

Anthroposophic Home Care through the Seasons



Understanding the rhythms of nature and how to care for yourself and your family by following these rhythms can bring more meaning and health into your life and home.

Two Anthroposophic Nurses are teaching a course one Sunday morning a month on:

- How the holidays and festivals celebrated by the Waldorf Community, Esoteric Christianity, the Celtic Wheel of the Year, and other traditions mirror what is occurring in nature and how these seasonal changes live within each of us.
- How to optimize your health through the seasons with Anthroposophic medical, holistic, and nutritional practices that you can use at home

We will meet in person, once a month on a Sunday for one year.

The first class will be held on **January 29, 2023**, from 10-1 in Sebastopol.
\$25-\$50 sliding scale/class.

Jeanne Schrim is a Registered Nurse, an Anthroposophic Nurse Specialist and a Certified School Nurse in New York, where she taught for many years. Jeanne was introduced to homeopathy, compress use & a general healing approach while working at the Rudolf Steiner Fellowship Foundation in Spring Valley NY.

Vanessa Nielsen trained in festival work 22 years ago and has been living and teaching festival and nature studies ever since. Vanessa is also an Anthroposophic Nurse, a Registered Nurse and an International Board-Certified Lactation Consultant, focusing on the physical and spiritual health of women, children & families.

For questions contact Vanessa Nielsen at
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