



The Australian Anthroposophic Medical Association
Invites you to a seminar exploring

Spiritual Perspectives on Health and Healing

Anthroposophic Medicine meets Indigenous Tradition

Friday July 21 2017

with

Miliwanga Sandy, Ann Poulsen, Simon Bednarek Michael Kokinos, and Irmhild Kleinhenz

8:30 **Meeting ourselves through exercises with horses** with Ann Poulsen

9:30 **Anthroposophic Medicine Meets Indigenous Tradition**

--Working with the Raphael Imagination with Dr Simon Bednarek

--Fire Circle and discussion with Miliwanga Sandy and Michael Kokinos

- **Ancient views on illness and healing**
- **The role of the traditional healer in indigenous medicine**
- **Perspectives on our life forces: Indigenous understanding of the etheric and its relationship to anthroposophic knowledge.**
- **Experiencing the forces from the cosmos and those maintaining our personal health**

11:00 Morning Tea

11:30 **Anthroposophic Medicine Meets the Indigenous Tradition continued**

12:30 LUNCH

13:30 **Healing Plants in Indigenous Medicine and Anthroposophic Medicine** with Miliwanga Sandy and Irmhild Kleinhenz

15:00 Afternoon Tea

15:30 **Healing Plants continued**

16:30 Finish



Miliwanga Sandy is a traditional healer from Central Arnhem Land. Miliwanga is an accomplished linguist and gifted speaker on cultural awareness, traditional medicine/healing and Aboriginal spirituality.



Ann Poulsen facilitates Equine Assisted Learning and Personal Development sessions for adults, children and groups together with her herd of 5 horses. "Horses are by nature fully present, grounded and congruent. They allow us to observe ourselves in ways we may never have experienced before"



Michael Kokinos is an anthroposophic physiotherapist whose work has taken him into remote NT Aboriginal communities for the last 15 years. He has developed strong relationships with elders, songmen and healers.



Irmhild Kleinhenz has worked out of the inspiration of anthroposophy for over 30 years as the foundation of her integrative medical practice and consultancy in Melbourne. Irmhild lectures widely and leads the Australian prescriber's training in anthroposophic medicine for allied health professionals.



Dr Simon Bednarek is the coordinator of the AU/NZ medical section work for the Goetheanum alongside his work as a general practitioner in Byron Bay NSW. He has been involved in anthroposophic medicine for over 20 years.

Venue: 79 Burringbar Rd, Burringbar, NSW
Seminar Cost: \$120 (includes morning and afternoon tea and lunch). Seminar limited to 40 participants.

Camping on site over night: \$10p/p
Registrations: simon.bednarek@gmail.com
A/C - AAMA 082-289 650152022 (please state NAME and Burringbar seminar on transfer)

Please be aware that timings during the day are subject to change.
Wet weather gear, outdoor clothes and boots strongly suggested.