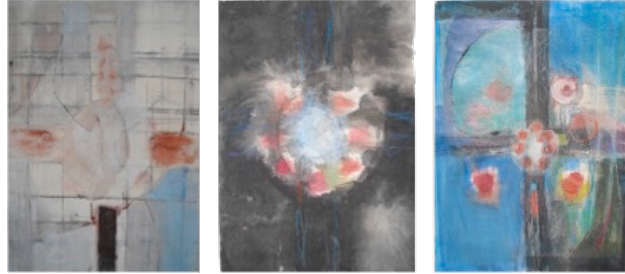


Inner Work Path

IN THE LIGHT OF ANTHROPOSOPHY

With Lisa Romero



STRENGTHENING MEDITATIVE PRACTICE AND INNER DEVELOPMENT

This course describes how and why various meditations and exercises work to strengthen the soul and its relationship to the spiritual world.

Rudolf Steiner gave many exercises and meditations to strengthen the human being through its journey of developing consciousness. Together we will explore the inner work, the birth of the higher self, the spiritual year and how exercises can bring us closer to our own experience of these processes. This will enable us to both hold and further our daily practices.

Those wishing to establish a meditative life and long-term meditants have found this work invaluable in deepening their relationship to the path.

October 13 – 15

Friday 6.30 – 8pm Saturday & Sunday 9.30am – 2.30pm

Orana Steiner School
Unwin Place, **Weston Creek**
Canberra ACT

\$220

FOR BOOKINGS and ENQUIRIES

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LISA ROMERO is an author of inner development books, a complementary health practitioner and an adult educator who has been delivering healthcare and education enriched with anthroposophy for twenty years. From 2006 the primary focus of her work has been on teaching inner development and anthroposophical meditation. Through the *Inner Work Path* Lisa offers lectures, courses and retreats for professional and personal development in communities and schools worldwide. Steiner Books has published; *'The Inner Work Path'* focusing on meditation practice, *'Developing the Self'* written after years of working with Waldorf teachers to support their inner work and pedagogical understanding of child development, *'Living Inner Development'* offering an understanding of the

inner experiences and results of various inner development exercises, and *'Sex Education and The Spirit'* to help awaken an understanding of our communal responsibility for the healthy development of gender and sexuality within society.

For several years Lisa was the lecturer of Health & Nutrition and Male/Female studies at Sydney Rudolf Steiner College, where she continues to lecture for the tutors on inner development. Since 1999 she has been presenting on the subject of gender, sexuality and spiritual life. She has been working with Waldorf schools as a part of their health and wellbeing curriculum; working directly with the students, teachers and parents on this theme. Lisa has contributed to and is an adviser on Health and Personal Development for the Australian Steiner Curriculum Framework. She has developed training courses, and facilitates professional development on this subject for teachers and health professionals.

Lisa designed and facilitated *EduCareDo* 'Towards Health and Healing' which ran eight year-long courses working with therapists from all modalities as well as Waldorf teachers, to bring the depth of anthroposophical insight through practical applications of therapeutic and pedagogical methods.

Lisa is a contributor, tutor and director of *Inner Work Path*, *EduCareDo*, *Developing the Self* *Developing the World* and the *Y Project*.

Lisa's capacity to deliver esoteric wisdom with insight and understanding allows her to meet the diverse needs of a range of communities and professions. Essentially, her work springs from the inner work, meditation and exercises, together with a dedication to the path of unfolding consciousness.