

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 orient 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.



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

