

Example: Module 10

With: A and B

<p>2:00 pm</p> <p>Welcome / Outline and intention Who is here today? Check in: what event did you attend last (movie theater, church, dance, singing group, information session, further training, etc.)?</p>	<p>2:15</p> <p>Silence with gong</p> <p>Speak Goethe poem</p> <p>In breathing grace may two-fold be</p>	<p>2:25</p> <p>Conversation How did you feel after the last module on the topic of planning an event? Were you able to continue working with it?</p>	<p>Transition and clarification of the meaning of these modules: the effect of the further training is in using and practicing it. We are establishing a method here, but we must practice using it. Only then will we be able to do it!</p> <p>NEW TOPIC: organizing an event</p>	<p>2:40 PM</p> <p>Movement: It's about breathing, breathing in and breathing out. Goethe, poet and natural scientist from Frankfurt on the river Main/Weimar, 1749–1832 ... Goetheanum ...</p> <p>Standing in a circle, open your arms wide at the beginning, then move with the meaning of the words: pulling together, opening</p> <p>One person recites: <i>In breathing Grace may two-fold be. We breathe air in, we set it free. The in-breath binds, the out unwinds. And thus, with marvels, life entwines.</i> (Turn once around with arms in the air) <i>Then thanks to God when we are pressed, And thank him when he gives us rest.</i></p>	<p>2:45 PM</p> <p>Planning an event around the new topic</p> <p>Shaping the event Let's think about it together... What kind of event do you wish for? How do we come to the wished-for result?</p> <p>Space - address - preparation (welcoming atmosphere: flowers, name tags) - Finding one's way (signposts around the place, COVID-19 guidelines, agenda) - Seating, buffet</p> <p>Moderator Timekeeper Energy-keeper</p> <p>Rhythmic structure (breathing in, breathing out) - stillness - movement - break - food and drink - beginning and end</p> <p>Conversations - alone - two or three (small group) - all together</p>	<p>15:25</p> <p>Farewell: (Do you feel prepared?) Do you have an upcoming event?</p> <p>Movement again</p>
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