

Exploring Your Dreams



Center for the Arts Evergreen

32003B Ellingwood Trail next to Buchanan Rec Center
Evergreen, Colorado

SATURDAY, February 20, 2010

FRIDAY, May 7, 2010

10 a.m. to 4 p.m.

\$65 per workshop; \$58.50 for CAE members

REGISTER AT CAE:

www.evergreenarts.org or Tel. 303-674-0056

Learn to decode the cryptic messages of your dreams and integrate their inspiration into your waking life. The workshop will include group discussion dream work plus dream exploration through art, writing and re-enactments. The goal will be to tap into the hidden riches of the unconscious mind, not to produce a finished product. You'll go home with a new source of creativity, plus a handout for continuing dream exploration on your own.

No previous dream work or arts experience is required.

Bring a sack lunch, any basic art & writing materials you want to use and a dream to share from any period in your life.

Workshop leader Irene Clurman holds dream work facilitator certification from the Marin Institute for Projective Dream Work and has led dream workshops throughout the Front Range and in Montreal and Chicago. Contact Irene at Tel. 303-674-3789,

isee@indra.com or www.dreamportrayal.com.