

Discovering Magnificent Ways of Dreaming

Friday | 3 hours

17:00–18:00	30min	Welcome – Introduction and intention setting
18:00–18:30	30min	Coincidence Card Game – When the universe gets personal (playing with Synchronicity)
18:30–19:30	60min	Lucid Dreaming With A Plan – How to craft an intention to consciously enter dream states
19:30–20:00	30min	Sidewalk Tarot – Living in the Speaking Land (plus home play assignment)

Saturday | 6 + 1 hours

10:00–10:30	30min	Sharing from the night before, Q&A
10:30–11:00	30min	Indigenous Dreaming – Different perspectives on the dreamworld
11:00–11:30	30min	Lightning Dreamwork Process ⚡ – How to share dreams in a fun and quick way with guidance on how to act on them
11:30–12:30	60min	Dream Sharing Circles – practising the LDP ⚡
12:30–14:30	120min	Lunch
14:30–15:30	60min	Shamanic Journey – Beyond the boundaries of time
15:30–17:30	120min	Dream Decoding Drawing – A visual approach to unlock subconscious information cultivating inner awareness
17:30–18:00	30min	Q&A , summary of the day, outlook on tomorrow, night time assignments
18:00–19:30	90min	Dinner
19:30–20:30	60min	Non Linear Movement – Releasing through the body

Sunday | 5 hours 30 min

10:00–10:30	30min	Dream Sharing Circles ⚡ – (Lightning Dreamwork Process)
10:30–11:00	30min	Sharing from the night before, Q&A
11:00–12:00	60min	Dream Tracking & Dream Re-Entry – Going back inside the dream to harvest insights for oneself and others
12:00–13:00	60min	Creative Dreaming – Turn your dream into a poem, drawing or dance
13:00–14:30	90min	Lunch
14:30–15:00	30min	Circle of Protectors – An ancient visualization practice enhancing restful sleep
15:00–15:30	30min	Sleep First Aid – Sleeping well means dreaming well
15:30–16:30	60min	Dream Theatre – Celebrating our dreams
16:30–17:00	30min	How to continue; Closing Circle and Goodbye!

** Workshop schedule subject to change.*