

## About the Melbourne Rudolf Steiner Seminar

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The Melbourne Rudolf Steiner Seminar offers a range of courses and programs based upon the work of Rudolf Steiner. It has been conducting courses for over 40 years for local and international students.

The Seminar is a fully government accredited training centre, offering a full-time course, the **Advanced Diploma of Rudolf Steiner Education**, (Course code 69801 CRICOS code 071548J) as well as **part-time certificate courses** and **professional development** programs.

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*“Just as love and joy should permeate the surroundings of the child in the earliest years of life, so through physical exercises the growing Etheric body should experience an inner feeling of its own growth, of its ever increasing strength.*

*Gymnastic exercises, for instance, should be of such a nature that each movement, each step, gives rise to the feeling within the child: “I feel growing strength within me.” This feeling must take possession of the child as a healthy sense of inner happiness and ease.”*

*- Rudolf Steiner*

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Melbourne  
Rudolf Steiner  
Seminar Ltd



## Contact us

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The **Melbourne Rudolf Steiner Seminar** is located at:

The Michael Centre,  
37A Wellington Park Drive  
Warranwood,  
VIC 3134

10 minutes from the Ringwood exit  
of the Eastern Freeway.

**Tel: 03 9876 5199**

Email: [office@steinerseminar.com](mailto:office@steinerseminar.com)  
[www.steinerseminar.com](http://www.steinerseminar.com)

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## Certificate in Bothmer Gymnastics A three year part time course



## What is Bothmer Gymnastics?

The way we move greatly influences the way we think, feel and will. Bothmer Gymnastics is a method of spatially oriented exercises which enhance movement skills through sports, games, and gymnastics.

Bothmer Gymnastics was developed in the 1920s by Graf von Bothmer, who was asked by Rudolf Steiner to develop a curriculum suitable for children in accordance with an Anthroposophical perspective of the human being and child development.

By integrating this method into our work, we deepen our understanding of the relationship between movement and a child's learning.

The Certificate in Bothmer Gymnastics is a training course which provides:

- **skills**
- **insight**
- **resources**
- **practice and**
- **inspiration.**

## Certificate in Bothmer Gymnastics

A new part-time course in Bothmer Gym is now available. This is a certificate course, aimed at teachers, but is also a rich and rewarding program for anyone interested in furthering their understanding of the relationship between joyful movement and learning.

It will provide inspiration, skills and resources for people wanting to enhance their teaching practices in any educational setting.

## Course curriculum - theory and practice

Each term over the three years of the course, we will focus on how gymnastics is presented to children, class by class, according to their age and stage of development.

We will begin with Bothmer for children in Class 3, when it is first taught, and will move through the classes until we reach upper secondary school age students.

## Information for participants

The course operates every Wednesday evening over the school term for three years, from 7.00 p.m. - 8:15 p.m.

Wear comfortable clothes, bring a bottle of water and get ready to move!

No prior experience is necessary. You do not need to be especially fit, however this is a course that requires your active participation.

Each evening will comprise both a practical/theoretical class in Bothmer, followed by supper and then an artistic activity.

To apply for this course, visit our website at [www.steinerseminar.com](http://www.steinerseminar.com) and download the application form under the Certificate in Bothmer Gymnastics page.

Further information: Tel. 03 9876 5199 or [office@steinerseminar.com](mailto:office@steinerseminar.com).



Students practicing Bothmer gymnastics