

# Penang / Malaysia

## June 30 – July 7, 2019

Rainbow Paradise Hotel, Penang, Malaysia

Sunday 30.06.2019	Monday 01.07.2019	Tuesday 02.07.2019	Wednesday 03.07.2019	Thursday 04.07.2019	Friday 05.07.2019	Saturday 06.07.2019	Sunday 07.07.2019
	8:30 – 9:20 Eurythmy Exercises to Enliven Self-Awareness and Observation Faculties: Vowels and Planetary Movements, Consonants and Zodiac Gestures <i>Hsin-Tsih Lai</i>						
	9:30 – 10:45 Interactive Learning in Small Groups: Goetheanistic Observation Exercises as a Phenomenological Approach to Nature						
	Water Element	Warmth Ether	Light Ether	Chemical Ether	Life Ether	Healing Places	Healthy Food
	C O F F E E / T E A B R E A K						
	11:15 – 12:30 Text Study and Thinking Exercises using: R. Steiner / I. Wegman: <i>Fundamentals of Therapy</i> , Chapter II: Why Does the Human Being Become Ill? <i>Daphne von Boch</i> R. Steiner: <i>Theosophy</i> , Chapter I <i>Rolf Heine</i> R. Steiner: <i>How to Achieve Knowledge of the Higher Worlds</i> , Chapter I <i>Alexander Schwedeler</i>						12:00 – 13:00 Closing and Distribution of Certificates
	L U N C H B R E A K						
From 15:00: Registration	14:30 – 16:00 and 16:30 – 18:00 Inflammation and Sclerosis <i>Daphne von Boch</i> The Four Elements in Care <i>Michelle Vette</i> Anthroposophic Pharmacy: Lime and Silica Processes. About the Four Types of Ether <i>Salete Klett</i> Art Therapy <i>Karin Jarman</i> Which Kind of Nutrition Can Strengthen our Life Forces? Which Can Weaken them? <i>Joan Oon</i> Artistic / Hygienic Eurythmy: The Flow of Vitality - the Breathing in the Rhythm <i>Hsin-Shih Lai</i> Biography Work <i>Susanne Hofmeister</i> Children with Mysteries - Medical-Pedagogical Diagnostics and Therapy <i>Andrea Seemann</i> Leadership of Myself and in the Organization <i>Alexander Schwedeler</i>						
17:30 – 18:45 D I N N E R	Biodynamic Farming <i>Jakes Jayakaran</i>						
	E V E N I N G B R E A K						
18:45 – 19:45 The World of Life Forces <i>Rolf Heine</i>	The Birth of Ether Body <i>Rolf Heine</i>	Biographic Rhythms <i>Susanne Hofmeister</i>	What is Health? <i>Daphne von Boch</i>	Initiatives in Malaysia <i>Joan, Callie, Swee</i>	Planet Earth as an Organism <i>Jakes Jayakaran</i>	What is Imagination ? <i>Karin Jarman</i>	
	19:15 – 20:15 Review of the Day, followed by: 20:15 – 20:35 Conclusion <i>Alexander Schwedeler</i>						