

BE HERE

FARM + NATURE



Being Human In Your Body

PREPARATORY SESSION JUNE 11TH
EVERY OTHER THURSDAY FROM JULY 2ND - DECEMBER 17TH

Being Human: In Your Body is a guided somatic experience of community-supported self-mastery through Rudolf Steiner's six daily practices: Thinking, Willing, Equanimity, Positivity, Openness, and Balance. We will dedicate one month to each level, meeting twice monthly, July through December (prep session June 11) for inspiring talks with Jared Pickard and Edmund Knighton, including Q+A from members at each session.

In Your Body is a sister-program to our *Being Human* mastery intensive, which runs from February - May each year (not a pre-requisite for In Your Body). At the core of both programs are Steiner's teachings on Thinking, Willing, and Feeling (Equanimity, Positivity, and Openness), however, in this new program we will explore the material in a completely novel way. While the mastery intensive relies on over 200 pages of written material to serve as the basis of exploration, In Your Body replaces all writing material with movement practices and live discussions. This is *Being Human...In Your Body*.

in partnership with



[CLICK HERE TO ENROLL NOW](#)

QUESTIONS & ANSWERS

Who is hosting this program?

Being Human: In Your Body is co-hosted by Be Here Farm + Nature founder Jared Pickard and spiritual counselor Edmund Knighton, PhD.

Who is Jared?

Jared, his wife, and daughter tend their garden in Wimberly, Texas entirely by hand while creating an award-winning line of skincare products inspired by the teachings of Rudolf Steiner. Be Here Farm + Nature offers live nature immersions and online programming focused on community-supported self-mastery, inviting people into embodied connection with self and nature. Jared's dream is to live in deeper connection with mother earth, and to share the joy and abundance which comes from that with others.

Who is Edmund?

Edmund is a consultant and spiritual counselor whose work supports freedom through the harmonizing of Thinking, Feeling, and Willing. Edmund's work is grounded in an understanding of the human being as both inwardly sovereign and outwardly called to service. He guides individuals and communities to meet life's challenges with presence and courage, transforming difficulty into insight and insight into compassionate action by strengthening discernment as a lived capacity.

How is *Being Human: In Your Body* different from the original *Being Human*?

We have just completed our third season of *Being Human*, which is 12 weeks of community-supported self-mastery running annually from February - May. Our program is built around Rudolf Steiner's 6 levels of mastery, supported by 12 world class visiting masters from a wide range of fields. Full details from the 2026 season (which just concluded) can be seen [here](#). Visiting Masters included Gabby Reece, Del Bigtree, Joel Salatin, Asha Nayaswami, and many others. This program is perfectly well suited for individuals who have or have not taken the original *Being Human*.

As an evolution of *Being Human*, we are now launching a second program, *Being Human: In Your Body*, to act as a sister-companion to our original *Being Human*, which still runs annually. Conceptually, we tackle the same material in both programs, however, *In Your Body* we accomplish this with the total absence of source text and outside visiting guests, allowing for maximum connection and interaction between our community of members. *In Your Body* is a guided somatic journey of community-supported self-mastery. Through the movement practices alone will we come to a deeper understanding of self, nature, and all aspects of life.

What exactly are the movement practices for *In Your Body*?

The movement practices were uniquely developed and synthesized by Edmund Knighton PhD for the *Being Human* program. Edmund pulled on his post doctoral training as a clinical professor as well as his experience with over 100 bodymind movement modalities, notably Hakomi, Somatic Experiencing, SensoriMotor Psychotherapy, Yoga, Eurythmy, and Spatial Dynamics.

We have precise etheric (energetic life-force) movement techniques which correspond to each of Rudolf Steiner's 6 levels of mastery (2 for each level, 12 in total). Combined with inspiring talks with Jared and Edmund, these movement practices reveal deep truths about Steiner's most foundational teachings, leaving one with a greater understanding of his work than many people who have read about it on paper for years.

What is the structure of each session?

Each session will include a guided somatic meditation led by Edmund Knighton, including partner exercises in breakaway rooms to facilitate deep connection with self and others. Members will have the opportunity to pose questions to the group, Edmund and Jared.

Although we end each session promptly on time, we also offer extra “bonus time” at the end of most sessions, known as *After Hours*. Both Jared and Edmund stay on for After Hours, offering room to expand on the session or address issues/comments/questions which did not come up during the session yet feel alive for you or another member.

Do I have to attend the sessions live? Are the sessions recorded?

No, you do not have to attend live. For all of our programs up until now, live attendance has been a firm requirement. To engage as many people as possible from all time zones we are recording all sessions and encouraging people to join live or on their own time at-home.

For how long will I have access to the recordings?

You can keep them forever, no strings attached.

What does the membership fee include?

Primary Membership – \$280

Includes 2 live group calls each month with member Q+A
+Permanent access to all recorded sessions
+Plus access to the ongoing group WhatsApp community
+15% discount on all products from Be Here Farm + Nature

Optional Add-on Package

+\$400 (value \$700)

+1 private 60-minute sessions with Edmund Knighton (value \$500)*

+1 private consultation with Jared Pickard and \$200 worth of Be Here skincare products**

Optional Enhanced Add-on Package

+\$1000 (value \$1800)

+3 private 60-minute sessions with Edmund Knighton (value \$1500)*

+1 private consultation with Jared Pickard and \$300 worth of Be Here skincare products**

*This discounted 3-session bundle with Edmund Knighton consists of three 60 minute sessions which must be scheduled during the 2026 calendar year. Sessions expire in 2027.

**Members are responsible for the cost of shipping, however, you do not have to accept this optional gift. Be Here products are valued according to the prices listed on their website, and cannot be combined with other discounts.

Is there a discount for couples?

Yes, \$250 per person instead of \$280! Use code **COUPLED** at checkout!

Why does the original Being Human cost \$3,500 for 12 weeks but the new Being Human: In Your Body only costs \$280 for 6 months?

The original (and still ongoing) *Being Human* is a 12 week-intensive program meeting between 2-3 times per week for 12 weeks straight, starting each year in February. During this time we also sit with

12 world-changing Visiting Masters, each of whom is a leader in their field. The original *Being Human* includes over 200 pages of material written by Edmund Knighton and Jared Pickard which aims at distilling the “impenetrable works” of Rudolf Steiner into a stepwise, self-guided, community-supported journey of self-mastery.

One aspect of the *Being Human* process is our collection of 12 unique embodiment practices, each based on Rudolf Steiner’s six levels of mastery and the corresponding daily practice Steiner offered for each level.

Being Human: In Your Body is a study of exclusively the embodiment practices, excluding both written course material as well as outside visiting guests. The group meets twice a month on zoom with Jared and Edmund. Due to the focus on movements, we will go into far greater depth on the practice and benefit of each movement than we are able to do in the original *Being Human*.

Can my non-adult children join?

The course material and subject matter during live sessions are designed for adults. Participants are encouraged to share openly and vulnerably. It is possible or even likely that topics which are not child-appropriate will be raised. That said, with your discretion, children who live at home with you may join at no cost, so long as they do not disturb the group dynamic.

What time do you meet?

We meet for 90 minutes at 7pm central time, USA.

When do you meet?

We meet every other Thursday from June through December. Below is the full schedule of dates, including aberrations to the normal schedule.

June 11 - Preparatory Session	September 24
July 2nd	October 8
July 16	October 22
July 30	November 5
August 13	November 19
August 27	December 3
September 10	December 17 - Closing Session

Can I pay in installments?

No, we do not have any administrative staff for this program, and tracking installments is too cumbersome.

Is my membership refundable?

No, please be certain of your interest in the program before processing your fee. You will have access to all sessions regardless of your attendance, and your access is permanent.

What if I have more questions?

Please direct all questions to Jared at love@beherefarm.com with subject line *In Your Body*.

[CLICK HERE TO ENROLL NOW](#)