

Exploring Dreams

Learnings ::

- The wisdom of the dream
- Exploring it through traditional active imagination
- Interweaving a multi-arts process in exploring your dreams
- Learning about the expansive power of a Jungian approach to meaning on a personal, interpersonal, cultural and archetypal/universal potentials



- Exploring Dreams workshop facilitated by Kate Donahue
- 13 & 14 June 2014 :: 9.30 am to 4.30 pm
- Fee ::₹ 5000 inclusive of food
- Studio for Movement Arts & Therapies, # 37/4 Tank Road, Diagonally Opp Foto Flash, Ulsoor
- Contact :: Anita Jacob 9844541378, anita@smartmove.co.in / Priyanka Pai 9880137998, priyanka@smartmove.co.in
- Regular classes on offer :: Creative Movement, Dance Stories, Pilates, Contemporary Dance, Yoga, Theatre

Jung felt there is wisdom in every dream and explored each one for its symbolic meaning through active imagination. Interweaving the expressive arts, we expand the concept of active imagination through each art modality, in this multi-arts approach. Join us to explore your dreams through the arts and learn about Jung, expressive arts and the power interlacing of Jungian expressive arts approach to explore your dreams.



