

The Language Of Dreams

Personal development On-going group | Course leader Anna Patterson



We talk to ourselves in the language of dreams. It is a language that is rich and deep with layers of experience, textured with images, colours, sounds, movement, landscapes, sensations and emotions. When we spend time listening to and learning this language and sharing our dream experiences, we open ourselves to discovering more about who we are at this moment.

How to enquire

For further information on this group, please enquire online or contact Anna through the website.

