

THE SEVEN -YEAR CYCLES AND THE BIOGRAPHY OF THE SOUL

Human Development in the Light of Anthroposophy

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Our lives unfold in seven-year cycles related to the development of new aspects of the body, soul and spirit. By drawing on Rudolf Steiner's insights and through studying a fairy tale, this course will give us tools to deepen our understanding of human becoming, to look back over our own biography, and find threads that weave through our life story. In this way, we can begin to see the wisdom that lies at the heart of our challenges and opportunities and to discover truths that free us to stand as responsible human beings able to face the future with courage and resolve.

Artistic activities and exercises, as well as discussion, will be intrinsic components of this course.

Open to all, including those new to biography work and anthroposophy, this course will also serve those who already have experience with this work.

For those interested in pursuing a Foundation Studies in Anthroposophy, HUMAN DEVELOPMENT IN THE LIGHT OF ANTHROPOSOPHY is a core course that can support any Foundation Studies program.

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Jennifer Brooks Quinn is a Waldorf teacher, an adult educator and a biographical counselor with a practice in Spring Valley and New York City. She has been a director of Foundation Studies in Anthroposophy at both Sunbridge College and The Brooklyn Waldorf School. She offers workshops, courses and retreats in Latin America, China and the US.

The course will meet on five Saturdays from 9am to 3pm at Green Meadow Waldorf School in Spring Valley, New York:

September 26
October 17 and 31
November 7 and 21

The cost of the course is \$725.

For inquiries and registration please contact Jennifer Brooks Quinn at jbrooksquinn@gmail.com or 845 356 6389.