



# AN INTRODUCTION TO THE NATURE OF HEALING

## A SEMINAR AND WORKSHOP

**An Introduction... with Fiona Hughes M.D.**

Using Rudolf Steiner's physiological concept of the seven life processes: breathing, warming, nourishing, secreting, maintaining, growing, and generating as a starting point, we will explore how with conscious effort we can work with these processes to become healthier in our work and home life. This conference experience will allow you to explore another layer of healing, to bring into your home and work!

[www.anthroposophicalhealing.ca](http://www.anthroposophicalhealing.ca)

## An Introduction to the Nature of Healing

A first time  
conference for  
Kelowna! Fiona  
Hughes M.D. will be  
our keynote  
speaker, with  
healing workshops  
guided by  
Okanagan Valley  
specialists.

Register/Information

anthroposophicalmedicalconference  
@outlook.com

HOSTED BY  
KELOWNA WALDORF SCHOOL

Summerhill Biodynamic Farm  
The Retreat Centre Upper Mansion  
4870 Chute Lake Rd,  
Kelowna, BC, Canada  
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