



AWAKENING CONNECTIONS; CREATING COMMUNITY

Biography and Social Art Workshops for Waldorf communities and Anthroposophic groups

Each workshop includes an overview of the main topic, as well as small group exercises that alternate with reflections shared in the full circle. We will use artistic and imaginative prompts to open up biographical experiences related to the overall theme. And, we will practice listening deeply while observing confidentiality with each other.

Choose a workshop that most suits the needs of your community. Each TWO-HOUR workshop accommodates up to 23 participants on ZOOM. Up to 40 people can be included for in person workshops.

The fee is \$300.00 per workshop.

Contact Kathleen: center4biography@gmail.com with your choice of workshop. A facilitator will be in touch with you to set up a time and date.

WORKSHOPS

1. Beginnings - From Birth to 7: Life on Earth

We will be exploring the terrain of early childhood development through Waldorf principles and through guided sharing of our own observations and memories.

2. Opening to the World- From 7 to 14

This workshop invites you to explore some of the archetypal themes in your own childhood. You will discover that through this recalling, you will gain a deeper understanding of your own children in this phase of life.

3. Closed for Reconstruction- From 14 to 21

This workshop invites you to recall your adolescence and gain a glimpse into the archetypal themes that belong to this phase in our lives. Through knowing ourselves, we can begin to understand our adolescents.

4. The Heart of Listening

Experience the wonder to be found in listening and in being listened to. The interest that arises is at the heart of a more human future. "Happiness and the kindness that arises from happiness, lies in paying profound attention to people and things other than ourselves." David Whyte

5. Truth, Beauty, Goodness

These three have inspired humanity since ancient times and are also the guiding stars of Waldorf education. We will explore how they are incorporated into the curriculum, as well as how to strengthen our understanding and connection to them in our lives.

6. Staying Connected in Challenging Times – Finding Common Ground

Division and polarization are the signatures of this age. How can this tendency be met in a constructive way so that a meeting, human being to human being, in a space between two extremes can still take place? You're invited to practice finding a way.

7. Appreciating Our Differences Through Looking at Temperaments

“How do we solve the riddle which each individual presents to us? We solve it by approaching each person in such a way that harmony results between them and us.” - Rudolf Steiner

A deeper empathy and understanding can arise as we open ourselves to the goodness, strength, and striving that comes in and through our diversity. This work can awaken hope and empower us with creativity for building community.

8. Finding Sources of Strength and Renewal ... Courage

An exploration of courage in our own life stories. What can we draw from those experiences in these uneasy times?

9. How are you... really?

Would you welcome a chance to share your responses – concerns, activities, sadness, or moments of resilience? You will be guided through simple biography exercises for personal reflection. As we speak out of our own experiences and listen carefully to others, we can practice building strength and support in these challenging days.

10. The Magic of Story

Our lives are anything but simple – and yet – a simple fairy tale can help us uncover the wisdom at work in our own unfolding stories. “The established belief that everything around us is bewitched spiritual truth and that we attain the truth when we break the spell, is the basis of the realm of the fairy tale.” Rudolf Steiner

***Any of these workshops can be deepened and extended into a series.**