

UNEARTHING, WATERING, AIRING OUT AND WARMING

Through the Four Elements to the Four Temperaments

◆◆◆◆◆◆◆◆◆◆

Earth, Water, Air and Fire play essential roles in our relationship to ourselves, to each other and to the world. Through conversation drawing on Rudolf Steiner's insights about the Four Elements, we will explore the mystery of the two streams that combine to create our temperaments.

Discussion as well as artistic and biography exercises will be intrinsic components of this course.

Open to all, including those new to anthroposophy.

This is a core course that can support any Foundation Studies in Anthroposophy program.

◆◆◆◆◆◆◆◆◆◆

Jennifer Brooks Quinn is a Waldorf teacher, an adult educator and a biographical counselor with a practice in Spring Valley and New York City. She has been a director and co-director of Foundation Studies in Anthroposophy at Sunbridge College and The Brooklyn Waldorf School. She offers workshops, courses and retreats in Latin America, China and the U.S.

The course will meet on four Saturdays from **9am to 3pm**
at Green Meadow Waldorf School in Spring Valley, New York.

April 2
April 9
April 30
May 14

The cost of the course is \$580.

For inquiries and registration please contact Jennifer Brooks Quinn at
jbrooksquinn@gmail.com or at 845 356 6389.