

# BIODYNAMIC ACADEMY 100th YEAR PROGRAMME

In the 100th year anniversary of Biodynamic Movement, we are very pleased to welcome you to the events at the Rumi Biodynamic and Anthroposophy Centre approved by Goetheanum the main center of Anthroposophy. **Special discounts will be applied to members of Demeter Biodynamic Agriculture Association during this special time period.**

Our biodynamic agriculture courses for the period from 2023-2024 will be oriented towards the rhythms of nature and strengthen our connections with the universe under the light of Rudolf Steiner's rituality and the scientific studies which lie like a bridge between the past and the future. This course, which is a continuation of the 1-2-3 courses, which is the basic level of the of the Biodynamic Academy, is a continuation at the "intermediate" level. This level is longer than the previous one. It contains basic information for the advanced level, which is completed afterwards.

When you finish the course you will receive a certification of completion. Demeter advisors and Biodynamic consultants will lecture at different times with theoretical studies and practical works. The reason why we chose different times is to reconcile the rhythms of nature and ensure integrity with real applications.

## 4. 4th TRAINING: 24-25-26 November 2023

**Friday : 18.00 - 21.00**  
**Saturday : 09.00 - 19.00**  
**Sunday : 09.00 - 13.30**  
**Place : İstafil Çiftliği / İstanbul / Türkiye**

**Trainers and the topics are as follows:**

### 1# Agnes Hardorp & Thomas Mayer

**Agnes Hardorp** was born in Hamburg, Germany and grew up in the United States. She has worked as a professional singer, voice teacher, pianist and eurythmist. Since 2004 she has been teaching courses in Anthroposophical Meditation all around Germany, Switzerland, Holland and Austria



**Thomas Meyer** was born in Kempten, Germany. He was co-founder and director of "More Democracy" and has organized many local referendums in Germany. He organized a referendum in Switzerland called "sovereign money" that was voted on in 2018 regarding the question of who should have the right to create money, private banks or public institutions? He has published three books on elemental beings/nature spirits. Since 2004 he has been teaching meditation together with Agnes.



**Theme of the Course:**

**"Anthroposophical Meditation"**

**"Course in Anthroposophical Meditation - connecting to your Higher Self and to the elemental beings in nature"**

With the help of anthroposophical meditations Thomas Mayer and Agnes Hardorp, our two expert guides, will be with us as we begin to form new concepts about reality. In this course we will get to know Rudolf Steiner's approach to meditation, which meets the Western mind in a way quite different from many forms of meditation in the East. The work is always about expanding consciousness seeing how to "become more awake" by focusing on an object, an inner image or a text. This has a very rejuvenating and empowering effect. The aim of this introductory course is to connect with your higher self. For this we will do many different exercises and we will always share our experiences afterwards. On Saturday afternoon we will go out into nature and practise perceiving the elemental beings that work there.

Many people would like to make meditation an integral part of their everyday life. Meditation is an essential source of nourishment for body, soul and spirit. But it is not easy when you are alone with it. Since 2004, Agnes Hardorp and Thomas Mayer have been organising meditation courses to help people overcome their disabilities. The courses are about finding the "eye of the hurricane". In meditation you find a place of inner peace. You become centred and revitalised. Regular meditation helps you to cope with the challenges of everyday life. The constant internal dialogue and worries that go round and round in your head cease. The focus is on the essentials. When you meditate, you reach deep into the house of your own soul and awaken to the subtle, super sensory realms. In this course we explore many aspects of meditation and do many types of exercises so that everyone can find their own access.

"When one begins to meditate, one is performing the only truly free action in this human life... in this we are completely free. Meditation is the archetypal free action." *Rudolf Steiner (GA 214, 20.8.1922)*



## 5. 5th TRAINING: 15-16-17 December 2023

**Friday : 09.00 - 18.00**  
**Saturday : 09.00 - 18.00**  
**Sunday : 09.00 - 15.30**  
**Place : İstafil Çiftliği / İstanbul / Türkiye**

**Trainers and the topics are as follows:**

### 1# Jean-Michel FLORIN

**Jean-Michel FLORIN**, born in 1961 in France, Studium of agriculture and nature protection in France. Goethean science studies at the research Institute at the Goetheanum, CH-Dornach. Trainer and teacher for the french Bio-Dynamic Association Mouvement de l'Agriculture Bio-Dynamique Since 2010, coleader of the Section for Agriculture at the Goetheanum. International course and lectures about biodynamic agriculture, plants, landscape, nutrition, medicinal herbs with the goethean method. Board member of different networks and associations : BFDI (International biodynamic federation) Petrarca (Academy for the culture of European landscapes), etc.



**Theme of the Course:**

**The Plant Living Between The Earth And The Heavens**

- The plant between earth and sky. environmental factors
- The plant and the elements: earth, water, air and warmth
- The plant through the day and the year (seasons): the breathing of the earth.
- Observing plants in the field: influence of the elements on the plants.

**The Plant over time - Growth and metamorphosis**

- Understand the nature of the plant; Goethe's original plant: vegetative process/flowering process
- The process of growth and of ripening
- Detailed observation of different metamorphoses

**Understanding the rhythm of the planets and stars**

**Introduction: The sky as seen from Earth: the geocentric system**

- Our position on Earth
- The starry sky and the planets
- The Earth's rhythms in relation to cosmic rhythms
- The rhythm of the year
- The rhythm of the lunar month
- The rhythm of the day
- Evening: on a clear day, observation of the stars outdoors, with an introduction to the use of the Star and Planet Calendar.

**In-depth study of the rhythms of the Moon**

- Tropical rhythm of the waxing-waning Moon
- Synodic rhythm of the Moon (waxing-waning Moon)
- Sidereal rhythm of the Moon in front of the constellations
- Anomalistic rhythm of the Moon
- Draconic rhythm of the Moon (lunar nodes)
- Trigones

**Study of the zodiacal constellations and the elements**

- The constellations - their history and nature
- Overview of the planets
- Infrasonic planets (Venus, Mercury and the Moon) and suprasolar planets (Saturn, Jupiter and Mars)

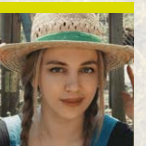
**Respecting cosmic rhythms in agriculture**

- The influence of rhythms on plants
- Presentation of the Biodynamic Calendar with practical application exercises



## Activities:

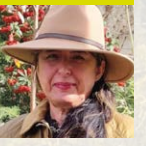
**2# Neris Şenyaşa - On 15th of December**  
**Neris Şenyaşa**, Agricultural engineer. "Saying to the Bees"



**3# Maria Ekmekçioğlu - On 16th of December**  
**Maria Ekmekçioğlu**, is a chef, writer, lecturer and the member of Okan University and the owner of Maria's Garden Restaurant. Christmas recipes from her "Biodynamic Garden in Knight's Island"



**4# Arzu Duran - On 17th of December**  
**Arzu Duran**, is a biodynamic farmer, advisor and the reiki instructor. She will join this group with some meditations !



Eğitlimlerimizde İngilizce / Türkçe tercüman olacaktır. Katılım için Ziraat Mühendisimiz **Neris Şenyaşa** ile iletişime geçebilirsiniz.

## CONTACT:

**Neris Şenyaşa**  
Agricultural engineer

**+90 532 553 34 64**  
neris.senyasa@gmail.com