



Transformative Learning Foundation



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Fall Course

Coming to Our Senses with Barbarah Nicoll

~ an exploration of the 12 senses of an embodied life through poetry, expressive art, observation and conversation

12 weeks

September 21st - December 14th

Thursdays, 8:00-9:30 EST (5:00-6:30 PST)

Location: Zoom

Meets once a week for 1.5 to 2 hours each meeting

Cost \$300 for the course

*discounts and payment plans available

Course Description

Amidst the many activities and experiences of life, our senses can be saturated, resulting for some in a disconnection from our embodied reality. Looking to a holistic view of the human senses, moving beyond 5, 6 or 7 senses, we will explore the mystery of 12. The 12 senses as introduced by Dr. Rudolf Steiner in 1916, are the senses of touch, life, movement, balance, smell, taste, sight, warmth, hearing, speech, thinking, and the sense of the I.

In each of these 12 sessions we will explore one sense by opening a warm soul space between us through guided self reflection, observation practices, speaking and listening to self and others, creating simple gestures in visual art, and being guided in individual and group poetry writing.

See the full course description and sign up at our website:
<https://www.transformativedynamics.org/coming-to-our-senses>

