

# SAN FRANCISCO WALDORF GRADE SCHOOL



THE COMMUNITY ENRICHMENT PROGRAM PRESENTS:

## Rudolf Steiner: The Eightfold Path & the Ability to Execute

Alexis Mei

Thursday

Sept. 28

7pm

This lecture will explore Rudolf Steiner's understanding of the Eightfold Path in the light of Anthroposophy as a spiritual practice.

*The SFWS Community Enrichment Program is designed to help parents and the wider community explore topics in child development, Waldorf education, and Anthroposophy.*

[www.sfwaldorf.org](http://www.sfwaldorf.org)

**Cost:** Free

**Location:** Grade School

**San Francisco  
Waldorf School**

2838 Washington St.  
San Francisco, CA 94115

Rudolf Steiner founded the Anthroposophical Society, the Biodynamic Agriculture approach, the Camphill Movement, and the Waldorf School movement. His paintings and sculptures are reviewed in art history books, and he wrote as well as directed dramatic productions. He also designed and constructed the Goetheanum in Switzerland, which is on the world register of historic buildings. In the area of health, he founded the Anthroposophical Medicine movement. His literary estate runs to 300 volumes. This list is just a small fraction of what he accomplished. Even though he lived a hundred years ago, all of these initiatives are still growing and thriving today.

When asked how he evaluated these accomplishments, Steiner replied, "It is all elementary and a feeble beginning compared to the wisdom of the Buddha's Eightfold Path."

This evening's talk will explore Rudolf Steiner's relationship to the Eightfold Path and how to use the Path as a spiritual practice to overcome procrastination, become better organized, and accomplish one's goals.

### LECTURE BY ALEXIS MEI

Alexis has taught workshops on this subject at Rudolf Steiner College and LifeWays North America. He has been a member of the Anthroposophical Society and the Bay Area Planning group of the Anthroposophical Society.

As a Waldorf parent, he has served on the Boards of the San Francisco Waldorf School, East Bay Waldorf School, and the Christian Community. With his wife Diana, Alexis founded the Rose Kindergarten, an independent Waldorf kindergarten in the East Bay.

Alexis has a BS and an MBA from UC Berkeley and has worked in the financial services industry for the last 30 years.