

Midwinter Agriculture Intensive: COSMIC & EARTHLY NUTRITION
Friday, January 13 - Monday, January 16, 2023

Friday 1/13	Saturday 1/14	Sunday 1/15	Monday 1/16
	7:45-8:30 Breakfast -Pay as you go	7:45-8:30 Breakfast -Pay as you go	8:30-9:00 Breakfast -Pay as you go
	8:00-8:30 @Threefold Auditorium Registration		
	8:30-9:00 Speech -Jennifer Kleinbach	8:30-9:00 Speech -Jennifer Kleinbach	9:00-9:30 Speech -Jennifer Kleinbach
	9:00-9:15 @Side Room Welcome/Housekeeping	9:00-9:15 @Side Room Morning Welcome	9:30-9:45 @Side Room Morning Welcome
	9:15-10:00 @Side Room Participant Introductions	9:15-10:30 @Side Room The Biodynamic Preparations as Earthly & Cosmic Nutrition for the Land -Harald Hoven	9:45-11:00 @Side Room Human Individuality and the Farm Individuality plus open conversation -Mac Mead
	10:00-10:30 @Side Room Introduction to Theme -Mac Mead		
	10:30-11:00 Break	10:30-11:00 Break	11:00-11:15 Break
	11:00-12:30 @Side Room The Digestive Process through the Four Elements -Cynthia Hoven	11:00-12:30 @The Farm Cow Observation: Cosmic and Earthly Nutrition Made Visible -Kim Vaughan & Megan Durney	11:15-12:30 @Side Room Closing Circle
	12:30-2:00 Lunch @Threefold Café	12:30-2:00 Lunch @Threefold Café	12:30-2:00 Lunch @Threefold Café
	2:00-3:15 @Eurythmy School Nutrition through Movement -Eurythmy with Sea-Anna Vasilas & Cynthia Hoven	2:00-3:15 @Eurythmy School Nutrition through Movement -Eurythmy with Sea-Anna Vasilas & Cynthia Hoven	
	3:15-3:45 Break	3:15-3:45 Break	
	3:45-5:00 @Side Room Cosmic Nutrition through the Sense Experience -Branko Furst	3:45-5:00 @Side Room Cosmic Nutrition through the Sense Experience -Branko Furst & Cynthia Hoven	
5:30-7:30 @Threefold Café Dinner & Music -Pay as you go	5:00-5:30 Dress for dinner!	5:00-6:00 @Side Room Social Nutrition -Kim Vaughan	
6:30-7:30 @Threefold Auditorium Registration	5:30-7:30 @Threefold Café Food for the Senses: Dinner Cooking with Intention -Jen Fox	6:00-9:00 @Threefold Café Dinner & Talent Show! -Emcee Kim Vaughan	
7:30-9:00 @Side Room Cosmic & Earthly Nutrition -Speaker Plenum	8:00-9:15 @Threefold Auditorium Eurythmy Spring Valley Performance		