

THAT GOOD MAY BECOME!

The Foundation Stone Meditation in Eurythmy

A Workshop for adults with Cynthia Hoven

Saturday February 3 2023 Live Oaks Waldorf School



One hundred years ago, in 1923, Rudolf Steiner created the verse that is a new kind of “Foundation Stone,” a meditative verse that serves as the foundational work for the newly founded Anthroposophical Society. The thoughts inherent in this verse express deep values and understandings of the threefold human being, of how the earth and the universe interact through every aspect of creation, and of the Turning Point of Time.

In this workshop, we will have the special opportunity of working with this meditation in Eurythmy by moving the beautiful, complex and interweaving forms conceived by Rudolf Steiner specifically for this verse. We will also develop an adapted form for an individual person for the “fourth panel,” that you can do at home as a personal practice.

This workshop is especially recommended as preparation for the upcoming stage performance of the Foundation Stone Meditation to be offered March 3 in Sacramento see below).

Because of the sensitive content of this workshop, it is recommended specifically for people who are already students of the work of Rudolf Steiner.

**Where: The Live Oak Waldorf School
410 Crother Road
Meadow Vista, CA 95722
(fewer than 30 minutes drive east of Sacramento)**

When: Saturday, February 3 10AM-4 PM (bring your own sack lunch)

Due to a generous donation, the course fee of \$50/person has been waived, and we are able to offer the course for free.

Please pre-register by emailing Cynthia Hoven at choven@sbcglobal.net

SAVE THE DATE! On Sunday, March 3, the Portland Eurythmy Group will bring their performances to the Sacramento Waldorf School.

At 3PM: “This Being Human,” with poetry and story for all ages

Followed by: The Foundation Stone Meditation in Eurythmy, a 30 minute performance for adults

Tickets: Advanced ticket sales \$20/person, at the door: \$25/person

Watch for details in Faust Branch newsletters and on the Faust Branch website