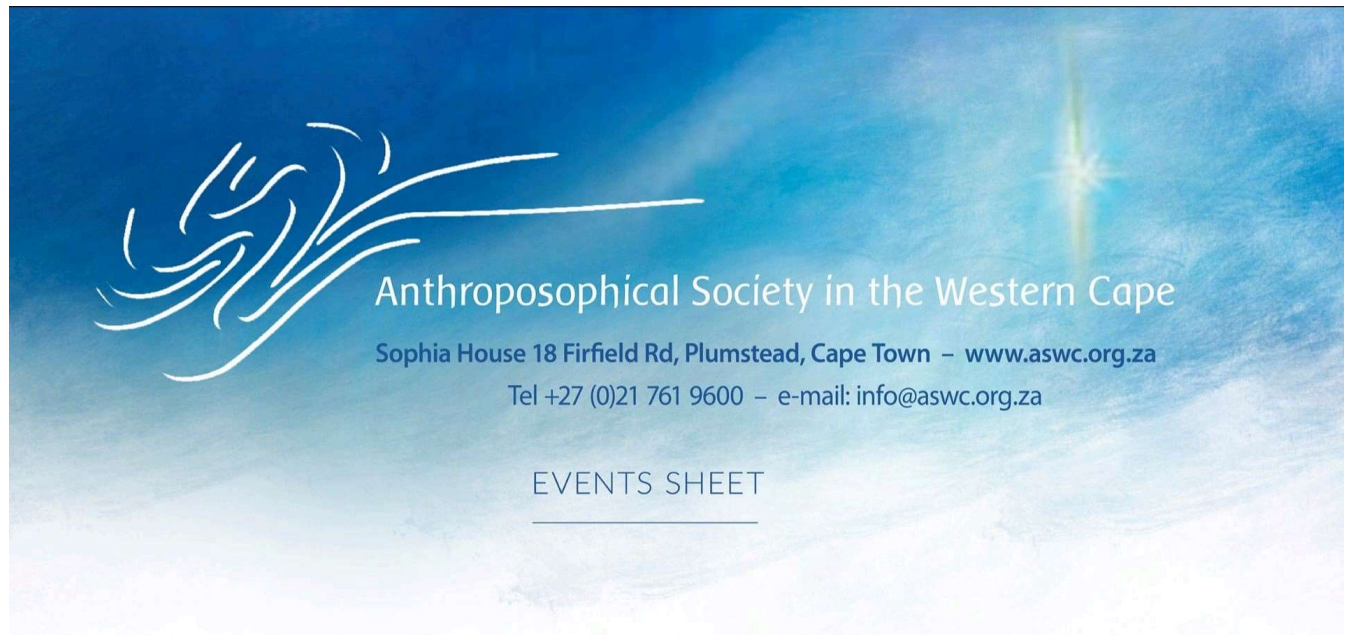

Latest Events Sheet from the ASWC

From The Anthroposophical Society in the Western Cape <info@aswc.org.za>

Date Wed 2026-05-06 12:17 PM

To Librarian <info@aswc.org.za>



ASWC EVENTS

CURRENT AFFAIRS CAFE - we will next meet **TODAY** Wednesday 6th May at 4.30pm in the lounge at Sophia House. Note this month we will meet on the first Wednesday of the month. ALL WELCOME

MEMBERS MEETING - we meet this Sunday 10th May, 5 pm in the Library, to explore and listen in to what verse 32 of the Soul Calendar can reveal to us. ALL WELCOME.



GEORGIA – *Land of Mysteries and Mountains.*

Talk with slides by Martin Wigand

*Saturday 16 May, 3 – 5.30pm, with a tea
break at Sophia House, Plumstead.
suggested donation R 40*

*In this talk Martin will share experiences from
his recent journey to this country, the
“balcony of Europe into Asia”. You will hear
about the perilous journey of the Argonauts to the hidden mystery centre at the Black Sea, from which
they stole the Golden Fleece with the help of the priestess and sorceress Medea. This laid the foundations
for the future Greek mystery schools. According to Rudolf Steiner this voyage can also be understood as a
journey on the astral plane, a journey of initiation. A look at the further spiritual history of Georgia will
show the astounding role women played in the Christianising of the country, making it one of the first
Christian countries in the world. Looking at the sequence of significant women in her history, we might
even speak of Sophia mysteries or the quest for the eternal feminine.*

OTHER EVENTS



PATH METHOD
PARTICIPATORY AWARENESS FOR
TRANSFORMATIONAL HEALING

FROM TRAUMA TO LASTING WELLBEING

SELF-EMPOWERMENT FOR TRANSFORMATION & HEALING

A live, body-based introduction to the PATH Method with Dr. Raoul Goldberg and Dana Smirin.

Explore how stress, anxiety, and stuck patterns are held in the nervous system and how they can begin to shift through awareness, movement, and connection.

Not a lecture about healing - an experience of it.

Come join us for this preview workshop we're taking to Transform Trauma Oxford 2026.



May 16 or June 6th | Path to Health
14h30-16h00 | Cost: R150

Tea served • Q&A + integration
Fragrance-free space • Bring own water bottle

Limited spaces. Book early.
Sliding scale available

[BOOK HERE](#) for Saturday 16 May

[BOOK HERE](#) for Saturday 6 June



from three to thirteen

(re)visit childhood
in song and dance

a eurythmy block
with music

Mondays 6 to 7 pm

18 May to 29 June

6 hours

R690 (2 x R345)

Group Room

Sophia House

18 Firfield Road

Plumstead

Cobie Roelvert - 074 030 5251

Get in touch if you want to book or hear more

ONLINE EVENTS

WE DON'T TEACH SCIENCE WE TEACH HUMAN BEINGS: the title of Dr Philip Mirkin's new book which will be launched online **TODAY** at 4.30 pm. "We Don't Teach Science" is not a conventional educational research book. It is messy, bold and deeply

personal. For readers who value strict adherence to scientific orthodoxy, this may seem frustrating and at times, irresponsible. For readers who enjoy iconoclastic voices, provocative ideas and raw storytelling, it will be a stimulating, intriguing and inspiring read.” Philip for many years was a Waldorf teacher and he now lectures in the Pretoria University. [OPEN HERE FOR BOOK LAUNCH](#) this afternoon

RESEARCHING KARMIC THREADS AND HOW THEY SHAPE OUR DESTINY - online with Ric Moxon Friday 8 May, 8 pm SA time. We will look at Steiner’s key indications about how karma plays into our lives and the exercises he gave to help people to understand more clearly how it shapes our destiny, and how to consciously work with it. We will also look at the role that karma and destiny play in the evolution of the Higher Self by examining Steiner’s clairvoyant research on how the key tasks and challenges in the lives of well-known historical personalities have been influenced by decisions and events in previous incarnations and at examples of how this research has been taken up since he died. This event is hosted by the London Branch. Voluntary donations towards costs are gratefully received via Paypal to suejoanpeat@gmail.com Zoom link <https://us02web.zoom.us/j/82632129836> Meeting ID: 826 3212 9836, Passcode: 755359

Introduction to
Biodynamic
Agriculture

Online Workshop

16th May @ 6pm

Join Ishaan Lilje for a
practical and inspiring
session exploring
biodynamic farming

Discover the principles,
practices, and living essence of
biodynamic agriculture

Register via Zoom Link

Any queries:
info@bdaasa.org.za

Introduction to Biodynamic Agriculture – A Practical Beginning.

Workshop Details:

Date: 16th May

Time: 18:00

Platform: Zoom

Zoom link: Please

register <https://us06web.zoom.us/meeting/register/2cUQ4hO3SMqW9LRDjA6JeA>

What to Expect:

- An introduction to the philosophy and origins of biodynamics
- Understanding the farm as a living organism
- Seasonal rhythms and their importance in agriculture

- An overview of key biodynamic preparations and their uses
- Practical guidance for getting started

For any queries please contact info@bdaasa.org.za

SIX SOUL EXERCISES FOR DEVELOPING THE HEART CHAKRA

A shared online journey through Rudolf Steiner's six supplementary exercises – supported by a vibrant community – accompanied by a dedicated team.



START: May 17, 2026

END: Aug 09, 2026

DURATION: 6 × 2
weeks

FORMAT: Meditative
training course

This is a new short course offered by the remarkable team who has led the 9-month training on the Philosophy of Freedom Jahrestaining Philosophie der Freiheit

FOR MORE INFORMATION:
<https://basic-exercises.com/en/>



Preparing for Saint John's

A set of three online Inner Work Path gatherings hosted by EduCareDo – Lisa Romero - in the lead up to Saint John's Festival.

June 6, 13, 20 11:30pm

Saint John and the Saint John's festival can be an inspiration towards the willingness to change how we live in our lives. We do this on the path towards Love so that our future and the future for humanity willed with the spiritual world may come into being. It is a time to

consider what the Higher I is leading us towards becoming, and what the Angelic world asks us to take into our own hands as we slowly but surely grow into becoming more free and loving people. Link to register <https://www.educaredo.org/enroll/2026-st-johns>

TO REGISTER [CLICK HERE](#)



Hoe om Lief te Hê

'n Aanlynkursus 12 lesse oor 12 maande

Hierdie praktiese kursus leer jou om weer en weer terug te keer na liefhê, om die beste in ander raak te sien, en om vergifnis te vind.

Begin Dinsdag 9 Junie

Elke tweede Dinsdag van die maand: 16.00 tot 18.00 SAST

Koste: R5 200 "Global South"

€450 / £380 / \$450 "Global North"

Persoonlike betalingsopsies is beskikbaar

Kom ons gesels as jy vrae het: Cobie Roelvert - 074 030 5251

cobie.roelvert@gmail.com

Om te leer om lief te hê het my lewe ingrypend verander. Die praktiese oefeninge en handleidings het sedert 2017 die fondament van my lewe geword. Ek lei die How to Love kursus sedert 2024 en is 'n lid van die Active Practical Love Initiative wat die werk van Dr Tessabella Lovemore bevorder.

Sien www.tessabellalovemore.com en www.cobieroelvert.co.za.



"Die positiewe eienskappe van 'n kollega kan slegs gesien word as jy regtig vir hulle omgee. Liefde maak jou oë oop daarvoor."
Jörgen Smit, Noorse onderwyser en skrywer

5 WEEKENDS OF ANTHROPOSOPHY, online course led by the Goetheanum faculty. Weekends from **29 August - 27 September**, from **1 - 4pm** to access live classes and video lectures, engage in art and eurythmy exercises, and participate in in-depth discussion groups.

[OPEN HERE FOR DETAILS AND TO REGISTER.](#)

[OPEN HERE FOR PROGRAMME.](#)

NEWSLETTERS, ARTICLES, RECORDINGS



Biodynamic Agricultural Association of Southern Africa

OFFICIAL NEWSLETTER
ISSUE 26
MAR/APR
2026

BIO DYNAMIGHT
SOUTH AFRICA

Click attached PDF to view Issue 26

THE SHAPE OF THINGS TO COME
This issue takes us to Reyneke Wines where an expansion plan focused on sustainability is in full swing.
It's been a busy start to the year for our New Board and our Chairman, Sizo Nsibande, reports on developments that are influencing the future of BD agriculture, particularly with regard to education and training.



[CLICK HERE](#) to download the Newsletter

GAUGING INTEREST

Training offered for the first time in South Africa in 2027 in Simeon Pressel Massage Therapy

"The main purpose of Pressel massage is to grasp the person in his entirety, and to help stimulate and support him, so that he can courageously and energetically step out on his further path of development."

What does the training entail?

- The core curriculum for the Simeon Pressel massage therapy includes 7 - 8 weeks of training in-person over a period of 3 to 5 years.
- Between the in-person sessions there will be a few weeks for self-study and practical sessions.
- Additionally, there are online meetings between the modules – for certain teaching content but also for Q&A.
- The first 2 – 4 modules deal with the basic forms of massage and are suitable for family care. The further ones are dedicated to therapeutic practice.

Certification:

This training design fits the guidelines of the Medical Section at the Goetheanum in Dornach, Switzerland with a total of 1 000 hours learning (± 400 hours in-person and 600 hours of self-study).

Following these guidelines there will be an end examination with a practical and a theoretical part as well as a written thesis and it's presentation.

Certification from the Medical Section hinges on health care (hc) professionals that have permission to work therapeutically with massage.

There is a cost and certification distinction for health care (hc) versus non-health care (nhc) professionals).

For those not interested in completing the entire training program, after module 6, a "lighter" certification could be awarded for preventative health purposes.

Interested?

Please contact **Karen Delpert** (kdelpert9@gmail.com) should you or someone you know may be interested in attending this type of training.

Final costs and venue for training still to be determined.

HOW CAN WE WORK WITH THE CALENDAR OF THE SOUL? - recorded talk by Luigi Morelli, given on 2 May hosted by FRAC. The *Calendar of the Soul* as a path to self-knowledge through feeling is a whole world of its own. Art is a major support in working with it; so is work done in groups. The talk looks at the progression from one verse to another in the verses of the present season (Northern Hemisphere) and in their artistic renditions.

[OPEN HERE](#)

KUFUNDA VILLAGE - an eco-village in Zimbabwe is offering 3 events in 2026, [OPEN HERE](#) for more details.

[Goetheanum TV](https://goetheanum.tv) has a rapidly growing repository of videos on a wide variety of topics.
https://goetheanum.tv/?locale=en_us

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Our mailing address is:

The Anthroposophical Society in the Western Cape

Sophia House, 18 Firfield Road, Plumstead

Cape Town, Western Cape 7800

South Africa

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