



Rudolf Steiner
College Canada

for Anthroposophy • Waldorf Education • Arts

Waldorf Development Conference

Fri. and Sat. Nov. 7-8, 2025, In-Person and Zoom

Night School:

Awakening to the Multiple Roles of Sleep
in Waldorf Education – and in Life

with Douglas Gerwin

Recent empirical research confirms what Waldorf teachers have long known: children and teenagers learn more – and more deeply – when they sleep than when they are awake. In an age of insomnia, how do we guard the sleep of our youngsters? Indeed, how do we restore restful sleep for ourselves?



Douglas Gerwin, Ph.D., ever-popular speaker, teacher and mentor, researcher and author/editor of 11 books, will guide us on a journey through mysterious lands beyond the River Lethe, where – far from just lying in a vacuous state – we engage in the vibrant nightly activities of physical growing, psychological healing, and spiritual maturing.

Waldorf Development Conference

Times are Eastern Standard Time

Schedule:

Friday November 7

5:30 - 6:30 pm **Early-Bird Supper**, RSVP on registration form

7:00 - 9:00 pm **Night and the Body** - opening talk by Douglas Gerwin, including Q & A

Saturday November 8

8:00 - 8:30 am Complimentary coffee

8:30 - 9:00 am Awakening with song

9:00 - 10:30 am **Night and the Soul** - continuing beyond the river Lethe with Douglas

10:30 - 11:00 am Refreshment break

11:00 - 11:30 am Taking stock - discussion in small groups, Q & A in large group

11:30 - 12:30 pm **Bringing the Night into Movement**

12:30 - 1:30 pm Lunch

1:30 - 2:45 pm Colours of the Night - an **Artistic** exploration

2:45 - 3:00 pm Afternoon pit stop

3:00 - 4:00 pm **Night and the Spirit** - the final stage with Douglas

4:00 - 4:30 pm Share and close

Complimentary break refreshments

Fee \$185 CAD for in-person or online, or \$160 if you register by October 10th
Friday only \$35. Saturday only \$150. 10% discount for 5 or more from the same school. Discounts only for full-conference registration.

Gluten-free vegan lunch is included

This event is open to educators, administrators, parents, and anyone interested.

Registration form available at: www.rsc.ca/waldorf-development-conference/

Background image by Anouk Tompot

9100 Bathurst St. #4, Thornhill, L4C 8C7 • info@rsc.ca • 905-764-7570 • www.rsc.ca