

## **Foundation Studies Program at the Waldorf School of Princeton**

### **What Is Anthroposophy?**

Anthroposophy explores 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 described in this twentieth-century philosophy. To someone new to anthroposophy, much can seem familiar, because ideas from world religions and different systems of thought are embedded therein. By pursuing this course of study, Foundation students embark on a personal voyage by reviewing their own perspectives and connecting in different ways to the ideas presented, through both lectures and artistic work. Each individual does this in his or her own unique way. Studying anthroposophy is not subscribing to a specific set of doctrines; it is pursuing an individual, spiritual path.

### **History at Our School**

Our school's program grew out of a self-formed group of parents who studied for several years together and then looked for a teacher. In 2002, Elan Leibner was asked to lead this formalized study. Through the combined educational direction of Elan Leibner and the coordination of Pamela Shafer, this program has continued to educate adults in the wider community. Many graduates from the program have found their way into work at the Waldorf School of Princeton and the River Valley Waldorf School.

### **Structure of the Program**

The program runs for two and a half years, or five semesters. We follow the school schedule and do not meet during vacations or holidays. During each semester, we meet six Saturday mornings from 8:00 a.m. to 1:00 p.m. The program consists of lectures based on the reading material, eurhythmy, spatial dynamics, fine art, speech, singing, and sculpture. The sessions are led by a team of teachers who have had extensive experience in their disciplines. Some teachers are from our community, and some travel to us. The program is open to anyone who is interested in widening their perceptions and understanding of their place and purpose in the world. Payment for the program has a sliding scale fee.

Contact Pamela Shafer, program facilitator, for more information at [foundationprinceton@earthlink.net](mailto:foundationprinceton@earthlink.net), or write to Foundation Studies at the Waldorf School of Princeton, 1062 Cherry Hill Rd, Princeton, NJ 08540.

### **Association with Other Waldorf Institutions**

Though this is not an officially recognized adult program of AWSNA (Association of Waldorf Schools of North America), this program has been accepted as a prerequisite for further programs of professional development, such as the Antioch College Teacher Training Program and Sunbridge Institute. Many Waldorf schools around the country have begun their own Foundation Studies programs as an effort to train for their own positions, close the gap in the shortage nationwide of Waldorf teachers, and strengthen the relationships of purpose within the community.