



## FOUNDATION STUDIES

Foundation Studies focuses on the written work of Rudolf Steiner, courses in a variety of arts, and provides an introduction to a contemporary path of inner development. The goal of these courses is to awaken participants to the soul-spiritual nature of the human being and to enliven their sense of themselves, others, and the natural world around them.

This is a shorter [half-time] two year program consisting of three academic terms per year with 4 classes offered per term [typically 3 on Friday evenings and 1 on Saturday]. Each term lasts for 7 weekends with scheduled breaks throughout the academic year designed to honor holidays and the live/work balance of our students.

A Certificate of Completion is conferred once all classes have been completed, and all course credits will be honored if the student decides to enroll in the Teacher Education Program at a later date.

These courses may also be taken independently for personal growth.

## Course Descriptions (FDS)

### **Themes from Rudolf Steiner's THEOSOPHY [year 1 course]**

An Introduction to the Supersensible Knowledge of the World and the Destination of Man, Rudolf Steiner gives an introduction to many of the fundamental concepts that underlie his life work, Anthroposophy. Following upon a comprehensive description of the human being composed of body, soul, and spirit, Steiner develops the idea of destiny and reincarnation. He concludes with a succinct description of the path of knowledge by which each one of us can develop for ourselves the capacities required to experience the phenomena that he describes.

### **Themes From Rudolf Steiner's HOW TO KNOW HIGHER WORLDS [year 1 course]**

In this course, we will examine the path developed by Rudolf Steiner in his book How to Know Higher Worlds. In this work, Steiner gives exercises and meditation techniques that are designed to deepen, strengthen and ultimately open the human soul to an objective reality beyond the physical senses. Throughout the book Steiner emphasizes how the development of inner integrity, sound judgment, and a discerning intellect are essential for reliable knowledge at this level of experience.

**Central Ideas From Rudolf Steiner's PHILOSOPHY OF FREEDOM [year 1 course]**

This foundational text establishes the epistemological basis for all of Steiner's subsequent work. Steiner develops a basis on which to transcend the limits to knowledge asserted for modern consciousness by Kant. In his Philosophy of Freedom, he develops a view of intuitive thinking and its far-reaching consequences from a phenomenological standpoint, that is, from the standpoint of what can be experienced first-hand.

**Biography [year 1 course]**

This course introduces students to Rudolf Steiner's view of the stages of human development and themes that arise in seven year rhythms throughout life. As well as deepening our understanding of the path of development of a child in the context of education, it also provides the adult student with a different perspective on their own development.

**Developmental Biology [year 1 course]**

Designed by Michael Holdrege, a biology teacher, this course introduces first year students to the physiological basis for understanding Rudolf Steiner's view of the human being in relation to education. It is a prerequisite for study of The First Teacher's Course in which Steiner describes the basic principles of Waldorf education.

**Perspectives on the Evolution of Consciousness Through Architecture and Art [year 2 course]**

In this course students will work with a series of slides of art and architecture from different periods of history and parts of our earth. Through exercises in quick sketching to hone our powers of observation, we will discuss observable differences and changes in the human experience of space, time, social organization, and technology. We will close with a consideration of contemporary innovations addressing issues of sustainability and ecological and human responses to the challenges of our time, as well as implications for curriculum development.

**Kingdom of Childhood [year 2 course]**

This introductory course to Waldorf Education explores the essential and practical indications that Rudolf Steiner gave to the first Waldorf teachers through themes such as: the three seven-year cycles of child development, the need for observation in teachers; the dangers of stressing the intellect too early; children's need for teaching that is concrete and pictorial; the education of children's souls through wonder and reverence; the importance of first presenting the "whole," then the parts, to the children's imagination, the Kindergarten as an imitation of life; teacher' meetings as the heart of the school.

**Reincarnation and Karma [year 2 course]**

Manifestations of Karma is Steiner's fundamental study of the laws of karma as they work in disease and health, accidents, forces of nature such as volcanoes and earthquakes, and our relation to the animal kingdom. Rudolf Steiner's book of eleven lectures, Manifestations of Karma, will be read and discussed throughout the course.

**Twelve Senses [year 1 course]**

The focus of this course is to introduce students to Rudolf Steiner's work on the 12 senses. Since perception is a basis for understanding ourselves and the world we live in it is essential to consider the range of perceptions available to us as a basis for a broader, deeper, and more discerning experience of the foundation of thinking activity. Current research in the field of perception is an active aspect of this course as well as the implications for a developmental education.

**Themes From the First Teacher's Course: 1 and 2 [year 2 courses]**

This course is divided and studied in two consecutive terms in the second year of the training. It introduces students to the principal ideas that form the basis of Waldorf Education. The primary themes of this course will have been referred to in various courses during the first year of the training.

**The Social Impulse of Waldorf Education and the Movement [year 2]****Eurythmy 1-6 [year 1 and 2 course]:**

This introduction to Steiner's art of movement is meant to awaken the student to the essential transformative movement for adults, hygienic eurythmy for adults and curriculum studies EC through 12th grade.

\*Eurythmy is taken throughout all three terms of the year and both years of the training. Students are required to take Eurythmy each term (6 total classes).

**Music 1-6 [year 1 and 2 course]:**

Harmony and strength within any community can be built through music and especially through singing together. In these courses basic musical skills will be introduced and developed while exploring a wide range of world music. As well as learning new music, both pentatonic and diatonic, this class will focus on healthy singing technique, reading basic rhythms and musical notation, instrumental work and the healing aspects of music. In addition the essentials of an EC-8th grade music curriculum will be studied and discussed.

\* Music is taken throughout all three terms of the year and all three years of the

training. (9 total classes).