



Reminders and Refinements,
for members of the
Anthroposophical Society

**A Lecture and Workshop
with Robert McKay**

Saturday, April 6th, 1:30 - 3:00pm

Polaris Waldorf School
1805 Gaspé Avenue, 2nd floor
Ottawa

Cost: \$15. Payment at the door

This workshop is intended for members of the Anthroposophical Society. It assumes familiarity with basic anthroposophical concepts and terminology, as well as some practical experience with the anthroposophical path of knowledge work.

Robert McKay is a longtime student of Rudolf Steiner's work. He is a founding member of "Anthroposophy in Toronto" and lives in Toronto. Robert is the Chair of the Board of Directors of the Rudolf Steiner College Canada. He has delivered many lectures and workshops on anthroposophical meditation and other topics. He is an engaging and thought-provoking speaker.

Afternoon Agenda 1:30 - 3:00pm

Part 1 – Lecture: **Learning to Live as a Meditant** 30 minutes

Part 2 – Exercise: The 6-Fold Path 30 minutes

Part 3 – Exercise: The 8-Fold Path 30 minutes