

Dreams And The Body

Personal development A formative psychology class | Course leader Terry Cooper



A dream is more than a sequence of images. It is alive, a bodied experience, and from its conception, it is in a constant process of evolution. When a person tells a dream there are actions, gestures, patterns of behaviour, expressions of feeling and emotional states that each tell their own story.

In the dream group we work experientially to deepen the dreamers' relationship to the dream and to themselves. Through working with gestures and the different shapes the body organises as its language, we develop a dialogue between two worlds: who we are and what we are in the process of forming. In this way each dream is a metamorphosis.

The group is limited to eight participants.

How to enquire

For further information on this class, please contact Terry online or through the Spectrum office.

