



31st Eastern European Working Conference for  
Doctors, Therapists, Educators, Teachers, Parents,  
Farmers and Interested Parties

**"Only those who have something  
to give can give.  
The Sources of self-power"**

**July 27-31, 2026**

**Riga Waldorf School  
98 Šampētera Street, Riga, Latvia**

of



Medical Section at the Goetheanum  
the Free University for Humanities  
Dornach, Switzerland  
Collaboration with  
Association of Waldorf Education of Latvia

You are cordially invited to the 31st Eastern European Working Conference for doctors, therapists, educators, teachers, parents, farmers and interested parties.

**"Only those who have something to give can give. The sources of self-power."**

**July 27-31, 2026**

**Riga Waldorf School – Šampētera Street 98, Riga, Latvia**

**Registration:**

Please fill out the participant questionnaire and submit it **by July 10, 2026!**

<https://forms.gle/XdioQQqig78f8Gzc9>

e-mail: k2026riga@gmail.com

**Conference registration fee:**

- EUR **130.-**
- EUR 100 for members of the Association of Waldorf Education of Latvia

The participation fee must be paid by July 15th.

We would be grateful if you would support the conference with a donation!

Please transfer the payment to this account:

Account: LV19HABA0551037585720

Swedbank HABALV22

Rīgas Valdorfskolas attīstības veicināšanas biedrība

Reg. No. 40008045776

Address: Juglas iela 18, Rīga, LV-1064

Arrival: July 26, 2026, from 5:30 PM - Contact phone: +371 26160109 Mara

**Working languages:** German, English, Russian and Latvian.

Latvian translation is offered for lectures, professional working groups and artistic working groups.

**Catering:**

- **EUR 22.00 per day** (including 2 coffee breaks, breakfast, lunch, and dinner).  
22 x 5 days = EUR 110. Meals are only available as part of this package.
- For the Latvian group, we offer either lunch only or the entire package.

**Accommodation:**

- o In school classrooms  
€5 per person per night (please bring your own mattress, sleeping bag, pillow, and towel). Room capacity: 8–10 people. Limited availability!  
It will not be possible to cook at school!  
Cars can be parked in the unguarded parking lot at the school.
- o You can camp in the school forest – 3 EUR per night – and you can shower at the school.
- o Hotel Elefant – 30 minutes walk  
<https://rixwellelefanthotel.reservationstays.com/hotels/>
- o Guesthouse: Šampētera nams, Apuzes iela 22 – 7 minutes walk
- o Champetre Park View Apartments, Šampētera iela 74 - 10 minutes walk  
<https://fair-maids-apartaments.hotel-in-latvia.com/en/>

Special offer – on 29 July, you will have the opportunity to experience a Gong Night. The participation fee is EUR 25 per person. Please bring a mat, a blanket, a pillow, and comfortable clothing.

**" Only those who have something to give can give. The source of self-power ."**  
 31st Eastern European Working Conference for Doctors, Therapists, Waldorf Teachers, Educators, Parents and Farmers  
 27th-31st July 2026 Riga, Latvia.

|        | July 26, 2026.<br>Sunday | July 27, 2026,<br>Monday                                                                               | July 28, 2026,<br>Tuesday                                                               | July 29, 2026.<br>Wednesday.                                                                       | July 30, 2026,<br>Thursday                                                      | July 31, 2026,<br>Friday                    |
|--------|--------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------|
| 7.30   |                          | Act of human consecration/ Latvian, Russian, German (Līga Skujiņa, Lina Dvaranauskienė)                |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 8:00   |                          | Breakfast                                                                                              | Breakfast                                                                               | Breakfast                                                                                          | Breakfast                                                                       | Breakfast                                   |
| 9:00   |                          | Singing/ info                                                                                          |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 9.15   |                          | Anxiety as an Epidemic of Our Time and Anthroposophy as a Possibility for the Future.<br>Vita Valdmāne | "Living food – living human being: Biodynamics as an answer to burnout"<br>Rasa Čirīene | Secrets of the Ego and Etheric Body," Burnout Prevention<br>Andreas Ossapofsky                     | How do I find my way? How does the human community find its way?<br>Milan Meder | The principle of hope.<br>Francisco Barceló |
| 10:45  |                          | Coffee break                                                                                           |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 11.15  |                          | <b>Artistic working groups (Group B)</b>                                                               |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 12.15  |                          | pause                                                                                                  |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 12:30  |                          | <b>Professional working groups (Group A)</b>                                                           |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 13:30  |                          | Lunch break                                                                                            |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 15.00- |                          | <b>Artistic working groups (Group B)</b>                                                               |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 16.00  |                          | pause                                                                                                  |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 16.30  |                          | <b>Professional working groups (Group A)</b>                                                           |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 17:30  | Arrival from 5:30 pm     | Dinner                                                                                                 |                                                                                         |                                                                                                    |                                                                                 |                                             |
| 18.00  |                          | Introduction of participants, brief introduction                                                       | Dances and songs with the folklore group "Oglīte"                                       | Gong night until 7:00 am – you must bring a sleeping bag to sleep on the floor in the school hall. | Eurythmy performances                                                           | Group reflections, conference summary       |

### Professional working groups (A1-A8)

| Group       | Activity                                                                                                                                                                                                                                                                                                                    | Leader                               | Language           |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|--------------------|
| <b>A1</b>   | 1. "Special Children Today"<br>2. "What is burnout, and why don't angels get it?"<br>3. Time availability/time requirements                                                                                                                                                                                                 | Andreas Ossapofsky                   | German             |
| <b>AB2*</b> | Teacher-student interaction                                                                                                                                                                                                                                                                                                 | Andra Biseniece                      | German             |
| <b>A3</b>   | 1. Cosmetics and senses: "What does our skin recognize as alive?"<br>2. Tasting: "Living foods and the life force of humans"<br>Together with the Latvian biodynamic farmer Andris Mangulis<br>3. Tea and Rhythm "Rhythm, plants and inner peace"<br>Meditative tea ceremonies: Oolong, medicinal herbs, coffee substitutes | Rasa Čiriene                         | German/<br>Russian |
| <b>A4</b>   | Rudolf Steiner's last year (the 19 class hours) in view of future educational development, in view of the esoteric Michael School and also in view of future cooperation in human communities.                                                                                                                              | Milan Meder                          | German             |
| <b>AB5*</b> | Inclusion of children with varying learning difficulties in the learning process. Special education.                                                                                                                                                                                                                        | Mischa Pitskhelauri                  | German/<br>Russian |
| <b>A6</b>   | Human lives and the ability to cope with difficult situations                                                                                                                                                                                                                                                               | Līga Skujiņa/<br>Lina Dvaranauskienė | German/<br>Russian |
| <b>A7</b>   | Fundamentals of rhythmic massage, bandages                                                                                                                                                                                                                                                                                  | Irina Shilova                        | Russian            |
| <b>A8</b>   | Purgatory of the Ballad – Working with Ballads in School-Age Children                                                                                                                                                                                                                                                       | Kylli Volmer                         | Russian/<br>German |

\*If you choose this professional working group, you must also choose the corresponding artistic working group led by the same lecturer.

### Artistic working groups (B1-B8)

| Group       | Activity                                                                  | Leader                      | Language                    |
|-------------|---------------------------------------------------------------------------|-----------------------------|-----------------------------|
| <b>B1</b>   | Eurythmy                                                                  | Guna Donina<br>Julia Janson | German/Russian              |
| <b>BA2*</b> | Music in the learning process                                             | Andra Biseniece             | German                      |
| <b>B3</b>   | Painting with wool                                                        | Ieva Zunda                  | German English              |
| <b>B4</b>   | Drawing/Painting                                                          | Ilze Breidak                | English/Russian             |
| <b>BA5*</b> | Observations of children                                                  | Mischa Pitskhelauri         | Russian/German              |
| <b>B6</b>   | Through the eye of the needle<br>of sound - speech formation<br>exercises | Kylli Volmer                | Russian/German              |
| <b>B7</b>   | The healing effect of gongs                                               | Inga Graumane               | German English              |
| <b>B8</b>   | Improvisational theatre                                                   | Līga Strūberga              | English/ Russian/<br>German |

\*If you choose this artistic working group, you must also choose the corresponding professional working group led by the same lecturer.

Our lecturers and leaders of seminars and practical working groups:



**Dr Vita Valdmane**

For more than 20 years, she has applied methods of anthroposophic medicine in her medical practice in Riga. She is a lecturer at Waldorf education seminars in Latvia and abroad. Mother of three children.

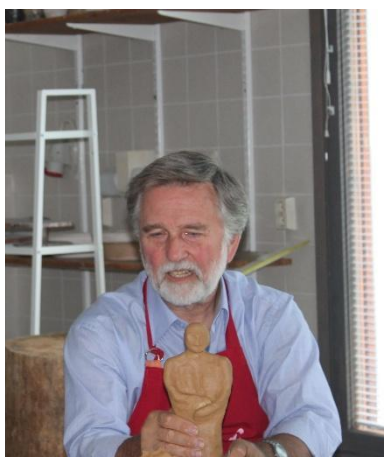


**Rasa Čiriene** (Lithuania) is a lecturer, translator, and practitioner of biodynamic agriculture. At the age of 37, she discovered biodynamics and felt inspired to share her experience and knowledge with others. With this aim, she founded the organic food shop “Žalia rasa” in Vilnius, which has become a meeting place and a centre for exchanging knowledge and experience among people interested in sustainable nutrition and biodynamic agriculture.

She gives lectures to farmers, gardeners, and consumers, teaches biodynamic agriculture at Vilnius College, and has been actively involved in educational work for many years.

In addition, Rasa Čiriene translates Maria Thun’s Sowing Calendar into Lithuanian and leads seminars on its practical application in agriculture and gardening.

She is one of the best-known advocates of biodynamic agriculture in Lithuania and actively contributes to the development of the biodynamic movement in Eastern Europe. She sees her calling in bringing together two paths in her life – the German language and biodynamics – combining them in her educational, translation, and consulting work.



**Dr. med. Andreas Ossapofsky (Germany)**

Andreas Ossapofsky was born in 1953 in Chemnitz, Germany. During his youth, his worldview was strongly influenced by encounters with members of The Christian Community. From 1973 to 1978, he studied medicine in Leipzig. In 1984, he qualified as a specialist in general medicine, and in 1986 he continued his professional and academic development at Charité in Berlin.

In 1990, he was involved in founding the Dresden Waldorf School and has served as the school doctor there ever since. He was also one of the founders of an association of anthroposophic physicians in Germany. Since 1991, he has worked in private practice.

Since 1990, Dr Andreas Ossapofsky has been one of the coordinators of the Eastern European Conferences and has been actively involved in international cooperation in the fields of anthroposophic medicine and Waldorf education.



**Milan Johannes Meder, (Germany)**

Milan Johannes Meder was born in Überlingen on Lake Constance. After graduating from a Waldorf school, he went to Saint Petersburg, where he spent 18 months doing voluntary civilian service.

During his professional career, he managed a large clinic for 11 years. For the past five years, he has worked in his own private practice as a child and adolescent psychiatrist.

Anthroposophy has been a lifelong interest and an important influence throughout his personal and professional development.



**Dr. Hist. Francisco Barcelo (Spain)**

He has worked in the field of curative education for more than 40 years. He is a member of staff at the Camphill community “Sylvia-koti” in Finland and has many years of experience leading seminars on curative education and Waldorf education.

Dr Hist Francisco Barcelo is also one of the coordinators of the Eastern European Conferences and has been actively involved in international cooperation and the exchange of experience in the fields of curative education and Waldorf education for many years.

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|    | <p><b>Anda Biseniece</b><br/>Lecturer in education and teacher at Pārdaugava Waldorf School in Latvia. Concert director and producer. Musician – harpist and kokle player. She has also worked as a music therapist for more than 15 years.</p>                                                                                                                                                                                                                                                                                                                                                                                                        |
|   | <p><b>Mischa Pitskhelauri</b><br/>Therapeutic educator, artist, and consultant in education and child development. Author and leader of the course “Practical Anthroposophy”, as well as the head of a medical and pedagogical seminar. He specialises in the methodology of thinking and is the author of several books. He leads seminars and gives lectures on Waldorf education and anthroposophic education. He studied and worked at the Institute for Social Therapy near Lake Constance. For three years, he taught at a school for curative education. Since 2010, he has worked as a therapeutic educator at a Waldorf school in Berlin.</p> |
|                                                                                     | <p><b>Līga Skujīņa</b> (Latvia)<br/>Priest of The Christian Community in the Netherlands and Latvia. She completed her training at the Priest Seminary in Hamburg.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|  | <p><b>Lina Dvaranauskienė</b> (Lithuania)<br/>Priest of The Christian Community in Lithuania. She completed her training at the Priest Seminary in Stuttgart.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b>Irina Šilova</b><br/> Rhythmic massage therapist. She completed her training at the Dörte Krause Institute in 2009. Instructor in rhythmic embrocation according to the Wegman/Hauschka method.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|   | <p><b>Kylli Volmer</b> (Estonia)<br/> Born in Estonia in 1966. She is a trained philologist and has been working in the field of Waldorf education since 1995. She works at a Waldorf school in Estonia.<br/> Teacher and lecturer in speech formation and drama.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|  | <p><b>Jūlija Jansone</b> (Latvia)<br/> She studied eurythmy in Germany and Sweden. Since 2005, she has worked in Waldorf education in Germany and has also worked therapeutically with young people with special needs. From 2010 to 2015, she participated in Waldorf education camps in Iraq and Haiti, supporting children and young people affected by crises and post-traumatic experiences.<br/> She actively collaborates with the School of Western Esotericism and Anthroposophy in Latvia, creates solo programmes and artistic projects for the Berlin eurythmy stage, and practises therapeutic eurythmy in Latvia. Since 2017, she has worked as an eurythmy teacher at Riga Waldorf School.</p> |

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|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b>Guna Doniņa</b> (Latvia)</p> <p>Teacher and eurythmist at Riga Waldorf School since its foundation. She studied eurythmy at the Moscow Academy of Eurythmy Arts. She also teaches eurythmy at Pārdaugava Waldorf School and works as a mentor for eurythmy students, sharing her extensive pedagogical and professional experience.</p>                                                                                                                                                                                |
|   | <p><b>Ieva Zunda.</b> (Latvia)</p> <p>Mother of five children and grandmother of three grandchildren. Teacher at Ogres Baltā Waldorf School. She has been working in various Waldorf education institutions for 30 years, including ten years at a Camphill community in Latvia. For approximately 25 years, she has been involved in the art of felting, participating in and leading various creative projects.</p>                                                                                                        |
|  | <p><b>Ilze Breidaka</b> (Latvia)</p> <p>Mother of three grown-up children, artist, and currently also a beekeeper's assistant. More than 20 years of experience at Riga Waldorf School have enriched and shaped her in different roles – first as a mother, and later as a colleague and teacher. She has led art classes and creative workshops for adults, young people, and children in various formats. In her work, she enjoys inspiring people to be courageous, discover their creativity, and try something new.</p> |



**Inga Graumane (Latvia)**

Sound therapist, gong sound meditation practitioner, and meditation facilitator. Vocal arts teacher, choir conductor, and holder of a Master's degree in Education. In her meditations, classes, and workshops, she combines sacred knowledge with academic experience. She has conducted the mixed choir "Sonante" for many years.

Workshop "The Healing Effects of Sound Therapy"

In this workshop, participants will have the opportunity to explore various sound therapy instruments and methods, including Tibetan singing bowls, shamanic drums and rattles, therapeutic string instruments such as the kotamo and monochord, various therapeutic bells and chimes, as well as healing voice exercises. Participants will also have the opportunity to practise with these instruments and directly experience the therapeutic effects of sound and vibration.

Comfortable clothing and a yoga mat are recommended.



**Līga Strūberga (Latvia)**

She has worked at Riga Waldorf School since 2010. She is a class teacher, English and drama teacher, MOT trainer, and improvisational theatre instructor.

Workshop "Improvisational Theatre Methods in Education"

Working in a safe and supportive environment, participants will develop their creativity, spontaneity, collaboration skills, and self-confidence while learning practical exercises that can be used with students of different ages. The workshop will introduce participants to the fundamental principles of improvisational theatre, storytelling techniques, and methods of active participation. Participants will also explore how improvisation can be used to develop communication skills, critical thinking, empathy, and a positive learning environment.

Participants will gain practical experience, new ideas, and inspiration that they can immediately apply in their everyday teaching practice.