



May Days 2023  
**Workshops**

# Workshops

## **Group 1** *(Swedish/Norwegian)*

### **Chirophonetics V/ Reinhart Gatzsche**

With Anthroposophy as a foundation, Dr. Alfred Baur developed the therapy form Chirophonetics. We immerse ourselves in the effect of language sounds, so that they are not only heard, but also felt with the whole body and their organizing power can sink deeper.

The quality of the sounds becomes tangible, so any language errors can be corrected and can pave the way for a new step in development. The reach of chirophonics is not limited to childhood, but can be supportive in all phases of life by restoring health balance and strengthening resilience (salutogenesis)

(for more info: [www.kirofonetikk.no](http://www.kirofonetikk.no))

**Reinhart Gatzsche:** Educated in bio-dynamic horticulture (Stuttgart) and in language design (Alanus College). He has worked as a teacher of recitation and acting and for the past 12 years been active as a gardener at Alm Østre/Stange. Education in chirophonetics at the "Chirophonetics School in the Nordics".

## **Group 2** *(Danish)*

### **How do we discover our free life forces, so we understand how to maintaining them in practical everyday life V/ Lisbet Kolmos**

Together, we immerse ourselves - as we follow Steiner's recommendations - and experience how man is placed in a larger whole. Through plant contemplation we recognize the ethereal (part 1). Through immersion in a legend ("the red fish") we understand the spiritual messages behind it (part 2). When we experience our own deeper self, we discover that a special responsibility comes with it (part 3).

**Lisbet Kolmos:** has for many years been active as a doctor and leader in health education and social therapy. Now active in Helsecenter Marjatta. Experience in training the immersion process, i.a. in the health education and social education program at Marjatta, Denmark

### **Group 3** *(Norwegian/English)*

#### **Cosmos and Compost V/ Will Browne**

Since it will probably not be relevant to have "hands on" composting practices in a nice hotel, we will try our thoughts and connect them into practical action patterns in everyday life. Own experiences, thoughts and ideas from the participants help to shape the course of the work process and help form the path of discovery we will follow. Welcome!

**Will Browne:** For the last 28 years Will has been a coworker at Vidaråsen Camphill village and has been active as a house parent, workshop leader and coordinator of the management team. He is currently responsible for building projects, water treatment and composting. Will is enthusiastic about finding ways people can live together, bringing the best out of each other and transforming the inevitable challenges into opportunities for new development. Creating beauty and life supporting potential from waste products is also a source of motivation.

### **Group 4** *(Swedish/Icelandic/English)*

#### **When the model died!**

My existence is transparent and fragile, need to add little, need to be near big. Digged in an ice pit under the wide starry sky, the eye echoes in and towards the starfall, the starfall gets time and distance to unite in scent, the scent of the past and the undeveloped. The foyer will be our studio. You and I come as we are. Together we create an atmosphere where shooting stars can be captured in meetings, conversation and form. A spatial installation will be created during the May Days.

**Jøn Haraldsson:** Photographer, artistic director and director at Lundaby. Works in Järna. Working with the social sculpture.

**Shelley Sharr:** Sculptor och artist, co-owner of Lundaby. Works in Gothenburg. Works with the artistic design.

**Ruben Persson:** Sculptor and landscape architect, co-owner of Lundaby. Works on Gotland. Works with implementation and action.

# Arbeidsgrupper

## **Group 5** *(Norwegian/Swedish)*

### **Anthroposophy for everyday life V/ Turid Ulvund**

We find ourselves in an extensive paradigm shift, perhaps the biggest in human history? How can we get through this in the best way, and at the same time stand strong and shine for ourselves and each other? We have anthroposophy as a solid foundation, and knowledge and experiences about life – but how to transform this into the here and now?

What could be more important to contribute than what is closest to your heart? We are investigating why it is so important that people meet now, and how we can, through human meetings, i.e. study groups, bring to life the big and difficult questions of everyday life.

**Turid Ulvund:** has a background in stage art (theatre), visual art (painting) and teaching art – as a folk high school teacher in Norway and Sweden.

Has a master's degree in Steiner pedagogy at RSH with specialization in Grundtvig's view of humanity and values.

## **Group 6** *(Swedish/Finnish/English)*

### **Eurythmy workshop V/Anja Lehtonen**

We will work with basic elements of eurythmy and one or two poems where we examine how we can use these basic elements.

**Anja Lehtonen:** (born 1952), eurythmist and eurythmy therapist Eurythmy diploma 1980 (Berlin), eurythmy therapy diploma 1997 (Stuttgart). I have worked for just over 10 years at the Eurythmic School in Helsinki. As a eurythmy therapist, I have worked at Sylvia-koti (Lahtis) and 20 years at Marjatta-koulu in Helsinki.

## **Group 7** *(Swedish)*

### **Human development and learning V/ Marie Wallin Carlbom**

Do you sometimes feel stuck in old ruts? Maybe you are not really as engaged as you should be in your mission? With will and perseverance you will go far. But to also address all parts of what constitutes a person: heart, mind, body and the need to be part of a larger context takes even longer. In the workshop, we try different ways to increase involvement in a group in practice.

**Marie Wallin Carlbom** currently works as a consultant with a focus on leadership and organizational development. She has been assigned as a board member of two social therapy organizations in Sweden, and has also been head of operations at Morapark in Järna. A common thread has followed Marie through life – the interest in human development and learning – both as an individual and in a group. And maybe most of all – what is it that makes us make a change?

## **Group 8** *(Norwegian)*

### **Verses and verses for drama and plays w/Tone R. Lunde**

Ideas for using songs, shows and verses with children and adults, by turning them into simple plays and dramatic tableaux.

With the help of eurythmy movements and simple costumes, we immerse ourselves in the "roles".

**Tone R. Lunde** has worked as a teacher, eurythmist and eurythmy therapist at Steiner schools and kindergartens at Skjold and Paradis upper secondary schools. As well as active at the social therapeutic health education residence at Helgeseter and Rostadheimen.

## **Group 9** *(Norwegian)*

### **Self-determination and co-determination V/Eva Lønstad Davis**

Self-determination and co-determination "as far as possible" – and what can we do to help our students and residents make their own choices?

It is important to talk about what we mean by these two concepts, self-determination and co-determination. In our daily encounters with people with mental retardation, we must be aware of their rights, but also that there are limitations...

The exciting challenge is what we can do, because there is a lot we can do for them to experience mastery and be able to influence their own lives. As it says in the invitation – it's about finding keys that can open new doors!

**Eva Davis** is trained as a special education teacher and has a master's in social work. She worked as a teacher at Steinerhøgskolen in Oslo and HIL. She has a good knowledge of the rights of people with special needs and puts her heart into this work. Still active as a teacher and has assignments for the State Administrator in the Interior.



# Arbeidsgrupper

## **Group 10** *(Swedish/English)*

### **Folk dance/old dance V/Sofie Hansson**

In this workshop, we will dance various ballroom dances with roots in Nordic folk dance. We will also go through the basics of some different partner dances and the idea is that we will get a feel for the music and the movement. What we will focus on in the couple dance is to see how the rotation is affected and what its significance is. We start from snoan and then build further. The idea is that we will finish going through the basics in tex schottis, waltz and polish. No prior knowledge is required, but preferably a pair of shoes with leather soles, otherwise a shoe that glides well on the floor.

**Sofie Hansson:** folk dancer since childhood. Today works at Staffansgården and runs a local dance group.

## **Group 11** *(Swedish/Danish)*

### **A "social" work of art V/ Sonny Ferm**

Join us on a journey from Sweden and Norway to Denmark and Iceland where co-determination and participation have been instrumental in the creation of the cultural festival "Nordisk Allkonst". We look back at the 10 festivals that have been held since 2003 where, through conversation, exercises and play, we follow the path of development that led to the great social community where everyone, based on their individual qualities, contributed to the whole. Allkonsten is now moving on to celebrate its 21st anniversary in Sweden in 2024.

## **Group 12** *(Swedish/English)*

### **Creative approach with the healthy core as a starting point V/ Alexandra Jensen Zoffman**

JEnding up in situations where you feel insecure and sometimes scared can be incredibly tiring and lead to burnout. Dangerous situations can arise and the risk of violence and threats of violence can escalate. We will work with both theory and practical exercises. Work with low-affective behavior and self-protection. We look together at real case descriptions and see if we can find alternative solutions.

**Alexandra Jensen Zoffmann:** Chairman of NFLS, director of Stiftelsen Sanna with many years of experience in social therapy. She is trained in drama pedagogy and is a certified instructor in low-affective behavior and self-protection.

## **Group 13** *(Norwegian/German)*

### **Deepening in anthroposophical therapies V/ Trygve Olaf Lindvig**

How can we understand cooperation between the links of the human being in order to harmonize, strengthen and heal these using natural and artistic means?

The understanding of the four elements, earth, water, air and fire, can be a valuable source of inspiration and a practical approach to understanding the parts of being and their relationship to the elements of nature and artistic processes. We will gather thoughts and experiences from such processes in the working group in order to be able to have a transforming and healing effect on the human being.

**Trygve Olaf Lindvig** studied medicine in Germany and Switzerland. Further studies in theology, acupuncture, qigong and pharmaceutical manufacturing (Wala). The last 37 years of naturopathic practice in Lillehammer.

## **Group 14**

### **Form drawing V/ Henrik Thaulow**

Spot the living life in the nature that surrounds us! Through observations of nature, experiments and simple non-figurative drawing exercises and lines, we explore the simple and the close. Are the "shooting stars" also there, as the invisible in the visible?

**Henrik Thaulow** is a former class teacher and arts and crafts teacher in the Steiner school. Educated at Granum painting school and Goetheanistische Studienstätte in Vienna. Master's in Steiner pedagogy at Steiner College. Teaches at the same place as a university lecturer.

# Arbeidsgrupper

## **Group 15** *(Norwegian/English)*

### **From sound and wave to words and meaning. Language formation V/ Dag Blakkisrud**

What is draining us?

And what gives energy?

What actually happens in the ear?

And how do we manage to make all the muscle movements needed to express ourselves through language?

Come and say hello to our best friends - the consonants and vowels - and get to know some of Rudolf Steiner's language exercises. Together we try to go on a discovery trip in the world of sounds, and perhaps we will find the occasional treat that can spice up the educational everyday life with unexpected experiences.

**Dag Blakkisrud**, born 1963, is a trained eurythmist and language form and works as a self-employed person with language and speech as a theme.

## **Group 16** *(Norwegian/Swedish/English)*

### **Eurythmy, the life-giving rhythm V/ Gudrun Sanden**

Life is a dance that arises and passes away, where we are each other's companions, supporters and guides. All movement is communication where we are part of a social sculpture. Life creates encounters with myself and my fellow human beings. We want to create and encounter texts that can inspire us, play and improvise until we gain insight that we can face everyday life with. How to turn life itself into art or make art into life itself?

**Gudrun Sanden**: educated at the Seminaret in Järna, stage eurythmist at the Goetheanum eurythm ensemble. Pedagogical and artistic director at Eurytmi Norway. Teaches eurythmy at Steiner College and theosophy, communication, guidance and sensory education at Social Education.



## **Group 17** *(Norwegian/English)*

### **Soul sounds V/ Cornelius Evensen**

I have often been surprised by how deep impressions simple expressions can make. A sound, a movement, an image or a few words can turn into a whole world of experiences within yourself. In the workshop "Soul sounds" I invite you to develop different expressions in movement, words and sound. We will use the whole spectrum from deep calm to playfulness. Welcome.

**Cornelius Evensen** has a great love for music and the creativity in man. He is a composer and eurythmist and works as a eurythmy teacher at the Steiner School in Vestfold.

## **Group 18** *(Norwegian)*

### **MODELING; a standing figure in clay V/ Odd Lindbråten**

We work with a material that is both easily moldable and responsive to the pressure and movements of our hands. What makes a human stand in relation to a sculpture; where is the point of freedom? How do I get the clay to absorb lifting forces? Through the liberation of the expression from the constitutional and the imitative, the foundation is laid for an awareness of the healing powers.

**Odd Lindbråten** (b.1950), trained sculptor from Bildhauerschule at Goetheanum, Switzerland. Class teacher and art teacher at the Rudolf Steiner School in Moss for 40 years. Teaches at Rudolf Steiner College, Oslo as a College Teacher in Form. Active as a visual artist, course teacher and speaker on cultural and historical topics.

## **Group 19** *(Norwegian)*

### **Health education course - relevant and interesting throughout 100 years V/ Bente Edlund**

What was the situation when Rudolf Steiner held the course in 1924 and what does it look like in 2024?

Through input, study and conversation, we will bring out basic values, motives and instructions for action that make the Health Education course an important source for us today as well.

# Arbeidsgrupper

**Bente Edlund**, born 1952, is a qualified health educator and has extensive experience working with children and young people with developmental disabilities and learning difficulties. She has a doctorate in special pedagogy and has been involved in building up and leading a bachelor's program in social pedagogy at Steinerhøyskolen in Oslo. She is currently associated with the college as a guest lecturer.

## **Group 20** *(Norwegian/English)*

### **Emergency pedagogy V/ Verena Alders**

In order to find out who we are as people, it is crucial to be safe in ourselves and in our surroundings. For children and young people who have had traumatic experiences and who no longer have access to these safe places, it is important to create a good environment to build up their identity. This is what is practiced in emergency pedagogy - to create a safe place. It helps children to prevent trauma and to overcome it. Emergency pedagogy uses educational and therapeutic methods, which are familiar to all of us, through work in schools, at home, in leisure activities, in work with children and young people. We use what we already know and create a safe place through rhythms, through being safe adults.

It doesn't necessarily depend on what we do, but how we do it - also through spreading joy and warmth. Emergency pedagogy is first aid for the soul.

## **Group 21** *(Swedish/English)*

### **Basics of social therapy/anthroposophy V/Sara Sörgärde Siegers**

We talk about anthroposophy/social therapy on a basic level and discuss different concepts and what they mean. The workshop is partly based on what has been said in the lectures and explaining the anthroposophical concepts and through reasoning with each other. No question is too stupid. Suggested concepts that may come up are the pedagogical law, point and circle, three fold social order, four foldness etc.

**Sara Sörgärde Siegers:** has written the book Opportunity for a Rich Life - An Introduction to Anthroposophical Social Therapy. She is a sociologist and social therapist with 20 years of experience in social therapy and curative education activities. The last years as director at Ensjöholm village. She is passionate about making anthroposophy accessible to those who have little prior knowledge.

