



EDINBURGH STEINER  
EDUCATION COURSE

## Steiner Waldorf Experience and Teacher Training Course

Below is a detailed overview of our coming course year, beginning September 2025. This is open to everyone. We look forward to hearing from you.

### **September, October and November:**

We begin our three introductory weekends by warmly welcoming you and giving you time to get to know each other. This will be followed by the history and philosophy behind the understanding of the child and the curriculum of the Steiner /Waldorf School supported by experiencing many of the activities that children enjoy in our schools. These activities will evolve throughout the year.

**December** will be a weekend of experiencing the festivals throughout the year with talks and seasonal activities.

**January to March:** We look at the Seven Life and Learning Process followed by the Twelve Senses looking both at the developing child and ourselves and finding new ways of observation and approaching children and our work.

**Our Easter week** looks at 'Discovering Ourselves' covering Biography, storytelling and puppetry.

**May and June** look to the Evolution of Consciousness and the Incarnating Child. We experience the work of the Kindergarten, Lower and Upper School as we continue with our creative activities and look towards a second year.

**Our Summer week** looks at 'Discovering the World' with a three day trip to Garvald Farm and exploring nature and land activities followed by two days back at school delving into 'Discovering the World' through the Geography, History and Science curriculum. Looking to the future and celebrating our year together.

**Between weekends** there will be homework of artistic and craft activities to develop skills and understanding, plus a written task to develop what has been experienced in the previous weekend. The following Saturday during the final early evening session

we will share our artistic work and have an opportunity for talks by students about their experiences of their work and tasks between sessions

Our specialist tutors look forward to welcoming you to our Course and know from feedback from previous students and from our own time as students how rewarding this can be.

Warm wishes,  
Valerie Taylor

There will be:

4 weekends in the Autumn Term 2025

- 12<sup>th</sup> to 14<sup>th</sup> September
- 17<sup>th</sup> to 19<sup>th</sup> October
- 14<sup>th</sup> to 16<sup>th</sup> November
- 12<sup>th</sup> to 14<sup>th</sup> December

3 weeks in the Spring Term 2026

- 23<sup>rd</sup> to 25<sup>th</sup> January
- 20<sup>th</sup> to 22<sup>nd</sup> February
- 20<sup>th</sup> to 22<sup>nd</sup> March

A week during the Easter holidays

- 6<sup>th</sup> to 12<sup>th</sup> April

2 weekends in the Summer Term 2026

- 8<sup>th</sup> to 10<sup>th</sup> May
- 12<sup>th</sup> to 14<sup>th</sup> June

A week during the Summer holidays

- 6<sup>th</sup> to 12<sup>th</sup> July

The weekends will be:

- from 7.00pm to 9.30pm on Friday
- 8.45 to 6.30pm on Saturday
- 9.00 to 1pm on Sunday

The weeks will be:

- an evening on the first day 7.00pm to 9.30pm
- 5 full days 8.45 to 6.30pm
- A morning on the final day 9.00 to 1pm

The First three weekends in September, October and November after a warm welcome to our students will cover:

- Rudolf Steiner's Biography and how he came to inspire Steiner/Waldorf Education
- Practical activities arising from the work of Rudolf Steiner

- An overview of Waldorf Education
- An introduction to the understanding of the human being that informs Steiner/Waldorf Education
- Experiential sessions of:
  - Painting
  - Singing
  - Movement
  - Eurythmy
  - Art
  - Craft
  - Form Drawing
  - Music/recorder
  - Speech
  - Drawing with Wax Blocks
- These sessions work towards developing the skills and understanding of the curriculum as well as for self development.
- There will also be a Social Evening – getting to know each other on the first Saturday during the last session.
- On future Saturdays the final session will be a sharing of work done between weekends.
- There will be time for questions and discussions about the various topics

The December Weekend is on Festivals :

- The rhythm of the year and the festivals
- Story telling
- Festive celebration
- All creative activities will be inspired by the festivals
- A Christmas Story
- Questions and discussions about the Festivals

The January and February Weekends cover the 7 Life processes and Learning processes of the Adult and the Child:

- The first three Life Processes:

Breathing, Warming and Nourishing

If lessons are developed in this balanced way a child is more easily able to make a relationship with the lesson content and to process it – the fourth life process

- The final three

Maintaining, Maturing and Reproducing

can educationally be developed as practising – skill developing, individualising – creatively making the content your own, and reproducing - then feel ready to share what you have learned in a way to inspire others - and so the cycle of the Life Processes begins again.

- with associated activities which develop throughout the year

The March Weekend covers the 12 Senses:

- o Introduction
- o Lower 4 senses - touch, life force/wellbeing, movement and balance
- o Middle senses – smell, taste, sight and warmth
- o Higher senses – hearing, speech, thought and ego
- o With continuing creative sessions

The Easter Week looks at Discovering Ourselves – delving into:

- o Biography work
- o Planetary influences on Biography
- o Journalling and group sharing
- o Story telling
- o Puppetry both making puppets and creating a puppet show
- o Looking at child development in the light of Biographical work
- o Supported by ongoing creative activities and discussions

The May and June Weekends will be looking at the evolution of Consciousness to include talks and experience of:

- o The incarnating child - an overview of child development
- o Early years up to the age of 7 with a Kindergarten teacher including KG experience in the Kindergarten
- o 7 to 14 with a Class Teacher
- o 14 to 21 with an Upper School Teacher
- o Supported by discussions and continuing activities
- o Looking towards a transition to our second year

The Summer week in July looks at Discovering the World:

- o Staying at Garvald Farm for 3 days
- o Goethean Science
- o The Kingdom of Nature
- o Pyrites/Hiram Trust Craft activities
- o Working on the land at Garvald farm. Earth, plants, animals, man
- o [https://pyrites.org/publications\\_files/CRAFT%20CURRICULUM.pdf](https://pyrites.org/publications_files/CRAFT%20CURRICULUM.pdf)
- o 2 days back at school
- o Deep dive into the curriculum particularly from an 'exploring the world' perspective
- o Geography/History/Science
- o Looking towards the future.
- o Celebration of our year together

At the end of the year, you will have had the opportunity to develop many skills needed by a teacher, home schooler or parent and feel more confident to share those skills with others. The 7 Life processes in action!

You will have an understanding of a journey through Steiner/Waldorf education and the unfolding of the curriculum through Arts based activities supported by talks and discussions to enhance your understanding of the developing child.

We look forward to meeting you.

**For further information and to sign up,**

**Please contact Deirdre Hill or Leonie Le Maistre • Tel: 0131 337 3410**

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