

## BOOKING FORM

Please complete this form and send it to Ilona Pimbert at Rudolf Steiner House, 35 Park Road, London NW1 6XT or alternatively complete this form online at: <https://rsh.anth.org.uk/event/fsm/>

As places are limited please consider booking early and no later than Wednesday 12th October 2022.

### Personal Details

Name

Email  Telephone

### Payment Methods

I will pay £25 using the following method:

Cheque payable to: 'Anthroposophical Society in GB'

Bank Transfer: Please pay into the 'Anthroposophical Society in GB' account quoting 'F.S. + your last name'

### Account details

Account Name: Anthroposophical Society in GB  
Sort Code: 30 93 68    Account number: 01216557

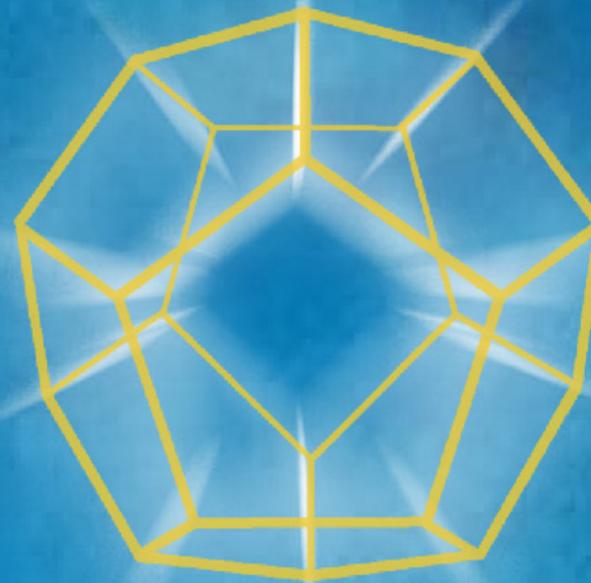
**Lunches, supper and refreshments will be available from the café.**

**If you have any questions please contact Ilona Pimbert on  
T. 0207 723 4400**



## CONFERENCE ON THE LANGUAGE OF EURYTHMY IN

# The Foundation Stone Meditation



**Saturday 22nd – Sunday 23rd October 2022**

Stefan Hasler, Leader of the Performing Arts Section  
at the Goetheanum

Coralee Frederickson, Eurythmist

Marjatta van Boeschoten, General Secretary ASinGB

Anthroposophical Society in Great Britain  
Rudolf Steiner House , 35 Park Road, London NW1 6XT

# PROGRAMME

## SATURDAY 22<sup>ND</sup> OCTOBER

11.00	Welcome and introductions	Marjatta van Boeschoten
	The Foundation Stone Meditation at the Christmas Conference and Rudolf Steiner's subsequent indications for its deepening through eurythmy	Stefan Hasler
12.45	LUNCH	
14.00	Deepening the first part of the Meditation, including an exercise and conversation.	Stefan Hasler
15.30	TEA	
16.00	Deepening the second part, including an exercise and conversation.	Stefan Hasler
17.30	Closing thoughts of the day	
18.00	SUPPER	
19.00	<b>PUBLIC LECTURE:</b> Rudolf Steiner, the Artist - why did he become an artist at 40?	Stefan Hasler

## SUNDAY 23<sup>RD</sup> OCTOBER

10.00	Deepening the third part including an exercise and conversation.	Coralee Frederickson
11.15	COFFEE	
11.45	Deepening "At the Turning Point of Time" including an exercise and conversation.	Coralee Frederickson
13.00	LUNCH	
14.00	Meditating the Foundation Stone: approaches and challenges	Marjatta van Boeschoten
	Concluding review of the themes of the Meditation	Coralee Frederickson
15.15	Final remarks	Marjatta van Boeschoten
	CLOSE	

Kindly complete the booking form on the back page.

The contribution towards the cost of the conference including the public lecture is £25.

## THE LANGUAGE OF EURYTHMY IN

# The Foundation Stone Meditation

The Foundation Stone Meditation given by Rudolf Steiner at the Christmas Conference 1923/24 was a new spiritual impulse to be cultivated and practised. Within it lies the essence of anthroposophy with contents so rich and varied that spiritual seekers can find a wealth of insights and support for their inner path and work in the world.

For Rudolf Steiner, art was 'a bridge to the spirit', and when the first Goetheanum was burnt down the world was deprived of a fully conceived artistic manifestation of anthroposophy. However, for the refounding of the Anthroposophical Society, he transformed the spiritual impulse of the building into the verses of the Foundation Stone Meditation, thereby creating it anew within the hearts and minds of individuals who take up these mantric words in their inner life.

Soon afterwards Rudolf Steiner created eurythmy forms for the text, adding visible movement and colour to enhance the effect of the spoken word and strengthen the impact of the text through art.

At this conference we will have the opportunity to enter more deeply into its manifold meanings through the lens of eurythmy, with expert contributions, eurythmy exercises and plenum and small group conversations.

No prior competence in eurythmy is necessary. The simple exercises with which we will become familiar can be continued at home as a further means of enlivening our relationship to the Meditation. (Participation in the exercises is optional, they can also be observed.) Everyone is most welcome but please note that a basic understanding of anthroposophy will be assumed. Please bring comfortable shoes for the exercises.



**Stefan Hasler** grew up on Lake Constance and trained as a pianist, conductor and eurythmist. He worked at the Waldorf School Hamburg-Wandsbek, then at the eurythmy school and eurythmy stage in Hamburg and became professor at the Alanus Hochschule. Since 2015 he is Head of the Department of Performing Arts Section of the School of Spiritual Science at the Goetheanum, Switzerland.



**Coralee Frederickson** grew up in British Columbia and graduated with a PhD in English Literature from SUNY Binghamton before training at Eurythmy Spring Valley. She has carried trainings in England, Norway and China and presently co-carries the Alanus Master's in Educational Research (Eurythmy).