

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

Threefold Auditorium, 260 Hungry Hollow Road, Chestnut Ridge, NY

**Register at <https://threefoldcommunityfarm.org/event/midwinter-agriculture-intensive-2023/>**