



# Art of Well-Being

## Programme Overview and Intentions

The **Art of Well-Being** is a three seminar, year-long programme for those wanting to renew their well-spring for life so they can be more connected and available to the demands of home and work. Its purpose is to provide understandings and experiences that nourish and enliven at a soul level, supporting individual participants to know their world in fresh and meaningful ways. The programme draws on contemporary, holistic thinking that together offer perspectives that explore what it is to be human. In particular we draw on contemporary applications of the work and understandings of Anthroposophy inspired by Rudolf Steiner.

### As a student on this programme you will:

- Explore the theme 'Staying Upright, Keeping Heart' as a metaphor for well-being, by drawing on contemporary holistic understandings of the human being
- Open up the nature and source of 'well-being' and how we can renew our own strength and resilience for life
- Recognise and respect the power and potential we each have as adult learners, giving time and space for this practice
- Pose the question, and explore together 'What does it mean to be truly human?'
- Learn and practice the language of the soul as we come back to our individual centres and feel nourished through art, colour, mindfulness, story, nursing therapies, movement, artful conversation, reflection and life stories
- Reflect on how these new and deeper understandings might inform a re-enlivened approach to life and relationships, both at home and at work
- Challenge ourselves to change so that we can be more responsive and effective as we go about life
- Develop observation skills as a pathway to insightfulness
- Work with life story using themes and windows into your own biography to enhance understanding of the human journey
- Understand the path of adult learning and its invitation to deepen our capacity to observe and to be present.



## Seminar Overviews

### **Seminar One: May 8-12 2019**

**In addition to working with the themes outlined in the programme intentions noted above, specific focus for Seminar One includes:**

- Working with the gesture of the lemniscate, the journey from inner to outer and back again, through a central crossing point
- Understanding the sources of health through an introduction to Salutogenesis
- Meeting myself and the world through the senses, with a focus on four body orientation senses
- Exploring our very human capacities of wonder, compassion and conscience
- Recognising myself as an Integrated Human Being with dimensions of Body, Soul and Spirit.

### **Seminar Two: August 14-19 2019**

**In addition to working with the themes outlined in the programme intentions noted above, specific focus for Seminar Two includes:**

- Working with the gesture of the labyrinth, the journey from periphery to centre and back again, with all its unexpected turns and meeting points
- Coming to my centre and strengthening my own sense of life through the practice of mindfulness, meditation and contemplative enquiry
- Meeting myself and the world through the senses, with a focus on four soul senses that let me take in the world
- Deepening my understanding of the sources of health through a further exploration of Salutogenesis focusing on nutrition for body, soul and spirit
- Building on my understanding of myself as an Integrated Human Being by exploring my own dimensions of body, life, soul and individuality
- Working with temperaments as a means of understanding myself and others.

### **Seminar Three - 16 – 21 October 2019**

**In addition to working with the themes outlined in the programme intentions noted above, specific focus for Seminar Three includes:**

- Working with the gesture of the mandala, the journey from above to below, with centre and periphery, in harmony and balance
- Meeting myself and the world through the senses, with a focus on four senses that let me encounter others and be in service to the world
- Working with a picture of soul types as a means of understanding myself and others
- Deepening my understanding of the sources of health through a further exploration of Salutogenesis, focusing on illness as a path to wellness
- Opening the possibility of connection to our spiritual companions
- Exploring the power of life story in others as a source of well-being and strength



Please note that these are general guidelines for each seminar. The themes covered are vast; while the time frame is limited, each week will bring seeds from which students can grow their understanding in their own time and at their own pace: through study of texts, discussion, observation, practical application and self-review. There will be some self-chosen homework in between seminars and suggested reading to support the themes.

While the following quote from Rudolf Steiner focuses on the child, it mirrors the understanding and approach the teaching faculty take with adult learning on this programme:

*“Every education is self-education, and as teachers we can only provide the environment for children’s self-education. We have to provide the most favourable conditions where, through our agency, children can educate themselves according to their own destinies. This is the attitude that teachers should have towards children, and such an attitude can be developed only through an ever growing awareness of this fact”*

*Rudolf Steiner, The Child’s Changing Consciousness*

As the teaching faculty we carry clear Learning Intentions for the programme, and we recognise that Learning Outcomes will be personal and unique to every student according to your life journey and your own needs and focus. In the spirit of this understanding, we welcome you letting the programme offer what you are looking for.