroposophic Medicine, she is working as a school doctor at three different Waldorf Schools: for “typical” children, children with learning difficulties and children with special needs in and around Munich/Germany. Besides that she is also consulting at an inclusive Waldorf Kindergarten and giving lectures about curative education at the Waldorf Teacher Seminar in Munich.

Joan Sleigh

Born in 1962 and raised within the Camphill Community, Western Cape, South Africa. Attended Constantia Waldorf School in Cape Town. Moved to Germany in 1982, raised a family of four children, trained as a Waldorf Teacher at Witten-Annen Teacher Training Centre. Returned to South Africa with family in 1995 and worked as Class teacher and teacher trainer for twenty years.

Since 2013, member of the Executive Council of the General Anthroposophical Society at the Goetheanum in Switzerland, co-responsible for the International Studies in Anthroposophy and responsible for nurturing the relationships between the Anthroposophical work in the English-speaking world and the Goetheanum. Professional and personal endeavours focus on developing socially healthy and humanly dignified engagement within many different cultures, practices and ways of life.

Practical Details

Date: 27 August from 5 pm - 3rd September 12 noon

For more information and to register

www.allafricaanthroposophictraining.org

allafricatrainig@gmail.com

Your Venue: Kufunda Village

Kufunda is an eco-village in natural environments. The accommodation will be simple and shared. There is the possibility to stay nearby in more upmarket accommodation at an extra fee. Please enquire if you would like this option.

Cost:

Full cost: 350 USD includes full room and board and conference fee

Subsidized Cost: 245 USD

Extra Subsidized Cost: 105 USD - This requires an application beforehand

Fellowship Cost: 50 USD - This requires an application beforehand

We trust people to choose between the full actual cost and subsidized cost. If you cannot afford to pay 350 USD, you can attend for 245 USD. If you need further support, you will need to apply specifically for the further subsidy. Email allafricatrainig@gmail.com for more.

