



The Biodynamic Preparations

with Sandra Frain

99 years ago Dr. Rudolf Steiner told farmers how to nourish and heal their soil with specific remedies that are called 'preparations'. These Preparations form the basis of Biodynamic Gardening/Farming. Sandra will present the 'Compost Preparations' (502 yarrow, 503 chamomile, 504 nettle, 505 oak bark, 506 dandelion, 507 valerian). How they each benefit the soil; how they amalgamate in the compost to result in rich colloidal soil for your garden, and how each Preparation is made will be presented with actual preparations and the actual plant, mineral or animal samples too.

There will be time for interaction: questions, contributions welcome.

Perhaps participants would like to follow the online learning with the actual making of a compost Preparation, we will discuss this at the end of our session.



Sandra obtained her Masters in Steiner Education and Certification of Biodynamic Agriculture in Chestnut Ridge, New York. Her Bachelor of Child Study Degree and Drama therapy Certification also inform the Pedagogical work she is known for internationally. Sandra is a passionate connector of people of all ages with nature and the domestic arts locally and internationally. Sandra's

Wednesday 10th May 7.30-9pm ON ZOOM

Booking link: <https://events.humanitix.com/the-biodynamic-preparations-school-event>

