

## Anthroposophical Society in Canada



Robin Schmidt lives in Switzerland. His fields of study are philosophy, cultural history, and Educational Sciences. He heads the “Forschungsstelle Kulturimpuls” ([www.kulturimpuls.org](http://www.kulturimpuls.org)) research group, and has published books and articles on cultural history, anthroposophy, and the changes the digital revolution has

brought to our social life. He is a research fellow at the FHNW School of Education in Basel and is currently conducting research into the effects of the digital revolution on education.

### Location, Dates, Times Montreal:

Public Lecture: Friday, Aug. 11, 7 - 9pm, Centre communautaire Ahuntsic, 10780 Rue Laverdure, Montréal QC H3L 2L9  
Meditation Workshop: Saturday, Aug. 12, 9 - 4pm, 263 ave Duluth, est, Montréal QC H2W1H7

### Toronto:

#### Downtown Toronto:

Meeting Young People: Wednesday, Aug. 16, 7 - 9pm, TBA (call below)

**Rudolf Steiner Centre Toronto, 9100 Bathurst St., Thornhill**

Public Lecture: Thursday, Aug. 17, 7:00 - 9:00pm

Meditation Workshop: Saturday, Aug. 19, 9:00 - 4:00pm

**Hesperus Fellowship Village, 1 Hesperus Road, Thornhill**

Work with Class Members: Sunday, Aug. 20, 9:00 - 10:30 am

#### Further Details Contact:

Montreal - Arie van Ameringen: [arieva.perceval@gmail.com](mailto:arieva.perceval@gmail.com)  
tel: 450-295-2387

Toronto - Jef Saunders: [info@anthroposophy.ca](mailto:info@anthroposophy.ca)  
tel: 416-892-3656

## Concentration – Contemplation – Meditation An introduction to anthroposophical meditation

Robin Schmidt



Art work: Spring By: Dorothea Templeton

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## Meeting Young People

### Staying Connected to your Life Path

An Anthroposophical Meditation Workshop with

**Robin Schmidt**

**Wednesday, August 16th, 2017, 7 - 9pm**

**Downtown Toronto: Location TBA**

Robin will offer practical meditation tools and techniques from an Anthroposophical perspective and share his current research with us on how to create and maintain a contemplative life in the current digital environment. This gathering is geared towards youth aged 18-40 and will be interactive and practical, with lot's of room for questions, discussion and short practice exercises.

**By Donation**

## Being human in a Digital World –

**Public lecture**

**Thursday, August 17, 7 - 9pm, Rudolf Steiner Centre, Thornhill**

The digital revolution is not only a question of new media, technologies and applications. It produces an environment in which we now more and more work and live and impresses its primacy in all fields of life. It has already radically changed the way we live together, how we relate to the world and to our self. How can we stay, be and become human in midst of these conditions?

**Cost:** \$20 (students/seniors \$15)

## Concentration –Contemplation– Meditation

### An introduction to anthroposophical meditation

**Saturday, August 19, 9am - 4pm, Rudolf Steiner Centre, Thornhill**

Anthroposophical meditation takes as its starting point the individual's own questions and goals, and as such can prove to be a meaningful contribution to the challenges encountered in dealing with life in today's world. It can also offer a means of enhancing one's ability to take on true responsibility in one's professional life. It seeks to deepen the individual's capacity for understanding in general and for establishing a relationship to what is transcendent: in nature, in one's fellow human beings, in one's professional life. In other words, it is an attempt to develop a relationship with the divine in midst of a contemporary life.

This workshop will explore some of the methods and practice related to the anthroposophical approach to meditation. It will also provide space for exchange on practical questions relating to: how to go about taking up meditation; how to transform a verse into a meditative process; and how to integrate a regular meditative practice into everyday life.

**Society Members:** \$100

**Non-members:** \$125

**Class work for members of the School of Spiritual Science**

**Sunday, August 20, 9:00 – 10:30 am**

**Community room, Hesperus Fellowship Village**

