

ASSISI 2026 WEEK 1

22-28 August

*“Oasi del Sacro Cuore” (Sacred Heart Oasis) Retreat Centre
Viale Vittorio Emanuele II, 5, Assisi, Italy*

THE FOUNDATION STONE OF LOVE: A KEY TO EXPERIENCING THE SECOND COMING OF CHRIST

ONE WEEK WORKSHOP/SEMINAR WITH ROBERT POWELL

**Musical accompaniment by violinist Vitale Cotofana
and later in the week also with pianist Fabio Berellini
English/German – with translation into Italian by Uberta Sebregondi**

Rudolf Steiner’s meditation on the Foundation Stone of Love was presented at Christmastime in 1923. ***Now we can all receive the gift of these profound words and also be given the opportunity to move them, enabling one to connect with this meditation as a living experience.*** Robert Powell will lead us through harmonious forms and simple movements, leading to an embodied understanding and experience of the Foundation Stone Meditation. The gestures and forms are such that, while they are learnt together with others in a group, they can be practiced independently at home, bringing this meditation alive within and offering a profound enrichment to one’s daily life ***and comprise a path to experience Christ in his Second Coming.***

Robert Powell will also present some new research findings relating to the special significance of the year 2026 —a year during which we can not only reconnect with the cosmic and spiritual dimensions of what is taking place in the world at the present time, but also re-establish a spiritual relationship with Mother Earth through the moral ether. This direct interaction between human beings and the Earth Mother, on the one hand, and with Christ in his Second Coming and with the beings of the starry heavens on the other hand, is intended to help toward finding our true calling as human beings ***to become Grail Bearers: to serve as a connecting link between Heaven and Earth.***

Central to this inspiration is the Foundation Stone of Love, the Dodecahedron of the Moral Ether, which is Christ’s gift to humanity at this time of his Second Coming, opening up the flow of the moral ether enabling us to connect with the Earth Mother.

Musical accompaniment by violinist Vitale Cotofana and concert pianist Fabio Berellini for the Beethoven music (violin and piano) accompanying the Foundation Stone Meditation.

Please note that full pension (breakfast, lunch, and dinner) is possible at the seminar location, however, accommodation there is limited. Early registration is advisable.

Info and Registration: Uberta Sebregondi, Tel: +39-335-6749935 Email: usebregondi@gmail.com

Accommodation and seminar are taking place at the Spiritual Retreat Centre *Oasi del Sacro Cuore* although most of the Eurythmy sessions will be at the Santa Chiarella Church, which is a 10-minute walk up the hill from Oasi del Sacro Cuore.

SEE SEPARATE BROCHURE (<https://sophiafoundation.org/upcoming-events-non-sponsored-events/>) FOR THE SEMINAR ON THE JOURNEY OF THE SOUL—ASCENT AND DESCENT—IN THE LIFE AFTER DEATH FROM 29 AUGUST-4 SEPTEMBER, IMMEDIATELY FOLLOWING THE FOUNDATION STONE

OF LOVE SEMINAR, ALSO AT OASI DEL SACRO CUORE, MAKING IT EASY TO PARTICIPATE IN BOTH SEMINARS.

Daily Program

The seminar begins with dinner on Saturday evening, 22 August, at 7:00 pm, followed by an introduction at Oasi del Sacro Cuore (Sacred Heart Oasis), Viale Vittorio Emanuele II, 5, Assisi

- 07:30-09:00 Breakfast
- 09:00-09:30 Opening with movement exercises
- 09:30-10:45 Sacred Dance
- 11:15-12:30 Study relating to the theme of this seminar
- 13:00-14:00 Lunch
- 15:00-16:15 Study relating to the theme of this seminar
- 16:45-18:00 Sacred Dance
- 18:00-19:00 Break
- 19:00-20:15 Dinner
- 20:15-22:00 Celebration/Meditation with music on some evenings.

During the week there will be some free time to explore Assisi.

The seminar ends on Thursday evening, 27 August, at 22:00 (10:00 pm) after the closing musical meditation/celebration that evening. Departure after breakfast on Friday, 28 August, except for those staying for the second Assisi workshop/seminar (see separate flyer for 29 August—3 September in Assisi).

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 on the *History of the Zodiac*, now available as a book from Sophia Academic Press. His published works include the following books: *Divine Sophia-Holy Wisdom*, *The Most Holy Trinosophia*, *The Sophia Teachings*, *The Mystery*, *Biography*, and *Destiny of Mary Magdalene*, *Elijah Come Again*, *Chronicle of the Living Christ*, *Hermetic Astrology* volumes 1 & 2, *The Star of the Magi and the Life of Christ*, *The Christ Mystery*, *The Sign of the Son of Man in the Heavens*, *Prophecy-Phenomena-Hope* and *Cultivating Inner Radiance & the Body of Immortality*. Robert is co-author with Kevin Dann of *Christ and the Maya Calendar* and *The Astrological Revolution*, with Lacquanna Paul of *Cosmic Dances of the Zodiac* and *Cosmic Dances of the Planets*, and with Estelle Isaacson of *Gautama Buddha's Successor* and *The Mystery of Sophia*. He was consulting editor of the yearly *Star Wisdom Journal* with monthly ephemerides—planetary movements (geocentric & heliocentric)—with monthly commentaries for many years, and with many articles of interest by Robert and other authors. He translated the spiritual classic *Meditations on the Tarot* and co-translated Valentin Tomberg's *Lazarus, Come Forth!* He teaches a gentle form of healing movement: the sacred dance of eurythmy (Greek: *harmonious movement*) as well as the cosmic dances of the planets and signs of the zodiac. Through the Sophia Grail Circle he facilitates sacred celebrations dedicated to the Divine Feminine. Robert offers workshops in Europe each summer. With Karen Rivers, cofounder of the Sophia Foundation, he leads pilgrimages to the world's sacred sites (1996 Turkey; 1997 Holy Land; 1998 France; 2000 Britain; 2002 Italy; 2004 Greece; 2006 Egypt; 2008 India; 2009 Turkey; 2010 Grand Canyon; 2012 South Africa; 2014 Peru; 2016 Holy Land; 2018 Bali. No further pilgrimages since the Covid Lockdown. Websites: www.sophiafoundation.org / www.sophiaschoolofmovement.org / <https://steinerbooks.org/search?q=Robert+Powell&options%5Bprefix%5D=last>

SEE SEPARATE BROCHURE (<https://sophiafoundation.org/upcoming-events-non-sponsored-events/>) FOR THE SEMINAR ON THE JOURNEY OF THE SOUL—ASCENT AND DESCENT—IN THE LIFE AFTER DEATH 29 AUGUST-4 SEPTEMBER, IMMEDIATELY FOLLOWING THE FOUNDATION STONE OF LOVE SEMINAR, ALSO AT OASI DEL SACRO CUORE, MAKING IT EASY TO PARTICIPATE IN BOTH SEMINARS.

SEE ALSO THE SEPARATE BROCHURE FOR THE INTERNATIONAL WEEK ON THE NINE BEATITUDES OF CHRIST SEMINAR FROM 6-12 SEPTEMBER 2026, AT THE Spa Hotel CASA DI SALUTE RAPHAEL, RONCEGNO near TRIENT/TRENTO, ITALY.

See below registration information and further details concerning cost, accommodation and registration

TRAVEL:

Train: 2 hours from Rome, or about 3 hours from Florence to Assisi-S. Maria degli Angeli railway station. From Sant'Egidio airport (Perugia) to Assisi takes less than ½ hour. Here with some links:

- [How to reach Assisi by car](#) • [How to reach Assisi by Train](#) • [How to reach Assisi by Air](#)

Arrival on Saturday, 22 August in time for dinner at 19:00 (7:00 pm).

Accommodation and seminar at the "Oasi del Sacro Cuore" Retreat Centre, Viale Vittorio Emanuele II, 5, Assisi. The Retreat Centre is just in front of the bus stop directly connecting to the Assisi train station, and to the upper historic centre of Assisi.

Free private parking. Map: <https://goo.gl/maps/nZZiJYtZeoH2>

Oasi del Sacro Cuore Retreat Centre is situated in a large and beautiful garden, with olive trees opening onto the road to San Damiano (5-minute walk), and also Saint Clare's Basilica is a 10-minute walk.

No evening closing time. Departure on Friday, 28 August after breakfast. (Breakfast is from 7:30 am).

COSTS 2026

**COST OF COURSE WITHOUT ACCOMMODATION AND WITHOUT MEALS: EURO 400
PAYMENT OF EURO 400 IS DUE UPON ARRIVAL IN ASSISI ON SATURDAY, 22 AUGUST.**

IF YOU HAVE FURTHER QUESTIONS, PLEASE CONTACT UBERTA SEBREGONDI:

Phone from USA: 01139-335-674-9935, from Europe: 0039-335-674-9935,

EMAIL: usebregondi@gmail.com

REGISTRATION FORM FOR THE COURSE

22-28 August 2026

Name:

Address:

Phone number and email address:

Amount due on 22 August for the course: EURO 400

Send registration form to Uberta Sebregondi: viale Guglielmo Massaia 18, Sc. N/1, 00154 Roma, Italy. Tel: +39-06-45544847, Mobile: +39-335-6749935 (39 is the country code for Italy).

E-mail: usebregondi@gmail.com

FOR THOSE STAYING AT "OASI DEL SACRO CUORE" Viale Vittorio Emanuele II, 5, 06081 Assisi,
<https://ospitalitareligiosa.it/strutture/ad/oasi-sacro-cuore-assisi,6390>

DAILY RATES 2026 — per person/per day —

B&B: € 46-

Half board: € 55-

Full board: € 65-

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Assisi is located on a natural terrace facing south-west, which gives us enchanting sunsets and a wide view of the summer constellations, which is also suitable for Stargazing (weather permitting)— central to both 2026 seminars.