



APARA

INDIA

Anthroposophic Psychology
And Research Association

Unfolding Life Story

Series of 5 workshops by APARA (India) to reach awareness, growth and healing through one's own biography.

Workshops will be held in **Mumbai and Chennai** simultaneously.

Can be attended by everyone beyond **25 years of age**.

A 'must experience' for those eager to know themselves better.

A 'must do' for mental health professionals, doctors and educators to be able to achieve holistic, healing interventions.

Each Workshop Fees

RS. 11,800/-

Inclusive of all Taxes
Inclusive of 2 teas and
lunch, handouts,
exercise sheets.

Facilitator

Suchitra Inamdar

Psychotherapist &
Certified Biography Consultant

Information related to venue will be communicated soon

Contact details for registrations:

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W1

My life story

What was lived so far was worth every bit. Explore different angles, mapping, viewpoints and a systematic process to view your own biography. Bring consciousness to your story. Let's dig out the gems of the past and present and integrate it with the future.

Sept 6, 7, 8 (Fri, Sat, Sun) 2019, 9.00 AM to 4.00 PM

W2

Soul Weaving

What qualities does the cosmos manifest inside us? How does that bring about the exchange between you and your world for decades? Tune into concrete tools to utilise these qualities to connect with and heal yourself and others.

October 11, 12, 13 (Fri, Sat, Sun) 2019, 9.00 AM to 4.00 PM

W3

Conflicts

A way to understand and overcome one's interpersonal challenges. Did you ever wonder what rich contributions have been made in our life by the conflicts that we face? Understanding conflicts can be a very powerful path to meet our destiny. Learn how these conflicts can open doors for you to meet and overcome your past.

November 8, 9, 10 (Fri, Sat, Sun) 2019, 9.00 AM to 4.00 PM

W4

Shadow Work

Is there something about close relationships that you do not fathom? Is there a question 'why' repeatedly lurking around? Are there patterns in the quality of people or events that you repeatedly encounter in life? Attend this module in life-story work to lift masks and illuminate blind spots in relationships.

January 10, 11, 12 (Fri, Sat, Sun) 2020, 9.00 AM to 4.00 PM

W5

Trials in life

Find out the core competence and predispositions in understanding life problems/trials. Know how to augment your pre dispositions as strengths to ride the challenges in life. Recognise the encounters of destiny

February 7, 8, 19 (Fri, Sat, Sun) 2020, 9.00 AM to 4.00 PM