

Rudolf Steiner's 6 Essential Exercises

An Exploration through Drawing

Online: once a month Wednesdays at 9am New York time

This drawing work is in support of the Basic Exercises Course

<https://basic-exercises.com/en/>

Control of thought

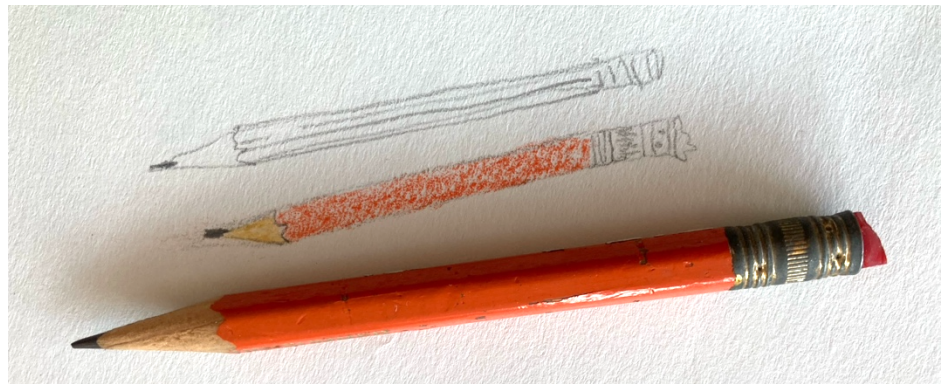
Control of will

Equanimity

Positivity

Open-mindedness

Equilibrium of Soul



In this online workshop we will explore each exercise for one month with drawing exercises.

No experience is necessary, all exercises will be demonstrated and do not take drawing skill.

“An appropriate path of schooling will refer to certain qualities to be acquired by those who wish, through practice, to seek their way into higher worlds. Such qualities are, above all: the souls mastery of its thoughts, of its will, and it's feelings “. Rudolf Steiner, Occult Science

Dates for the autumn sessions:

October 14

November 11

December 9