

**New Cycle Beginning
Foundation Studies Program
at The Waldorf School of Princeton**

The Foundation Studies Programs is beginning a new cycle in January, 2014. This will be the 12th year this adult education program has been running. The Foundation Studies is the initial year of study for anyone entering one of the disciplines of Waldorf Education. The Anthroposophical doctor, the Eurythmist, and biodynamic farmer, and the Waldorf teacher all begin at this point, which is to study the philosophical views as explained by the founder of all these professional directions, Rudolf Steiner. This philosophy is called *Anthroposophy*.

What is Anthroposophy?:

The study of Anthroposophy involves a deep understanding of what it means to be a human being in every sense of the word. The human being's relationship to the cosmos, to nature, to history, and to creativity are all part of the expansive views explained in Anthroposophy. To someone coming new to study Anthroposophy, much can seem familiar because ideas from world religions and different philosophies are imbedded into this extensive philosophical construct. By taking this course of study, the Foundation student embarks on a personal voyage by reviewing their own perspectives and connecting in different ways to the ideas presented in both lectures and artistic work. Each person does this in their own unique way. Studying Anthroposophy is not prescribing to a specific set doctrines. It is an individual spiritual path.

History of the Program:

Our school's program grew out a self-formed study group of parents who studied for several years together and then looked for a teacher. In 2002, Elan Leibner, a class teacher at the WSP for many years, was asked to lead this formalized study. Through the partnership of the education direction of Elan Leibner and the coordination of Pamela Shafer, this program has continued to education adults in the wider community. Many people who have graduated from the Foundation Studies Program have found their way into work at the Waldorf School of Princeton and the River Valley Waldorf School. Some of our graduates have moved and now work in Washington, New Hampshire, and Rhode Island.

Structure of the Program:

The program now runs for continuously for 15 months if someone is able to participate also in the summers. During the school year we follow the school schedule and do not meet on holidays or vacations. In each semester we meet six Saturdays from 8:00 a.m. to 1:00 p.m. In the summer we meet daily for a week. The program consists of lectures based on the reading material, Eurythmy, Fine art, Speech, singing, and sculpture. The sessions are given by a team of teachers from our community or from other parts of the country. The Program is open to anyone who is interested and open to widening their perceptions and understanding of their place and purpose in the world. If someone is not able to take the 5 semesters continuously, they can go into the next cycle to fulfill the requirements for graduation. If there are semesters already completed in between, the Foundation student may take those semesters for free. Each time one repeats one of the *basic books* of Rudolf Steiner, more depth and understanding is made possible. Repeating a semester can feel like a whole new experience.

Payment

The Foundation Studies Program is chartered to remain fiscally independent from the school budget. There is a sliding scale fee and a payment plan.

Contact:

Pamela Shafer, Program Facilitator, for more information at foundationprinceton@earthlink.net or write to the Foundation Studies Program at The Waldorf School of Princeton, 1062 Cherry Hill Rd, Princeton, NJ 08540