



"Now let us turn to the figure of 'Day.' Suppose we could induce in a human being a condition in which his astral and etheric bodies were as quiescent as possible and the Ego especially active. No posture could be more fitting for the activity of the Ego than that portrayed by Michelangelo in the figure of 'Day.' The postures are not allegorical but drawn directly and realistically from life. The artist has succeeded in capturing as it were for earthly eternity the postures which in the evolutionary process most aptly express the activity of the Ego and the activity of the etheric body."

Life Between Death and Rebirth,
Rudolf Steiner

The Bay Area Center for Waldorf Teacher Training has been offering a transformative 3-year, part-time program for developing Waldorf teachers since 2001. Our program is recognized for its depth of study, comprehensiveness, strong sense of community and transformative ability to change lives. In addition to the 3-year Waldorf teacher training program, we offer inspiring artistic courses for anyone seeking to develop themselves through Anthroposophy and the arts, introductory courses for parents of children in Waldorf schools, and professional development and deepening courses for teachers and others working out of Anthroposophy.



Register

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BAY AREA CENTER
FOR WALDORF
TEACHER
TRAINING

Healing Through Art

Coming into Being

December 30 2019–Jan 3 2020

with Pamela Whitman
and Ken Smith

Cost: \$400

Summerfield
Waldorf School and Farm
655 Willowside Rd,
Santa Rosa, CA 95401



The second of the Healing through Art courses will focus upon the incarnation process. For us as human beings, this is the fundamental therapeutic question. How is this person incarnated? What are the blocks or hindrances? How can we help them to dissolve them and restore flow and movement? How can we help bring Spirit into Soul into Body?

This course will concentrate on developing a sense for the expression of the human spirit as it finds its place in the sheathes of the body. Participants will learn observation skills and practice artistic exercises that focus on specific incarnation qualities.

By working with this theme during the winter season and the Holy Nights, we will also be able to connect to the archetypal gesture of birth and the influence of the Archangel Gabriel.

This is the second session of the 'Healing through Art' initiative. Participants from the first course as well as new participants are welcome as we explore interest in a training program.

Coming into Being Supporting the Incarnation process through Art Program

- 9am Lecture study
- 9:30 Sculpture with Ken Smith
- 10:30 Morning Snack
- 11:00 Light and Darkness
with Pamela Whitman
- 12:30 Lunch Break
- 1:30 Painting with Pamela Whitman
- 3:30 Afternoon Snack
- 4:00 Anthroposophic Medicine
Tues, Wed & Thurs
- Sculpture Mon & Fri
- 5:00 Conclusion of the Day



Course Leaders

Pamela Whitman, M.A. received her B.S. from MIT, where she studied both science and humanities. She participated in the Light, Color and Darkness Painting Therapy training in Holland and received her certification from the Medical Section at the Goetheanum. Her career and interests span the fields of science, art, spirituality, consciousness, psychology, healing and education, all of which she incorporates as a therapist, international adult educator and painter.



Ken Smith is the Director of BACWTT. He studied at Emerson College, England and completed his training in sculpture and the visual arts with practices in pedagogical and therapeutic work. After working in Waldorf education, he taught as Course Leader of the 3-year Visual Arts and Sculpture Training program at Emerson College. He has been active internationally in Anthroposophical art and Waldorf education for over 25 years.



Dr. Carmen Hering, DO integrates Anthroposophic Medicine with Osteopathic and Family Medicine in her private practice in Albany, CA. She has served as adjunct faculty at Touro University College of Osteopathic Medicine, serves as faculty for the International Physician Medical Training (IPMT) for Anthroposophic Medicine and teaches at the Bay Area Center for Waldorf Teacher Training.



Dr. Jennifer Schmitt, ND has an integrative pediatric and family practice in the East and North Bay and is certified as an Anthroposophic Naturopathic Doctor. She lectures and teaches at Waldorf schools and Waldorf teacher trainings in the United States, is the current Vice President on the board of the Society for Physicians of Anthroposophic Naturopathy (SPAN) and is on the faculty of the Bay Area Center for Waldorf Teacher Training and Sound Circle Center in Seattle.

