

# ASSISI 2026

22-28 August

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

**Musical accompaniment by concert pianist Fabio Berellini  
Presented in Italian by Uberta Sebregondi, with the possibility of English translation,  
on the following themes:**

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

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 worked it out eurythmically 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.**

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.

## **THE JOURNEY OF THE SOUL—ASCENT AND DESCENT—IN THE LIFE AFTER DEATH**

In the last year of his earthly life, Rudolf Steiner was able to leave us a treasure: the description of the ascent of the soul through the planetary spheres—and corresponding hierarchies—in the life after death, also known as *Jacob's Ladder*, or the celestial ladder of the Angels. Knowledge of the soul's spiritual journey after death has always been part of the mystery teaching of ancient civilisations, especially in Egyptian hermeticism, and was also represented in the Mesopotamian ziggurats, as an external image for the stairway ascending to the Holy of Holies. But this ancient, vast and specific knowledge of the life of the spiritual world beyond the threshold of death has been almost completely forgotten in Christianity, with the exception of the ascent through the planetary spheres to the Throne of God described by Dante in *The Divine Comedy*. And the *Journey of the Soul into Incarnation* is the reverse journey of *Jacob's Ladder*, akin to the descent of Christ in his Second Coming. His presence now in the earth's etheric aura can bring an awakening of our conscience in face of the challenges with which we are confronted. In his last lecture, Rudolf Steiner indicated that a world crisis was upon us. This world crisis is of such magnitude that humanity cannot, of its own accord, resolve it. We need the help of the angelic realms of the spiritual world. The process of coming to know the guiding spiritual beings who work into world evolution is complex and far reaching. In this workshop we will have the possibility of coming into a resonance with them as we move together cosmic dances to create an etheric temple here on earth into which the angelic realms can work. This is particularly needed in our time to complete our vision of the entire arc of our existence, considering its cosmic and spiritual aspects, which we shall also explore this week through talks and conversation, and through the cosmic dance of eurythmy.

**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](mailto: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 daily program and workshop details on next pages—**

## 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 Cosmic 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.

**Uberta Sebregondi** studied since childhood the art of *movement* (Accademia Nazionale di danza, modern dance, Feldenkrais), finding a fulfilment, through Eurythmy (*Goetheanum* diploma), in the deepening of Robert Powell's School of Cosmic and Sacred Dance (*Choreocosmos* diploma). She was also active in the *therapeutic* field (training in Jungian psychotherapy; diploma in Herbal Medicine from the University of Siena), the *social* field (diploma in Steiner Education and ten years' work in children's centres) and the *environmental* field (12 years in Tuscany in the biodynamic agriculture movement). For 26 years she translated into Italian all of the seminars held by Robert Powell in Italy, and the practical workbooks for his *Choreocosmos* School. Currently living in Rome, gives theoretic/practical courses on the cosmic and sacral aspects of Eurythmy.

**Robert Powell, PhD, founder of the Choreocosmos School** of Cosmic and Sacred Dance, is an internationally known lecturer, author, eurythmist and movement therapist. He is 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](http://www.sophiafoundation.org) / [www.sophiaschoolofmovement.org](http://www.sophiaschoolofmovement.org) / <https://steinerbooks.org/search?q=Robert+Powell&options%5Bprefix%5D=last>

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](mailto:usebregondi@gmail.com)

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## 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](mailto:usebregondi@gmail.com)

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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-

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.

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