



APARA
—INDIA—

Anthroposophic Psychology
And Research Association

Presents

Nurture Right...

The Art of 'Limit'

Boundaries we set now become
the values they live by



Held Close, Set Free

The Developmental Art of Boundaries and Autonomy

You will understand

- ✓ Boundaries – What do they look like in the early years?
- ✓ Beyond the Physical – Are boundaries more than the physical limits?
- ✓ The Art of boundaries – Transforming rigid structures into breathable transitions
- ✓ Lasting Impact – How early boundaries shape development in later years
- ✓ Do parents/ adults benefit from these boundaries?

Session on [Zoom]

Contact APARA at +91 86573 89785

www.aparaindia.org



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Facilitator: Dr. Aparna Kapoor

Psychotherapist &

Waldorf early childhood educator

Executive member- APARA India

Member- Sadhana National Waldorf KG

Association Pedagogy Team

Who will benefit

PARENTS OF CHILDREN - 0-6 YEARS

24th October, Saturday 2026

4:00 – 6:00 PM

Session fee- ₹ 500

Session on [Zoom]

To register-

Contact APARA at +91 86573 89785

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Registration closes on 23rd Oct. 6pm