

LIVING CONNECTIONS - Timetable

Apr 22 Thursday	Apr 23 Friday	Apr 24 Saturday	Apr 25 Sunday
	08:45 Offline - optional meditation	08:45 Offline - optional meditation	08:45 Offline - optional meditation
	09:00 ONLINE - <i>experienced participants</i> Einstimmung / Tuning in followed by «Blue Session» Keynote Research Part 1 09:40 ONLINE - Presentation of the upcoming «red session» workshop offerings	09:00 ONLINE - <i>experienced participants</i> Einstimmung / Tuning in followed by «Blue Session» Keynote Research Part 2 <i>«Thinking, Feeling, Willing at the Threshold: Imagination, Inspiration, Intuition - a path of self-knowledge»</i> Andreas Heertsch, Andreas Neider & Hosts (DE & EN) followed by Discussion / Break-Out Rooms	09:00 ONLINE - <i>experienced participants</i> Einstimmung / Tuning in followed by «Blue Session» Keynote Research Part 3 followed by Discussion / Break-Out Rooms
	10:00 Offline - Deepening / Research (personal choice)	10:00 Offline - Deepening / Research (personal choice)	10:00 Offline - Deepening / Research (personal choice)
	11:00 Offline - Break	11:00 Offline - Break	11:00 Offline - Break
	11:30 ONLINE - <i>experienced participants</i> «Red Session» Workshops Part 1 Workshop A: Andreas Heertsch & Markus Buchmann Workshop B: Frans Romejin	11:30 ONLINE - <i>experienced participants</i> «Red Session» Workshops Part 2 <i>Parallel Workshops: 3-part Series, exploring and deepening Anthroposophical Meditation practice and shared exchange</i> Workshop A: Andreas Heertsch & Markus Buchmann Workshop B: Frans Romejin	11:30 ONLINE - <i>experienced participants</i> «Red Session» Workshops Part 3 Workshop A: Andreas Heertsch & Markus Buchmann Workshop B: Frans Romejin
	13:00 Offline - Lunch / Break	13:00 Offline - Lunch / Break	13:00 Offline - Lunch / Break
	16:00 ONLINE - <i>all participants / newcomers</i> «Green Session» Public Webinar Webinar W: Bart Vanmechelen or «Green Session» Workshop Offerings Workshop Y: Anna Cecilia Grün Workshop Z (Part 1 von 2): Rolf Heine or local/regional workshops in-person, where possible.	16:00 ONLINE - <i>all participants / newcomers</i> «Green Session» Public Webinar Webinar W: Bart Vanmechelen or «Green Session» Workshop Offerings Workshop X: Inessa Burdich Workshop Z (Part 2 von 2): Rolf Heine or local/regional workshops in-person, where possible.	13:30 ONLINE - <i>all participants</i> Einstimmung / Tuning in followed by Closing «Yellow Session» Harvest <i>«Living Connections, Seeds & the Future»</i> Bart Vanmechelen & Hosts (EN & DE)
	17:30 Offline - Break	17:30 Offline - Break	14.30 END
19:30 START ONLINE - <i>all participants</i> Einstimmung / Tuning in <i>all evening sessions start with this, please be on time</i> Welcome and Opening «Yellow Session» Keynote Contribution <i>«Living Connections»</i> Bart Vanmechelen & Hosts (EN & DE) followed by Discussion / Break-Out Rooms Ausklang «Zoom Performance - Our mindset: frame of thinking» Ineke Van den Bosch & Paul van Dijk 21:00 End · Ende	19:30 ONLINE - <i>all participants</i> Einstimmung / Tuning in followed by «Yellow Session» Keynote Contribution <i>«Emptiness and Abundance in Meditation»</i> Anna-Katharina-Dehmelt (DE & EN) followed by Discussion / Break-Out Rooms Ausklang «Zoom Performance - Our mindset: frame of thinking» Ineke Van den Bosch & Paul van Dijk 21:00 End · Ende	19:30 ONLINE - <i>all participants</i> Einstimmung / Tuning in followed by «Yellow Session» Keynote Contribution <i>«Meditation - the development of necessary and life-enriching moods for spiritual experience»</i> Ursula Flatters (DE & EN) Followed by (around 20.00) Sound from Silence / Aus der Stille <i>an artistic-improvisational, auditory evening programme - online</i> Aina Bergsma, Johanna Lamprecht, Silke Sponheuer, Ulrike Wendt (DE/EN/NO) <i>part of the evening will be listening only - good headphones/speakers are helpful!</i> 21:00 End · Ende	