

OPEN DAY at the SCHOOL OF PRACTICAL PHILOSOPHY

At 20 Talana Rd on Sunday 18 March 2018, 9:30am to 4:00pm.

ENTRY: R50 per person includes a finger lunch (we will be catering for 70 people) and tea and coffee.

There will be 4 one-hour lecture/activity sessions and for each session there will be a choice of 4 or 5 topics. No seating will be reserved. It will be on a 'first come' basis.

Note that there will be no children's program as in previous years and children should not be left unaccompanied as we cannot take responsibility for them.

Tea/coffee and a buffet lunch will be set out in the refectory. People can eat anywhere in the house or garden.

Times	Event/Venues	Main Room	Rosenberg Room	MaLaren Room	Art Room	Ficino Room	Comment
09h30	Registration/Tea						Foyer
10h00	Session 1	Meditation and the Brain	Body Awareness	En-Chanting Sanskrit	The Mind Map		
11h00	Tea/Coffee						Refectory
11h30	Session 2	The Enigmatic Gurdjieff	Body Awareness	Saint for Modern Times	The Mind Map	A Taste of Meditation	
12h30	Lunch						Buffet
13h30	Session 3	The Enigmatic Gurdjieff	Abhinaya – Mindful Movement	En-Chanting Sanskrit	A Stroke of Bliss		
14h30	Tea/Coffee						Refectory
15h00	Session 4	Meditation and the Brain	The Way of the Householder	Saint for Modern Times	A Stroke of Bliss	A Taste of Meditation	
16h00	Finis						

TOPICS

Meditation and the Brain: An exploration of the profound effects of meditation on the brain, how this can impact your everyday life and with some real life examples. Delving into Neuroplasticity and why this discovery about the brain is so relevant to meditation. (KIM & NEIL)

A Taste of Meditation: A practical 5-step session on how to align your body, mind and heart in a single focus so that you can taste the depth of your own true self. No prior experience an advantage! (ALBERT)

A stroke of bliss: A calligraphy session where we learn the basics of beautiful writing with fine attention. There is a real prospect of experiencing bliss. No artistic skills needed. Everyone is welcome. All equipment provided. This is literally hands-on! (ANNETTE & CRIS)

Saint for Modern Times: 900 years ago Hildegard of Bingen broke the established norms in a male-dominated society. A scientist, mystic, writer, composer, musician, polymath and deeply spiritual person, she is a luminous role-model for women today. (CHARMAINE)

En-Chanting Sanskrit: Why are we interested in the refined sounds and structure of the ancient Sanskrit language? Experience how the practice of some simple chants can have a transformative effect on your state-of-being. (JASPER)

Abhinaya – Mindful Movement: Practise simple movement principles from this ancient art to align body, mind and soul in a single beautiful flow. (RENEE)

The Enigmatic Gurdjieff: An introduction to his unusual life and teachings. This talk will include slides, live music and screening of his sacred dances. (MATTHEW)

The Way of the Householder: How does the modern ‘average Joe/Jane’ with a mortgage, kids at school and an irritating boss practice deep spirituality and aspire towards Realisation? Seems the ancients were already on to this and formulated ‘The Way of the Householder’. (RICHARD)

Body Awareness: Mindfulness practices and a guided meditation on ‘Body Awareness’ will put you in touch with your body to learn what the body and mind are telling you. (SARA)

The Mind Map: What is the mind? Is the mind the brain? Isn't the brain actually the body? Where does the brain end and the mind start? What are the four core functions of the mind? This presentation is part technical, part fun – and a good starting point for any new-comers to practical philosophy. (STEVE)