

Meeting in Community: Honoring the Thinning Veil

October 23 – 26, 2025

STUDIOS : Saturday and Sunday mornings

Loss and Transformation with **Lorna Kohler**

All of us experience losses, large and small, chosen and unchosen, sudden and incremental, throughout our lives. From the perspective of biography and social art, losses may act as agents of destiny in each of our unfolding biographies. In this studio, we will create a safe container in which to invite a dialogue with specific experiences of loss, honoring their enduring impact while listening for the growth and gifts that may come to us when we allow these losses to speak to us through movement, drawing, written and spoken word. We will compose our own haiku poems to distill and express what each of us discovers through this exploration.

Since my house burned down

I now have a better view

Of the rising moon.

– Mizuta Masahide, Japan, 1657-1723

Lorna Kohler is a singer songwriter, musician, writer, dancer and dreamer living at the top of a ridge in the coastal range of California near Monterey Bay, where she teaches music lessons in a renovated redwood chicken barn and sings to the trees in the redwood forest on both sides of the ridge. Lorna taught this haiku as a hand poem to thousands of children during decades of teaching music and dance in public and private schools and as vocal director of musical theater productions. She was introduced to Biography and Social Art at national and regional Biodynamic conferences and completed the three year training in 2022.

Community Matters: Knowing Self in Community with **Seneca Gonzalez**

In this studio, we will work with *finding balance and healing in the nervous system, creating rhythms through the sacred practice of Festival of Care*. Seneca will share about their experience of Camphill Community life, as an example of creating a sacred, healing, and practical anthroposophical community.

Seneca Gonzalez (they/them) is a graduate of the Biography and Social Art program. They have lived in Camphill Communities for 15 years, helping to found two new communities during this time. They have been researching neurodiversity and different techniques for regulating and harmonizing the nervous system for 20 years. They are a trained Herbalist and a friend to the plants.

The Virtue of Virtues with **Susan West Kurz**

This studio will ask participants to choose a virtue to observe in the outer world as well as in our individual lives. Where is the virtue present, and where is it needed in the world and in one's life? We will explore examples together. Each participant will choose a virtue to work with more deeply, sharing successes and examples of where one still struggles to live

the virtue. Susan has the imagination that recognition of a needed virtue in one's soul is an invitation from the being of the virtue to work together to bring that virtue into the world.

The virtues are the glimmerings within the soul of the spiritual urgings to bring our life into harmony with the rhythms of the cosmos. Virtue concerns closing the gap between the earthly world and the spiritual worlds.

– Robert Sardello, *The Power of Soul Living the Twelve Virtues*

Susan West Kurz was the Executive Director of Dr Hauschka Skin Care, Inc. from 1992-2006, where she oversaw in the United States the development of Dr Hauschka into the preeminent holistic skin care brand it is today. She is the author of “Gardens of Karma: Harvesting Myself Among the Weeds,” “Awakening Beauty the Dr Hauschka Way” and the graphic novel “Becoming Sophie”, which aims to help school-aged children find ways to help save honeybees. She coauthored “Solving the Mystery of You” with Ann Sawyer. Susan completed the Biography and Social Art certificate program in 2019. Since 2019 she has served on the board at the Center for Biography and Social Art. She previously served on the board of the Biodynamic Gardening and Farming Association from 2012-2017, and as co-chair of the Outloud Committee at the Jamestown Art Center from 2014-2017. Since her apprenticeship at the Meadowbrook Herb Garden in Richmond, RI, in 1972, Susan has been involved with a holistic approach to healing, to business, and to bringing Biodynamic principles and Anthroposophy to the public.

**Cultivating capacity to stay connected to ourselves and others
with a winged heart and a rooted body in uncertain times** with **Ivette Lenard**

How do we recognize home? Where are you from? Do you know? Do we care? Are we there yet? How is that about us? Exploring connection to both an inward and outward place. We will move in Nature, in silence, following what is emerging, inviting our soul's way home. We will move in a brief guided warm up, then do partnering work where we take turns experiencing both a mover's consciousness and a witness consciousness. There will be moments of verbal sharing and journaling. Experience the beauty we are and the expanding light of our consciousness.

*We shall not cease from exploration
And at the end of all our exploring
Will be to arrive where we started
And know the place for the first time.*
– T.S. Elliot

Ivette Lenard offers a combination of biographical and psychosynthesis one-on-one coaching as well as classes for anthroposophical training programs or institutions. It is my goal also to offer small workshops for the general public which might include a somatic component. Ivette has also completed her certification in Karmic biographical work with the Hotam School.

More about Ivette's work at: www.attentiveheartcoaching.com

My Life as a Garden: The Big Story Game with **Elyse Pomeranz**

In this studio, we will work with a life question, wish, or challenge. Each participant will write briefly about something that is currently active/central – an unknown, a concern, or similar). Bringing one biography event to mind, participants will draw this experience and then observe it using a fourfold observation process, reflecting Earth, Water, Air, and Fire. This is taken into picture language, a kind of fairy tale, working together in pairs. Here, we will pause and take this preparatory work into sleep, returning the following day to explore our experiences. The richness of the gift that arises from the night is profound and can be worked with for some time into the future, supporting the receiver towards decision-making in a new way. **Note:** This is a **TWO-DAY** studio.

Elyse Pomeranz is a graduate of Arscura School for Living Art three-year part-time biography program in 2006 and received recognition through the Goetheanum in 2013. She is a former Waldorf Class Teacher and works as faculty at the Rudolf Steiner College Canada as mentor in their programs of Foundation Studies in Anthroposophy and teacher training. She has worked with teachers in China, Vietnam, Guatemala, Canada and the US since stepping out of the classroom in 2010. As a student of Marko and Ana Pogacnik, she completed their geomancy training, culminating in the geopuncture installation at Foxhollow Farm in 2008. Growing out of that work she has developed a research that she's been conducting with mature and ancient trees since 2012. More about Elyse's work at: www.thetreeconversations.com

Meadow in a Can: Sowing Seeds in the Sentient Soul Years with **Mary Bridget Carrigan**

Broadcasting a wildflower seed mix into the edge of a wooded area brings about dreams of dazzling beauty. But ... it doesn't always work out that way. Some flowers only bloom for one year. Some seeds don't sprout at all. And others turn out to be sturdy perennials spreading and taking root for years to come. The Sentient Soul period of human biography, ages 21-28, is the start of the Sun years and much like the wildflower mix, full of surprises and false starts. In this studio, we will examine some of the flowers we planted that continued to thrive or maybe the transformation of a few that didn't take at all. Special guests will be a panel of Sentient Soulsters who share insights as they broadcast their own wildflower mixes. They have taken part in a special project in the past year addressing what biography work looks like for 21- to 28-year-olds.

Mary Bridget Carrigan has lived in the same neighborhood in Louisville, Kentucky, surrounded by her extended family all of her life. She taught school over the course of 45 years, until age 50 in the public schools with a Waldorf influence and then the Waldorf School of Louisville as a class teacher and mentor/elder since 2001. Flower gardening has been her steady companion since her twenties. She recently received her Certificate in Biography and Social Arts through the Center for Biography and Social Art.