

**2023/2024 CHOREOCOSMOS WORKSHOPS
PRESENTED BY Dr. ROBERT POWELL—IN HONOR
OF THE 100TH ANNIVERSARY OF THE
FOUNDATION STONE OF LOVE GIVEN THROUGH
RUDOLF STEINER AT CHRISTMAS 1923**

**Two workshops in Tumbaco, Quito after
Christmas 2023**

**[1] Celebrating the Circle of Life—Ascent and
Descent—in the Life after Death: Jacob’s Ladder &
The Journey of the Soul into Incarnation**

musical accompaniment: pianist Clair Hiles

**[2] Celebrating the 100th Anniversary of the
Foundation Stone of Love**

musical accompaniment: pianist Clair Hiles

[1] is envisaged as a preparation for [2].

Arrival date: Wednesday, Dec 27, dinner 7 pm.

Overview and introductions after dinner.

[1] Workshop: Jacob’s Ladder, the Ascent through the
Planetary Spheres, and then the Descent of the Soul
into Incarnation returning down through the
Planetary Spheres:

Thursday, Dec. 28 Cosmic Dances of Jacob’s Ladder

Friday, Dec. 29 Cosmic Dances of Jacob’s Ladder

Saturday, Dec. 30 Cosmic Dances of Jacob’s Ladder

Sunday, Dec. 31 excursion to the Center of the World
and to the nearby Inca Sun Temple

Monday, Jan. 1 Descent through the Planetary Spheres

Tuesday, Jan. 2 Descent through the Planetary Spheres

Wed. Jan. 3 Descent through the Planetary Spheres

Thur. Jan. 4 Celebration of the Cosmic Circle—Ascent
and Descent—in the Life after Death

Fri. Jan. 5 excursion to the churches of Quito, including the convent *Our Lady of Good Success*.

[2] Fri. evening, Jan. 5, lecture on the Foundation Stone of Love

Sat. Jan. 6 Sacred Dance of the Foundation Stone— morning, afternoon and evening

Sun. Jan. 7 Final Celebration: Foundation Stone of Love on Sunday morning.

Departure on Sunday afternoon, Jan. 7, OR:

Departure on Monday morning, Jan. 8.

Details below concerning location and costs:

The workshops will take place at the Zen Meditation Center— **Centro de Desarrollo Integral (CDI)** — in Tumbaco, about ½-hour taxi drive from Quito International Airport.

The main accommodation will be at the Ilaló Garden Hotel near the Zen center (CDI). Ilaló Garden Hotel is also about ½-hour taxi ride from Quito International Airport. Tripadvisor link to Ilalo Garden Hotel:

https://www.tripadvisor.com/Hotel_Review-g6589668-d14134047-Reviews-Ilalo_Garden_Hotel_Restaurant-Tumbaco_Quito_Pichincha_Province.html

It is important, because of limited accommodation, to make your reservation at the hotel as soon as possible. In making your reservation, it is usual to pay an advance deposit to secure your room booking.

When you make your reservation at the Ilaló Garden Hotel, please indicate to the hotel that you are with the group of Robert Powell *in order to obtain the group discount*. Breakfast is provided at the hotel. Lunch and dinner will be at the Zen Center (CDI).

In the event that the Ilaló Garden Hotel is full, there may be some Airbnb accommodation in Tumbaco. For a few people there is also some less expensive accommodation available at the Zen Center (CDI). For those staying at the Zen Center, all meals—breakfast, lunch, and dinner—will be there.

For those staying at the Zen Center or anywhere else, as well as for those staying at the Ilaló Garden Hotel, it is important to notify Rosario Wright by email or by phone that you are coming to the workshops —

Rosario Wright

Email: vilcabamba15@gmail.com

Phone: +593 99 264 7082

This is important so that we can know exactly who is attending. And when you have booked your flights, please let Rosario know your flight details, especially when your flight will be arriving at Quito

International Airport, so that it can be arranged for a taxi to meet you at the airport to drive you to the hotel—or to the Zen Center for those staying there.

The taxi fare will be approximately \$20.

In booking your hotel stay and your flight to Quito, obtaining trip cancellation insurance is recommended.

Rosario is helping with the organisation of the workshops and she can also help in answering questions concerning practical details. And for Spanish speakers attending who are not fluent in English, Rosario has offered to translate.

Soon after registering with Rosario, a full program of the workshops will be sent to all participants of this series of choreocosmos workshops/seminars.

Originally pianist Marcia Burchard was planning to come and play for the workshops. However, owing to a hip operation scheduled for November this year, at the time of the workshops Marcia will still be convalescing. Fortunately it is possible to announce that pianist Clair Hiles has agreed to come from England to play the extraordinary Beethoven compositions for these workshops/seminars.

Our goal is to create together an experience through music and movement of the Circle of Life—the descent into incarnation preceding birth and the ascent back to heavenly realms in the life after death—and also to celebrate in a worthy way the one-hundred-year celebration of the Foundation Stone of Love given through Rudolf Steiner at Christmas 1923. As Robert will elucidate during his presentations, this event at Christmas 1923 announced the second coming of Christ and is of significance for the whole future of humanity and the Earth.

Therefore, preceding the Foundation Stone of Love celebration on Sunday morning, January 7, there will be the two parts of the great Circle of Life: *Jacob's Ladder, the Ascent of the Soul through the Planetary Spheres in the life after death*, followed by the *Journey of the Soul into Incarnation, the Descent of the Soul back down through the planetary spheres—returning into earthly incarnation*. During these workshops it will become a matter of experience how the Circle of Life, by way of preparation, leads into a profound experience of the Foundation Stone of Love. More details will be given during these workshops.

COST OF SEMINARS WITHOUT ACCOMMODATION AND WITHOUT MEALS: \$480. PAYMENT OF \$480 CAN BE MADE IN ADVANCE OR IS DUE UPON ARRIVAL AT THE SEMINAR.

AS INDICATED ABOVE, BECAUSE OF LIMITED ACCOMMODATION, IT IS RECOMMENDED THAT YOU MAKE YOUR RESERVATION AT THE HOTEL AS SOON AS POSSIBLE. IN MAKING YOUR RESERVATION AT THE ILALO HOTEL, IT IS USUAL TO PAY AN ADVANCE DEPOSIT TO SECURE YOUR ROOM BOOKING. WHEN MAKING YOUR RESERVATION AT THE ILALO GARDEN HOTEL, IN ORDER TO SECURE A 20% DISCOUNT, PLEASE INDICATE TO THE HOTEL THAT YOU ARE WITH THE GROUP OF ROBERT POWELL.

BREAKFAST IS INCLUDED AND IS PROVIDED AT THE HOTEL. THE DAILY COST OF LUNCH AND DINNER AT THE ZEN CENTER IS \$19.

FURTHER INFORMATION IS PROVIDED UNDER **DETAILS**.

IF YOU ARE INTERESTED IN STAYING AT THE ZEN CENTER, PLEASE CONTACT ROSARIO AS SOON AS POSSIBLE, GIVEN THE LIMITED ACCOMMODATION AVAILABLE THERE. QUESTIONS: PLEASE CONTACT ROSARIO WRIGHT.

Because of the potential significance of this event—in proximity to the **Center of the World** at this special time of the **100th Anniversary of the Foundation Stone of Love: the event at Christmas 1923 that announced to the world the onset of Christ's Second Coming**—it is possible that there may be some challenges encountered such as I have described in the series of more than 150 podcasts begun around the time characterised on the heavenly level by the geocentric Jupiter-Saturn conjunction in Capricorn on December 21, 2020. In the podcasts, I have endeavoured to illumine from a spiritual perspective what began in earthly history at that time. Now knowing from experience something of the true nature of what humanity and the Earth in the

wake of the 2020 solstice geocentric conjunction of Jupiter and Saturn in Capricorn has been through, there is a sense of knowing regarding what is at stake for the future of humanity and the Earth.

This is what our gathering in Tumbaco, Quito, is about: it is to affirm that Christ is the true guide of humanity, *who stands by every human being*, and for those *who in freedom turn to Him* offers help and guidance through these challenging times. Indeed, if He is asked, *He offers also the priceless gift of the Foundation Stone of Love.*

Moreover, now Christ, the Lamb, is working ever more strongly with Sophia, the Bride of the Lamb. Together with Christ and Sophia, our will is firm that the planned *Foundation Stone of Love celebration* is not just for our own sake, but is intended to be on behalf of humanity and the Earth.

Our goal is to come together in Tumbaco, Quito, united in these words from the closing part of the Foundation Stone of Love: “That GOOD may become what from our hearts we found and from our minds direct with single purpose.”

With heartfelt greetings and warmest good wishes, Robert. *Robert Powell, PhD, cofounder—together with Karen Rivers, PhD—of the Sophia Foundation and founder of the Choreocosmos School of Cosmic and Sacred Dance.*

From Rosario, concerning translation into Spanish of the lectures that will be presented:

Robert will be offering so much regarding the now heightened struggle between good and evil taking place since the 2020 Jupiter-Saturn conjunction in

Capricorn. This has been the central theme in his more than 150 podcasts posted on the Sophia School of Movement website. And at the upcoming event in Tumbaco, Quito, from December 27, 2023, to January 7, 2024, he will be offering much more concerning the significance of the Andean spiritual awakening, heralding the awakening of the Earth Mother, touching also upon the significance of the Quito meridian and the coming Age of Aquarius, that it will hardly be possible to keep pace with this flow of esoteric wisdom presented in English, that I shall be offering short summaries in Spanish rather than an exact word-for-word translation from English into Spanish. There is a plan, hopefully sometime in 2024, to publish the text of the English lectures, also in Spanish translation, which will enable Spanish speakers to catch up with the full importance of what Robert will be communicating.

DETAILS

See attached ***Ilaló Garden Hotel Welcome Letter*** for a description of the hotel and of rooms offered to the *Robert Powell group* at 20% discount. When booking accommodation at the hotel, make sure that you refer to yourself as belonging to the *Robert Powell group*.

Accommodation at the *Ilaló Garden Hotel*:

(a) arrival on December 27 and departure on the afternoon or evening of January 7 = 11 nights

(b) arrival on December 27 and departure on January 8, 2024 = 12 nights

Hotel room costs per night (incl. breakfast) in US\$:

\$61.11 for one person (less 20% discount) = \$48.89

\$94.44 for two persons (less 20% discount) = \$75.55

Bus transfer from Quito International Airport to the hotel is available for groups (minimum of 4; maximum of 10). Irrespective of the number of people, the total cost of the bus before 9 pm = \$33.36, and the total cost of the bus after 9 pm = \$44.80. If participants inform Rosario of their flight's time of arrival at Quito Airport, it should be possible to ascertain whether a group (or groups) for the bus transfer can be formed.

The cost of the transfer by taxi is approximately \$20, whereby the hotel can arrange for a taxi driver to meet you upon emerging through the arrivals gate, by holding up a placard with your name on it.

Meal costs in addition to the hotel cost:

Lunch (\$12 per day at the Zen Center), and Dinner (\$7 per day at the Zen Center) amounts to a total of \$19 per day in addition to the hotel room cost.

Accommodation at the Zen Center (CDI)

There are three possibilities:

(1) communal accommodation in 3 bedrooms, with 3 to 4 people in each bedroom for \$12 per night each

(2) an individual room is available with one bed (or two beds for a couple) for \$20 per night

(3) a suite for a couple—a small apartment with bedroom, bathroom, and small living room—for \$25 per night. (2) and (3) are no longer available.

In addition to the accommodation cost, the meal costs—breakfast (\$6), lunch (\$12), and dinner (\$7)—at the Zen Center amount to \$25 per day.

Please let Rosario know if you would be interested in this accommodation possibility at the Zen Center.

Robert Powell, PhD, is an internationally known lecturer, author, eurythmist, and movement therapist. He is founder of the Choreocosmos School of Cosmic and Sacred Dance, and cofounder of the Sophia Foundation of North America. He received his doctorate from the Polish Academy of Sciences for his thesis *History of the Zodiac*, available as a book from Sophia Academic Press. He has written many books, including *Chronicle of the Living Christ*, published in 1996, which for the first time in the history of Christianity gives the exact dates of the life of Christ. Visit www.sophiafoundation.org and www.sophiaschoolofmovement.org

Clair Hiles, concert pianist, after performing Beethoven's 1st Piano Concerto at Cambridge University, went on to study with world-renowned pianist Seymour Bernstein in New York City. Since then she has played at various places, including locations in Australia, Europe and the United States. Among numerous master pieces composed for piano, she has played Beethoven's last three piano sonatas at several concerts. She lives in Bristol, England, teaching, performing, and accompanying.

Quotations:

“Through the experience of evil it will be possible for the Christ to appear again.” Rudolf Steiner, *Complete Works*, vol. 185, lecture of 25 October 1918.

On 26 December 1923, Rudolf Steiner referred to the words of the *Foundation Stone of Love* as “spoken from the World Word,” that is, from Christ (“the World Word”). *Complete Works*, vol. 260.

Practical considerations:

Check weather reports for Quito before traveling, in order to decide upon *appropriate clothing to wear*.

Appropriate clothing for cosmic and sacred dance

(eurythmy): If you have a eurythmy gown—or eurythmy gown and veil—this would be ideal for the choreocosmos movement activity. Choreocosmos focuses upon the cosmic and sacred aspects of eurythmy, which is a new art of movement brought into the world by Rudolf Steiner during the period 1912-1924. If you do not have a eurythmy gown, it is recommended to wear light clothing suitable for the gentle movement of eurythmy. For this kind of movement it is also good to wear eurythmy shoes or light gymnastic shoes, or other appropriate shoes. It is also possible to move bare foot on the beautiful wooden floor of the Zen Center (CDI).

For those visiting Ecuador for the first time, if you would have time after the end of the workshops/ seminars, one possibility would be to consult travel guides in order to ascertain if there might be other destinations in Ecuador worth visiting.

For example, Papallacta healing hot springs resort is about one hour's drive from Tumbaco. Papallacta, which Robert has determined—among all the places that he has been able to investigate hitherto—to have the third highest energy level water in the world, after Collevaenza, Italy, and Gangotri, the source of the River Ganges in the Himalayas. Like Collevaenza water and Gangotri water, Papallacta water has remarkable healing properties.