

The  
Sophia Foundation  
hosts a Pilgrimage to Uluru & (in  
collaboration with Sophia Australis) a  
Choreocosmos Workshop in Melbourne

# Choreocosmos Workshop

*(Cosmic & Sacred Dance—Eurythmy for Everyone)*

**The Michael Centre, 37A Wellington Park Drive, Warranwood, Melbourne.**

**28 September 2020 to 2 October 2020**

*Robert Powell returns to Australia in 2020 for a pilgrimage to Uluru, preceded by a five day Choreocosmos Workshop in Melbourne.*

Robert is joined by Karen Rivers and Clair Hiles. Robert and Karen are the co-founders of the Sophia Foundation (USA) and, on behalf of the Sophia Foundation, are leading the Pilgrimage to Uluru. The musical accompaniment for the eurythmy movement & celebrations will be played by Clair Hiles.

*You are warmly invited to participate in the Choreocosmos Workshop—no prior knowledge or eurythmy experience is necessary— all are welcome!*

*“Through choreocosmos we have the possibility of connecting with Sophia and with the Etheric Christ.”*

Robert Powell

**Sacred Dance**—is prayer & meditation expressed through movement and eurythmy gesture.

**Cosmic Dance**—is learning the cosmic alphabet through dancing planetary movements to the 12 signs of the zodiac.

*“Cosmic & Sacred Dance is a service to the Spiritual Hierarchies, humanity, and the earth.”*

Robert Powell

## **The 5-Day Choreocosmos Workshop Program**

- **Theme:** “The Descent of Christ to Shambhala” with eurythmy to music.
- **Music:** Composed by Joseph Haydn for the seven words from the cross.
- **Intention:** To serve as a spiritual bridge; bridging the time of Christ’s first coming and now in his second coming, descending to the Mother in Shambhala—opening the path to this realm at the earth’s centre.
- **Our Spiritual Work:** To serve as heralds to the kingdoms of Nature who, through us, may know and experience Christ’s second coming; and to work with the angelic realms who are actively preparing for events related to the second coming.
- **Lectures:** Covering the themes of ‘Star Wisdom’, ‘the Shambhala Path’, & ‘Uluru as the root chakra of planet earth’.
- **Evening Celebrations:**
  - ‘The Seven Last Words from the Cross in Preparation for the Descent to Shambhala’ (with music composed by Joseph Haydn)
  - ‘The Journey of the Soul into incarnation’.

(Further details on the workshop theme, the Seven Last Words, and the music are available at <http://www.sophia-australis.org/>)

**(Contact: Alison Margaritis, 0409 408 309)**

*"It is Christ who will lead human beings to Shambhala."*

Rudolf Steiner

## Costs and Payments

### - Workshop (only) (AUD)

\$570 (\$470 concession)\*

(\*Includes the 2 evening Celebrations @ \$10 each)

### Payment (By 15 July 2020)

Australians participating in the workshop only register and pay by EFT in AUD to Sophia Australis:

Account name: Sophia Australia Inc.

Bank: Bendigo, Warrandyte

BSB: 633 000, Account No: 141601211

### Contact

**Alison Margaritis, 0409 408 309**



### Robert Powell PhD

(Uluru Pilgrimage Co-leader and Workshop Presenter)

Robert is a graduate of the School of Eurythmy in Dornach. With Karen Rivers PhD, he co-founded the Sophia Foundation (USA), and developed the School of Cosmic and Sacred Dance to serve those seeking spiritual awakening and a living experience of the cosmos, healing and wholeness. Steiner's many works, and a passion for the world of the stars, provide the foundation of Robert's work. Dr Powell is an internationally known lecturer, author, eurythmist, and movement therapist who offers workshops in Europe, Australia and North America, and leads pilgrimages to the world's sacred sites.

For more information on the Pilgrimage:

<https://sophiafoundation.org/wp-content/uploads/2020/01/Uluru-Pilgrimage-flyer-FINAL-4.pdf>

For more information on the Workshop Theme and Celebration of the Seven Last Words from the Cross:

<http://www.sophia-australis.org/>

## Choreocosmos Program Daily Schedule

(Monday 28 September to Friday 2 October 2020)

9:30 – 10:45 am	Cosmic Dance
10:45 – 11:15 am	Break
11:15 – 12:30 pm	Study/Conversation
12:30 – 1:45 pm	Lunch
1:45 – 2:45 pm	Singing
2:45 – 3:00 pm	Break
3:00 – 4:00 pm	Conversation
4:00 – 4:15 pm	Break
4:15 – 5:30 pm	Cosmic Dance

### Evening Celebrations:

7:30 – 9:00 pm *Christ's Seven Last Words from the Cross (29 September)*  
*Journey of the Soul into Incarnation (1 October)*

### - Workshop & Pilgrimage (USD)

\$3,990\* (double occupancy)

\$5,029\* (single occupancy)

(\*Accommodation and bus travel costs during workshop week are deducted for Australian participants)

### - Pilgrimage (only) (USD)

\$3,450 (double occupancy)

\$4,529 (single occupancy)

### Payment

Australians participating in either of the above options register and make payment in USD to the Sophia Foundation (USA). **(Final payment due 15 July 2020)**

Register and pay online by credit card:

<https://sophiafoundation.org/event/pilgrimage-to-australia/>

Pay by bank transfer:

Contact Kim Marie, Administrator, (e) [sophia@sophiafoundation.org](mailto:sophia@sophiafoundation.org) or (p) (303) 242-5388).

## Clair Hiles (Concert Pianist)

Clair will accompany sacred dance, singing and the Sophia Grail Celebrations. Clair undertook her musical studies at the Guildhall School of Music and Drama in London, and then trained as a Music Therapist and Sound Healer, exploring the therapeutic nature of sound and vibrational healing. For the past three years, Clair has been studying with the maestro Seymour Bernstein in New York, during which time she has given solo recitals in Australia, USA and Europe. Clair plays with the inspiration and intention to open and elevate our heart forces and enhance the expressions of the spiritual world.

*"When Shambhala reveals itself again, one of the first visions to come to human beings will be that of Christ in his etheric form. Into the land declared by Oriental writings to have vanished there is no leader other than Christ. It is Christ who will lead human beings to Shambhala... In future, Christ will become visible to human beings in the etheric... From the middle of the twentieth century on, and continuing for the next twenty-five years, this will happen more and more often... Human beings will enter the land of Shambhala. They will see its radiant light, as Paul saw above him—the light that streamed from Christ ... The portals of this realm of light will open to them, and through them they will enter the holy land of Shambhala."*

Rudolf Steiner