

## Introduction to the Philosophy of Freedom

Hosted by Ludger Scharlipp and Nathaniel Williams

This is a seminar dedicated to a participatory and creative introduction to Rudolf Steiner's Philosophy of Freedom. There is no need to have a background in philosophy or anthroposophy to attend. While there will be an orientation to how the book relates to contemporary philosophy, the majority of the weekend will consist in finding active ways to bring the book alive together.

Costs: 55 CHF per person with accommodation – 40 CHF without accommodation. If you would like to participate but costs are a pressing issue ask about the <Youth Access and Project Fund>. Contribution covers three meals on Saturday. For more information: [nathaniel.williams@goetheanum.ch](mailto:nathaniel.williams@goetheanum.ch) +41 061 706 4391

Start: Friday, May 10th, 19:00  
End: Saturday, May 11th, 17:00

## An Introduction to the Six Foundational Exercises

Hosted by Nathaniel Williams and Christopher Marcus

This gathering is intended for young people who stand fully in modern culture and who seek a practical way with which to strengthen and orientate themselves and to understand what lies at the heart of the School for Spiritual Science. The six foundational exercises are the focus of the seminar. The gathering will include presentations, time for individual practice and opportunities for discussion.

Costs: 110 CHF per person with accommodation – 80 CHF without accommodation. If you would like to participate but costs are a pressing issue, ask about the <Youth Access and Project Fund>. Contribution covers three meals on Saturday and breakfast on Sunday. For more information: [nathaniel.williams@goetheanum.ch](mailto:nathaniel.williams@goetheanum.ch) +41 061 706 4391

Start: Friday, June 21st, 19:00  
End: Sunday, June 23rd, 12:00

## Spiritual Dimensions of Literature and Writing

Hosted by Christiane Haid, Ariane Eichenberg and Nathaniel Williams

This seminar will explore approaches to literature, writing and reading, that involve fostering a sensitivity for the creative spirit. We will focus on the work and practice of Saul Bellow, Jon Fosse and Patrick Roth through presentations, discussion and reading. No background knowledge or experience is required to attend this introductory seminar.

Costs: 110 CHF per person with accommodation – 80 CHF without accommodation. If you would like to participate but costs are a pressing issue, ask about the <Youth Access and Project Fund>. Contribution covers three meals on Saturday and breakfast on Sunday.

Start: Friday, June 28th, 19:00  
End: Sunday, June 30th, 12:00

## Practical Introduction to Visual Music

Hosted by Nathaniel Williams

This is a hands-on workshop dedicated to new instruments that have been designed for live visual music performances. The instruments were developed to create and control moving light projections intuitively, translating movements of the arms, hands and legs into dynamics of form and color. The workshop will offer an introduction to visual music, taking ideas from Rudolf Steiner and Jan Stuten as a point of departure. It will consist mostly in exercises on the instruments. No experience is necessary.

Costs: 110 CHF per person with accommodation – 80 CHF without accommodation. If you would like to participate but costs are a pressing issue, ask about the <Youth Access and Project Fund>. Contribution covers three meals on Saturday and breakfast on Sunday.

Start: Friday, July 5, 19:00  
End: Sunday, July 7, 12:00

## Perspectives on the Evolution of Consciousness

Hosted by Nathaniel Williams and Russel Arnold

This introductory seminar is dedicated to an exploration of polarities in art and geometry at the dawn of the modern age,

and prospects they hold for the future. By focusing on these facets from the beginning of the modern era through hands on exercises, presentations, and discussion, the seminar is an opportunity to learn about the evolution of human consciousness. No background in geometry or art is required.

Costs: 110 CHF per person with accommodation – 80 CHF without accommodation. If you would like to participate but costs are a pressing issue, ask about the <Youth Access and Project Fund>. Contribution covers three meals on Saturday and breakfast on Sunday.

Start: Friday, July 19, 19:00  
End: Sunday, July 21, 12:00

## Struggles of Health and Being Young Today

Hosted by Dr. Karin Michael, Dr. Nathaniel Williams and Dr. Adam Blanning

This seminar is basic and everyone is welcome. It has been created especially with young people in mind seeking a forum to explore challenges with the help of spiritual insight and understanding. What can a spiritual conception of human being show to us about challenges of being young today? Countless young people are trying to find their way with sleeping disorders, metabolic problems, hypersensitivities and a whole variety of new and increasing psychological problems (anxiety, depression, burnout, self-harm...), can a deeper look be of help? This event is an opportunity to learn about the foundational anthroposophical ideas and orientations about health and healing that inspire doctors, nurses and therapists around the world.

Costs: 55 CHF per person with accommodation – 40 CHF without accommodation. If you would like to participate but costs are a pressing issue ask about the <Youth Access and Project Fund>. Contribution covers three meals on Saturday. If you are interested in joining and have questions, or if you have particular questions you hope could be explored, reach out in advance to [nathaniel.williams@goetheanum.ch](mailto:nathaniel.williams@goetheanum.ch) +41 061 706 4391

Start: Friday, August 30th, 19:00  
End: Saturday, August 31, 17:00



Registration form for all weekend seminars at the youth section house