

Anthroposophical Biography

Bring consciousness to life questions through reflection and artistic techniques

June 29 to July 3, 2026

Schedule: daily 9:00 am to 12:00 pm

with **Ko Hawkes**

at Sunrise Waldorf School
in Duncan on Vancouver Island,
British Columbia, Canada

Ko will offer a structured, artistic, and reflective approach to exploring life stories based on Rudolf Steiner's seven-year life phases and developmental rhythms, bringing consciousness to our life questions and to healing.

Designed for personal growth or professional development (counseling/coaching), this course will utilize artistic techniques and narrative reflection to find deeper meaning in life experiences. Participants will use different artistic techniques and materials to explore their experiences such as watercolour painting, clay, black and white, and pastels.

***Ko Hawkes** is a graduate of Hibernia School of Art Therapy & has been teaching, conducting workshops and practicing art therapy with children and adults in private practice. She has been on the faculty of WCI for many years. Ko has been traveling to Macau, Hong Kong, Taiwan and China since 2013 conducting workshops in Waldorf Schools and communities there.*

Five half-day intensive course, open to all.



Registration Fee: \$60 CAD
Tuition: \$240 CAD, includes supplies

Visit our website to register

For more information please contact
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