

Foundation Year

IN ARTS & ANTHROPOSOPHY



**NOW ACCEPTING
APPLICATIONS**



A program of discovery, self-transformation, personal growth and practical activity.

A creative gateway into the work of Rudolf Steiner and the profound world-view of Anthroposophy, the Foundation Year program leads toward professions that renew culture and heal the earth, and provides the requisite background for a Waldorf teacher training program.

Using the arts, study, group work, movement, and seminars, the Foundation Year explores anthroposophy – the wisdom of being human – through thinking, feeling, and practical activity.

Rudolf Steiner's books are studied through deep questioning in seminars, conversation, the arts, biographical study, and journaling. Individual artistic capacities are developed through painting, drawing, clay modeling, singing, speech, Eurythmy, Spatial Dynamics, and writing. The program includes Waldorf classroom experience and exploration of other initiatives in the cultural realm that spring from the work of Steiner.

Within a striving, healthy community, you will:

- Explore your individual creative capacities
- Study the inner laws of nature
- Deepen your understanding of the evolution of human consciousness

We invite you to join us for this transformative course.

SCHEDULE: Most Fridays and Saturdays, September, 2014 through May, 2015.

LOCATION: Seattle Waldorf School
2728 NE 100th Street, Seattle, WA 98125