

This year's conference has the theme of Nutrition as a path to understanding the brain - gut connection. Through it we hope to come away with a fundamental understanding of how to heal and support a healthy digestive system for the benefit of clarity and strength in *thinking, feeling and willing*. Annmarie Cantrell will give the Keynote address on the Friday evening at the Kimberton Waldorf School.

On Saturday we will try to understand further elements of Annmarie's address through the 4 workshops we will *all* have a chance to participate in. They will be: **Fats & Oils** in our diet with Annmarie. **Cultured foods** with Tamara Sheen. Teresa Bogdanovich on the art of **Broth making** and finally **Exploring the Digestive System** with Jeannette Ponder. We will conclude the day with Folk dancing.

Sunday morning will commence with a non-denominational Christian service at Camphill Village Kimberton Hills followed by a plenum for sharing experiences and a concluding talk by Annmarie.

Accommodation

Donald Dubay 610 935 0304 is coordinating accommodation. There are a limited number of rooms available in Beaver Run, Soltane & Kimberton Hills and in private residences.

French Creek Inn, Phoenixville	610 935 3838
Main Stay Inn, Phoenixville	610 933 7998
Morning Star B&B, Phoenixville	610 935 7473
Hampton Inn , Oaks	610 676 0900

Timetable

Friday 9th March

4:00 Registration
6:00 Supper
7:30 Talk by Annmarie Cantrell. KWS

Saturday 10th March

8:45 Welcome
9:00 Bothmer gym warm up
9:15 Workshop
10:30 Snack
11:00 Workshop
12:30 Lunch
1:45 Tour
2:30 Bothmer gym warm up
2:45 Workshop
4:00 Snack
4:30 Workshop
6:00 Supper
7:30 – 10 Folk dancing

Sunday 11th March

8:45 Festival of Offering . CVKH
10:00 Plenum
10:45 Snack
11:15 Concluding remarks by Annmarie
12:00 Farewell
Bag lunch

Resources

<http://www.westonaprice.org/>

<http://gaps.me/preview/>

Registration Form

Name _____

Address _____

Phone _____

Cell _____

Email _____

Estimated time of arrival _____

Here for supper: Yes No

Estimated time of departure _____

Dietary Needs _____

(Vegetarian/Allergies):

Mail registration form to:

Sabine Otto
224 Nantmeal Road
Glenmoore, PA 19343
sotto@camphillsoltane.org

Make checks payable to North American Council

Cost Including meals:

NAC member before 2/24 \$50.00

NAC member after 2/24 \$75.00

Non-NAC member before 2/24 \$75.00

Non-NAC member after 2/24 \$100.00

The North American Council for Anthroposophic Curative Education and Social Therapy is dedicated to serving and nurturing the spiritual image of the human being and the community through Anthroposophic curative education, youth guidance and social therapy.

The purpose of the Council is to support, foster and facilitate communication and cooperation among Anthroposophic schools, lifesharing households, communities and other related endeavors working within these realms in North America, forming a link to the Council of the Medical Section at the Goetheanum and its work throughout the world.

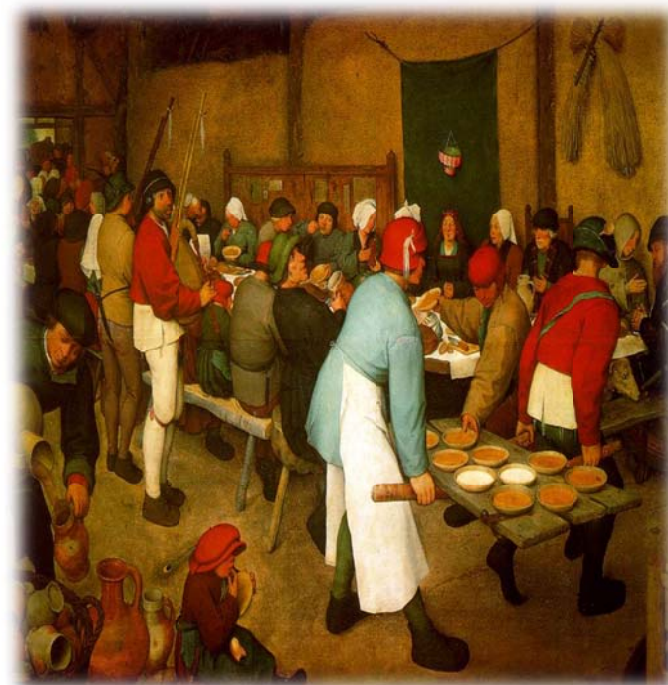
Annamarie Butera Cantrell is a graduate of the Natural Gourmet Institute for Health and Culinary Arts. Her own health experiences led her to pursue food as a tool for personal healing. Her Master's degree in Special Education and her work as a teacher has led her to focus on childhood nutrition and to pursue whole food alternatives. She works with young children and their families to implement dietary changes appropriate for a variety of issues ranging from allergies to autism. Annmarie conducts cooking classes and informational workshops and is available for private cooking and catering.
<http://www.cucina-verde.com/>

Jeannette Ponder is a National Board Certified Colon Hydro-Therapist, Instructor of Colon Hydrotherapy and a Certified Nutritional Counselor. She is a member of The International Association of Colon Hydrotherapy and the American Association of Drugless Practitioners. She has her practice here in Kimberton.
<http://www.theartofhealth.us/pages/about.html>

Teresa Bogdanovich did her macrobiotic teacher training at the Kushi Institute in Becket MA. For 15 years she worked as a macrobiotic cook in both restaurants and as a private chef for people. She also taught cooking classes and workshops during this time. For the past six years she has been a houseparent at Triform Camphill community where she still cooks for houses, co-worker orientation and community events.

Tamara Sheen is a certified Healing Food Specialist and long term Camphill cook and Vocational Instructor. She is currently a member of the Transition Program staff at Beaver Farm where she heads the Kitchen crew who prepare lunches for the 40 strong community and seasonally processes fruits and vegetables.

Annual Conference North American Council for Anthroposophic Curative Education and Social Therapy



The Peasant Wedding Feast by Pieter Brueghel the Elder 1567

Human Nutrition – from the Inside Out

Keynote speaker Annmarie Cantrell

March 9 – 11th 2012

Camphill Special School

Beaver Farm, Phoenixville, PA