

# SAN FRANCISCO WALDORF GRADE SCHOOL



THE COMMUNITY ENRICHMENT PROGRAM PRESENTS

## A Biography Workshop: Exploring the Seven Year Cycles

A Workshop with Karen Nani Apana, Ph.D.

Friday & Saturday  
**Nov. 9-10**

**Fri: 7pm - 9 pm**

**Sat: 9am - 4pm**

*Grade School*

**Fee:** Sliding Scale. \$50  
suggested contribution.

**To Register:**

[sfwaldorf.org/grade-school/school-life/community-enrichment](https://sfwaldorf.org/grade-school/school-life/community-enrichment)

In this two-day biography workshop, Dr. Apana will lead participants through the exploration of childhood and adult development using the lens of the seven-year cycle. Through this life review, we unearth emerging themes that can illuminate one's purpose and direction for the future.

We will chart the significant markers in our lives, such as births, deaths, divorces, geographical moves, and career shifts, and reflect on the possible meaning of these events for our inner development. Even if you have taken a biography workshop in the past, you are welcome to attend in order to review more recent cycles.

**KAREN APANA, PHD**

Dr. Apana has been teaching biography work for over 25 years, and has a private practice for biography counseling in San Francisco. She teaches workshops throughout the Bay Area and in Waldorf teacher training programs. She recently retired from the high school where she taught art and was the student mentor. Dr. Apana has been a student of Anthroposophy for over 40 years and one of the founding members of San Francisco Waldorf School.

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