

ESSENZASARDEGNA
RESIDENZE TIPICHE NEL PARCO TEPILORA

THE HEALING POWER OF DREAM & SLEEP

Residential retreat with

FLORIAN DIVI

21 / 22 June

Info and bookings:
Valeria: +39 389 1311096



SATURDAY 21 JUNE

- > 10.00
WELCOME - INTRODUCTION AND INTENTION SETTING
- 10.30 < COINCIDENCE CARD GAME - WHEN THE UNIVERSE GETS PERSONAL (PLAYING WITH SYNCHRONICITY)
- > 11.00 LUCID DREAMING WITH A PLAN - HOW TO CRAFT AN INTENTION TO CONSCIOUSLY ENTER DREAM STATES
- 12.30 LUNCH <
- > 2.30
3.00 < SLEEP FIRST AID - SLEEP WELL DREAM WELL
- > 4.30 CIRCLE OF PROTECTORS - AN ANCIENT VISUALIZATION PRACTICE ENHANCING RESTFUL SLEEP
- 5.30 < Q&A, SUMMARY OF THE DAY
OUTLOOK ON TOMORROW NIGHT
TIME ASSIGNMENTS (WBTB)
- > 4.30 LIGHTNING DREAMWORK PROCESS ⚡ - HOW TO SHARE DREAMS IN A FUN AND QUICK WAY WITH GUIDANCE ON HOW TO ACT ON THEM
- 6.00 DINNER <
- 7.30 < Q&A, SUMMARY OF THE DAY
OUTLOOK ON TOMORROW NIGHT
TIME ASSIGNMENTS (WBTB)
- NON LINEAR MOVEMENT
- RELEASING THROUGH THE BODY
- > 5.00 AM WAKE BACK TO BED* - YOUR GOLDEN TICKET FOR LUCID DREAMING (*OPTIONAL NIGHT TIME PRACTICE)

SUNDAY 22 JUNE

- 11.00 < DREAMING IN ANCIENT GREECE
- THE HEALING TEMPLES OF GOD
ASCLEPIUS
- 12.30 LUNCH <
- 3.00 > DREAM DECODING DRAWING
- A VISUAL APPROACH TO UNLOCK
SUBCONSCIOUS INFORMATION
CULTIVATING INNER AWARENESS
- > 10.00
DREAM SHARING CIRCLES
- PRACTISING THE LDP ⚡
- > 11.30
DREAM TRACKING & DREAM
RE-ENTRY - GOING BACK INSIDE
THE DREAM TO HARVEST INSIGHTS
FOR ONESELF AND OTHERS
- > 2.00
SHAMANIC JOURNEY - BEYOND
THE BOUNDARIES OF TIME
- > 4.30
Q&A, HOW TO CONTINUE
AND CLOSING CIRCLE





Florian Divi is a Mindfulness of Dream and Sleep Facilitator, with an academic background in visual Arts. He is based in Austria.

He studied Fine Arts at the University of Applied Arts in Vienna, and traditional Japanese painting at the Tokyo University of the Arts.

He trained in different movement practices and offers Non-Linear Movement sessions for the somatic release of emotional tensions and traumatic symptoms.

He trained with sleep and dream expert Charlie Morley and has been collaborating with him for several years in his workshops on these topics.

Florian studied active dream practices with Robert Moss and learned self-growth, healing and shadow work practices from spiritual teachers from different indigenous populations.

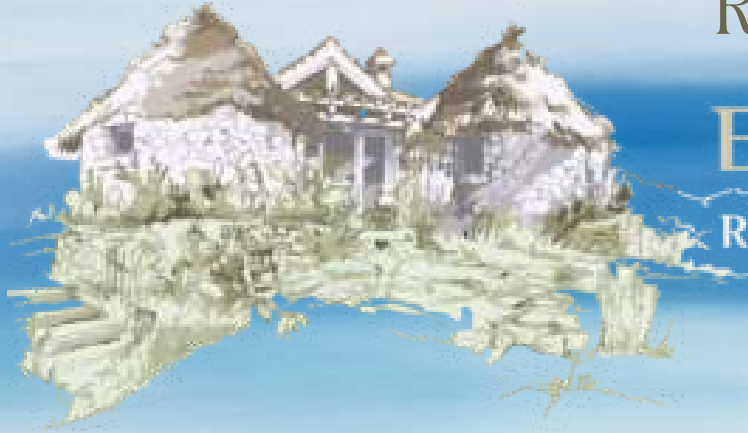
Combining his expertise and interests in the fields of art, dream yoga, Eastern & Western philosophy as well as working with the gross and subtle body, he developed the method of "Dream Decoding Drawing (DDD)".

He launched the non-profit project SleepFirstAid to help people around the world sleep better.

Part of his mission is also to bring back the culture of dreaming to the Western society.

Join us at the only UNESCO
Reserve in Sardinia

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[SleepFirstAid](#) - [Dream Decoding Art](#)