

## Workshop: Journey Into the Land of Dreams

Judith Dreyer, MS, BSN

Website: <https://www.judithdreyer.com>

Time: 6–8pm

Date: Saturday: 2/29/2020, 3/21, 4/4, 4/18 and 5/2

Location: Optimal Living Center, LLC

50 Old Farm Rd

Somers Ct 06071

860–593–0304

Did you know dreams come to guide you? Did you know the dreams of your heart guide you, too?

Dreams are not just about our nighttime journeys but more encompassing than you can ever imagine. And, dreams are our birthright.

But how do we understand our dreams and the dreaming time? This five part workshop will give you tools to begin your journey and excite your imagination. Dream sharing is a part of every class and you will learn an easy but profound technique to capture the meaning and essence of your dreaming and create practical action. You will walk the four directions and capture the essence that is meant for you through exercises and meditations.

Bring your journal. Wear comfortable clothing.

To register: contact the Optimal Living Center or

Email: [appointments@optimal-living-center.com](mailto:appointments@optimal-living-center.com)