

Embodying the Dream: A Shift of Perspective

Toronto Dreamers -- IASD Regional

Sunday, September 23, 2012

7 Beaver Valley Rd (Bathurst/Sheppard)

10:00am to 4:00pm

Agenda

10:00a.m. - 12:00noon

Optional Facilitated
Dream Sharing
with

Rosemary Gosselin

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12:00p.m. - 1:00p.m.

Potluck Lunch

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1:00p.m. - 2:30p.m.

Presentation

"My Body, My Dreams"
with Patti Allen, MA

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2:30pm - 3:00pm

Break

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3:00pm - 3:30pm

Berkeley Conference
Highlights

(2 minute presentations)

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3:30pm - 4:00pm

Regional Business

My Body, My Dreams

Embodying the Dream: A Shift of Perspective

In our desire to get to the meaning of a dream we often turn dream interpretation into an intellectual exercise. While understandable, it leaves out our body, our greatest instrument and ally in dream understanding and self-knowledge. In this presentation, Patti will demonstrate how the body can be part of the process of knowing our selves through dreamwork.

Patti Allen, MA

Please RSVP by
September 18th

Mara Zadnoff
416-630-9559

mara@healgently.ca

\$10 for the 'kitty'

*The Toronto Region of the
International Association for the
Study of Dreams continues to
grow....please bring a guest.*