

The Teachers Who Teach Teachers

Instructors for the Reno Community Learning Center, Year One

The brief biographies that follow offer a glimpse into the lives of the dedicated instructors who eagerly, patiently, and expertly share their knowledge and insights with the students at Rudolf Steiner College ... and now with us in Reno! Each of these wonderful teachers cares deeply about their work and their students. A big thank you to all of them for making the first year of the Reno CLC possible!

Patrick Wakeford-Evans, MA

Academic Dean, Program Director, Full-time Waldorf Teacher Education



Patrick illustrates complex concepts with clear words, humor, and a lively spirit. After 17 years as a Waldorf class teacher, Patrick Wakeford-Evans joined Rudolf Steiner College as an adult educator in 1999. He has given lectures and mentored teachers in Mexico, Japan, England, and the United States. He has worked as a musician, actor, and playwright. Patrick's special interest is in science education and inner development – cutting edge science enriched by the richly complex world of soul exploration. He has developed many new programs at Rudolf Steiner College and is currently the Academic Dean.

Astrid Schmitt-Stegman, MA

Program Director, Waldorf Teacher Education Program



Astrid's love of Rudolf Steiner and Waldorf education is evident in her passionate lectures. Astrid taught for many years in Waldorf schools in the United States and Germany, and has been a teacher educator, lecturer, and mentor at teacher training centers and Waldorf schools in the United States, Germany, Russia, Thailand, the Philippines, and India since the 1980s. In addition to heading the Waldorf Teacher Education Program at Rudolf Steiner College, Astrid is currently teaching at the Goetheanum in

Dornach, Switzerland, as well as assisting Dr. Michaela Gloeckler, Head of the Medical Section of the Goetheanum, with international support for the worldwide medical and Waldorf movement.

Theodore C. Mahle, MFA

Program Director, Arts Program



Ted deftly combines being an artist and an instructor - not an easy task!

Ted Mahle has been teaching drawing, painting, and art history in various programs around the world for many years. He received a BS in Art Education from Kutztown University of Pennsylvania. For seven years he worked as a graphic designer in New York City, and took art courses at the School of Visual Arts. After taking the Foundation Year in Anthroposophical Studies at Emerson College, England, in 1976 he completed a three year painting training program (ERES MFA Equivalent) in Rudolf Steiner's methods from Beppe Assenza at the Goetheanum Painting School, Dornach, Switzerland. Ted was a teaching assistant in the school for 4 years, then was employed as a painting therapist at Sonnalde Schulheim Curative Home, Gempen, Switzerland. Returning to the U.S. he directed the Arts Program, a year-long course in drawing and painting at Rudolf Steiner College from 1982 - 2003. He taught art in the Davis Waldorf School from 2003 - 2005 and continues teaching at the RSC and around the country. Please see Ted's website for examples of his art work: www.outofthecolor.com

Cynthia Hoven, MA

Program Director, Eurythmy Program



Cynthia's depth of study is transformed into beautiful, healing movement through the gift of eurythmy.

Cynthia Hoven has traveled extensively around the world, and expresses appreciation for the huge variety of human experiences that she was fortunate to live into through immersion in many different cultures. In her university studies, Cynthia studied math, physics, and psychology, although her core interest was pursuing an understanding of the worlds of spirit and matter. In 1975 her quest led her to the works of Rudolf Steiner, and she perceived that in eurythmy she would have a means of working with spiritually attuned movement in the realm of healing. She received her eurythmy diploma from the Goldridge Eurythmy School in Auburn, California in 1979, and then traveled to the Goetheanum in Dornach, Switzerland, where she joined the stage group for two seasons. In 1982, she received her diploma in Therapeutic Eurythmy from Stuttgart, Germany, and has worked since then in hospitals, clinics, and private practices. In 1992, she became the director of the Weekend Foundation Studies program at Rudolf Steiner College, and began teaching eurythmy classes at RSC in 1994. She continues to perform, lecture, and teach classes in public and private venues, and is working on a book about the spiritual origins of eurythmy. Following a dream she has long held, Cynthia founded the eurythmy training program at Rudolf Steiner College in 2002.

Lee Sturgeon Day

Instructor, Lifeways Program and Waldorf Teacher Training Program



Lee engages the big questions – and life’s trivial absurdities – with equal vigor, captivating us with rare courage, wisdom, and rollicking good humor. Lee Sturgeon Day was born in England and educated in England, Italy, and France. She was personal assistant to Sir John Betjeman (Britain's Poet Laureate) for 3 years. Other activities have included: traveling, writing food guides, managing a London Coffee House, therapy and social work, farming, and flame-throwing in a circus.

Lee is a counselor and adult educator, co-founder of the Center for Social Development (England) and Lifeways for Healing Education (California). She was a Waldorf parent for 13 years, has led workshops and retreats for schools and other communities since 1975, and currently teaches in several Waldorf Teacher Training programs, including Rudolf Steiner College.

LIFEWAYS seeks to bring deeper understanding and practical ways of working with the questions and challenges that confront us today as individuals, families, and community members. Lee has written on many themes of wholeness, adult development, and parenting, including single-parenting.

In 1987 she was diagnosed with breast cancer and chose anthroposophic medicine and therapies (notably a mistletoe remedy) widely and successfully used in Europe as an alternative to conventional treatments. Her book, *A Slice of Life*, describes her journey towards healing. (23 years later, Lee is in good health and the mistletoe therapy is now an FDA approved remedy which can be prescribed by any MD.)

Four years ago, a minor surgery led to damage to Lee's vocal cords and a total loss of her voice for a full year. *Tell Me the Names of Your Friends and I Will Tell You Who You Are* is an account of this journey through her email correspondence with friends. This book takes the approach that our lives are created through our relationships and we can see how our lives are shaped and guided by the people who enter them.

Lee has led personal biography workshops for many decades, and the theme of learning to read our destiny through those whom we meet is a primary focus of this exploration into who we are and what we have come on earth to do.