

Anthroposophical Society in Great Britain
Summer Conference for Members and Friends



HOW CAN I LIVE IN FREEDOM TODAY?

Navigating contemporary social dynamics
and evolving technologies

Wednesday 30th July - Saturday 2nd August 2025

Emerson College, Forest Row, East Sussex

HOW CAN I LIVE IN FREEDOM TODAY?

Navigating contemporary social dynamics and evolving technologies

As our world becomes ever more digitalised and polarised, a corresponding concern for the wellbeing of our younger generation is growing and has reached a state of alarm. The sharp rise in knife crime, social media addiction and mental health issues in the young is being considered a national crisis.

Likewise, our communities are becoming increasingly polarised by economic and political forces seemingly beyond our control.

At the same time, an undeniable turning towards the Spirit is taking place, sometimes in unexpected ways. The question can be heard increasingly and in many forms: How can I live in freedom? Our conference theme takes up this urgent question as we step into the 100+ years of our Society.

Inspired by our keynote speakers David Martin and Andreas Schmitt – complemented by engaging workshops, presentations and plenum conversations – we will explore a range of contemporary challenges and practise ways to exercise our freedom. Our theme will also be addressed in two original evening performances.

We will be hosted once more by Emerson College which is in transition to realising its new vision in collaboration with Ruskin Mill Trust.

This conference has been created to be of interest and pertinent to all age groups.

[We look forward to seeing you there!](#)

[Antoinette Reynolds, Marjatta van Boeschoten and Adrian Locher](#)
Summer Conference Organisers for the Council of the ASinGB

KEYNOTE SPEAKERS

David Martin is Professor of Paediatrics at Tübingen University and Professor of Medical Theory, Integrative Medicine and Anthroposophic Medicine at Witten Herdecke University. He worked for 5 years, as a consultant paediatrician at the Filderklinik, where he still sees patients. He is currently running a large project on digital media and its effects on childhood and youth and has been made responsible for creating the national guidelines for Germany.

Andreas Schmitt is the founder and director of the international “Annual Training Philosophy of Freedom” and the “Institute for Spiritual Activity”. He is a specialist in visceral surgery and works as a physician in the field of complementary medicine in research, teaching and counselling at the University of Tübingen and the Filderklinik.

WORKSHOPS

Eurythmy as a Path to Freedom – Rebecca Paten

How can we truly live in freedom today, when the world feels chaotic, fragmented, and constantly pulls us in different directions? This eurythmy workshop invites you to explore movement as a path to inner alignment, and to reconnect with your own sense of autonomy.

Rebecca Paten is a counsellor and eurythmy therapist based at the Rowan Tree Centre for Health in Bristol (formerly Helios Medical Centre). Her approach integrates spiritual insights with mainstream understandings, with a focus on authenticity and body-soul alignment.

Goethean Psychology - Handling the Inner Life – Graham Kennish

To navigate the resonances in our inner life of soul towards technology, we need to cultivate resilience. Goethean Psychology offers a practical and anthroposophically-based method of observing our own emotional reactions to our rapidly changing world.

Graham Kennish is a Waldorf science teacher and trainer of fifty years, a driving instructor and a BACP psychotherapist, offering individual Goethean Psychology sessions and a weekly workshop.

Nature's Summer Performance – Patrick Dixon

By going out into Nature, we will experience her act out her summer scenes and become aware, too, of those beings who work tirelessly behind the scenes.

Patrick Dixon is a writer and performer, who gives tours and talks at Rudolf Steiner House.

Speech and Drama – Dan Skinner

The speech and drama workshops will look at speech formation as a pathway to re-align oneself with spiritual-creative forces.

Dan Skinner is an actor/director/teacher and was also a Waldorf class teacher for 12 years. He is currently teaching at Eurythmy India, a new Eurythmy training currently based at Hidden Oasis, near Pune.

PRESENTATION

Super Connected: Coming to Life in a Machine-Paced World – Tim Arnold

Tim Arnold is a singer, composer, filmmaker and social activist known for his pioneering multimedia opus Super Connected™ - album, film drama, theatre show and bold exposé on screen addiction in the digital age. A former pupil of Kings Langley Rudolf Steiner School, Tim's work combines music, film, theatre and activism to explore technology's impact on family, childhood and consciousness.

PRACTICAL INFORMATION

Conference fee: £120 (some bursaries available, please contact Antoinette Reynolds antoinetteservrey@gmail.com)

This is to be paid at the point of registration (see overleaf).

Ruskin Mill Land Trust and Emerson College have reviewed costs for this conference and would like to offer the following arrangements:

Accommodation and meals: £225

This includes 3 nights' accommodation (Wed 30 July to Sat 2 August), dinner on Wednesday, breakfast, lunch and dinner on Thursday and Friday and breakfast on Saturday (breaktime refreshments also included). For those who wish to stay for lunch on Saturday an extra £15 will be payable. Please book this in advance when registering.

Meals only: £15 lunch, £11 dinner

Please book with Emerson College one month in advance to enable them to plan their catering (details overleaf).

REGISTRATION

Please register online for this conference with Emerson College:
www.emerson.org.uk/asingsbsummerconf or call 01342 822 238.
For a paper copy of the booking form, please contact Emerson: ASinGB Summer Conference, Emerson College, Hartfield Road, Forest Row, East Sussex, RH18 5JX
E: events@emerson.org.uk T: +44 (0)1342 822 238

Part Attendance

Local members and friends are welcome to attend morning talks, Thursday afternoon's presentation and evening events. Suggested minimum donation: £10 at the door per event (cash only).

	Wed 30th July	Thurs 31st July	Friday 1st August	Sat 2nd August
8.30		Early Bird Singing		
9.00		Practical Announcements & Verse		
9.15		Morning Talk Ethical Individualism and Artificial Intelligence David Martin & Andreas Schmitt	Morning Talk Exercising Inner Freedom Andreas Schmitt & David Martin	Morning Talk How can I live in Freedom today? Andreas Schmitt & David Martin
10.30		10.30 – 11.15 COFFEE BREAK		
11.15		Small Working Groups on lecture theme	Small Working Groups on lecture theme	Conference Review
12.45		12.45 – 2.45 LUNCH BREAK		FINISH
13.45		Market Place		WORKSHOPS: Eurythmy as a Path to Freedom Rebecca Paten Nature's Summer Performance Patrick Dixon Goethean Psychology - Handling the Inner Life Graham Kennish Speech and Drama Dan Skinner Creative Writing TBC
14.45	From 2.30 Registration opens Tea available	Workshops (see oposite)		
16.00		4.00 – 4.30 TEA BREAK		
16.30	Conference Opening Welcome Marjatta van Boeschoten Introductions and Workshop Previews	Presentation Tim Arnold Super Connected: Coming to Life in a Machine-Paced World	Conference Plenum Themes Arising	
18.15	6.15 – 7.30 SUPPER BREAK			
19.30	Evening Talk Education, Thinking and Artificial Intelligence David Martin	Performance The Blind Prophet A mask theatre performance exploring the identities of Tiresias, blind prophet, mysterious double-gendered figure from Greek mythology Written & performed by Dan Skinner	Performance Seeing in the Dark A modern archetypal drama of good and evil inspired by Milton's 'Paradise Lost' Written & performed by Patrick Dixon	