PROGRAMME

***The Foundation Stone Made Visible***

**A Centenary Celebration**

**20th April 2024**

**9.30 Registration**

10.00 – 10.45 Welcome

10.15 Talk by Coralee Frederickson: *The Role of the Arts on the Path of Anthroposophy: The Foundation Stone Meditation*

10.45 *–* 11.00Opening Exercise *&* PerformancebyEurythmy West Midlands:

*The Foundation Stone Meditation, Saturday Rhythm*

**11.00 – 11.20 Coffee break**

11.20 – 11.40 Talk/ Demonstration by Jonathan Reid & Eurythmy West Midlands:

*The Foundation Stone Meditation*, *Panels 1 - 3*

11.45 – 12.45 Workshops:

A. Eurythmy followed by conversation

B. Speech Formation followed by conversation

C. The Daily Rhythms in Movement

**12.45 – 2.00 Lunch break**

2.00 – 2.20 Talk/ Demonstration by Mary Watson & Northern Eurythmy Group:

*The Foundation Stone Meditation,* *Panel 4*

2.25 – 3.30 Workshops:

A. Speech Formation followed by conversation

B. Eurythmy followed by conversation

C. The Daily Rhythms in Movement

**3.30 – 4.00 Tea break**

4.00 – 4.45 Final Sharing and Closing

4.45 – 5.30 Closing Exercise & Performance byEurythmy West Midlands & Northern Group:

*The Foundation Stone Meditation*