

Dream Voyaging

Travel the dream world to guide your life's journey.

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. - Carl Jung

Friday, February 16nd
First Congregational Building
1229 Court St, Martinez

**Pre-Event Gathering
Connect & Refresh**
6:30 pm - 7:00 pm

Workshop & Lecture
7:00 pm to 8:30 pm



RSVP by Feb 13th
\$25 Members \ \$40 Day Of
\$35 Non Members \ \$45 Day Of

Online: soulshelter.org
(925) 335-9420 ◊ sols1034@gmail.com
Checks: SOLS, 1034 Court St,
Martinez, CA 94553

*Dreams are alive. They can
impact our life's journey in
constructive ways day by day,
and night by night.*



Dream Voyaging

is a dreamwork technique that brings the body and an aesthetic sensibility into dream exploration. Dreams may seem ephemeral, dissolving beyond our grasp once we wake up, but dreams live in every sinew and bone of our body.

In this lecture and workshop we will move, draw, and journal with our dream images. Welcoming dream images and stories into conversation with our conscious selves awakens our understanding of our psyche in enlivening and often surprising ways.



Dana Swain, Ph.D (c), is a movement-based expressive arts practitioner through the Tamalpa Institute with a Masters and Ph.D.* in Jungian and Archetypal psychology. She has facilitated movement-based expressive arts workshops and one-on-one private sessions all over the world, including Africa, Brazil, Australia, and now the United States. As a vivid dreamer, she appreciates the power of dreams to impact, inspire, and empower, and is dedicated to inviting dream images and stories into dialogue with people's life narratives. Let the voyage begin!