

We should really and truly learn to experience our life as capable of development not only in youth, but through its whole span between birth and death.

Rudolf Steiner



Dorothy LeBaron is a skilled facilitator, teacher, coach and adult educator who uses a unique approach of arts-based learning and biography work in programs and workshops to enable participants to access deeper levels of personal awareness. www.biographycoach.ca



Finding Your Next Perspective A 7-week Biography Workshop

7 Tuesdays – 7 PM to 9 PM
January 31 to March 14, 2017

Front panel image: looking out from inside the Goetheanum, Dornach

Finding Your Next Perspective

A Seven Week Course
Led by Dorothy LeBaron

Every life has a purpose and there are clues to this deeper meaning woven into the details of our day-to-day experiences. Often we are too close to see the patterns.

In this workshop you will be introduced to Biography, an experiential method of gaining a deeper understanding of your life. It is rooted in the understanding of human development outlined in anthroposophy—a modern path of self-knowledge founded by Rudolf Steiner. You will learn about universal themes and rhythms and gain insights into your life story, through a guided process, artistic work, and conversation. No artistic experience is necessary and all materials will be provided.

Each phase of our life offers unique possibilities. We can develop the skill and knowledge to perceive these, and work with them. We can awaken to deeper dimensions of ourselves, others, and of life itself. Out of this fresh perspective, new steps can be taken; new talents unfolded.

Course Details

Dates

7 Tuesdays from January to March
Jan. 31, Feb. 7, 14, 21, 28, Mar. 7, 14

Time

7:00 pm to 9:00 pm

Location

Waldorf Academy
250 Madison Avenue, Toronto

Cost

\$220 per person (no tax)
Includes art materials

To register or for more information,
please contact Dorothy LeBaron at

Dorothy@biographycoach.ca

(416) 465-2830

For more on anthroposophy see
www.anthroposophy.ca

Sponsored by the Toronto Branch of
The Anthroposophical Society in Canada