



Moving Into Wholeness

A day of reflection, dreamwork and gentle movement

Saturday, May 31, 2025 9:30am to 5pm

Lake Street Church, 1450 Chicago Ave, Evanston Illinois.

Workshop fee: \$160, 6CEU's available for an additional fee*

With Ann Shine Duck and Keren Vishny

Join a respectful, nonjudgmental community of individuals as we take time out from the fast pace of daily living to reconnect with ourselves and each other. Attuning to the rhythms of late spring, we'll drop into slow-time. We'll draw on exercises and contemplative practices from Natural Dreamwork, BodySoul Rhythms and NARM traditions to align with the rhythms of body and dream.

We will begin the day in a circle, getting to know one another and creating personal intentions for our day. With the support of guided meditation, we will drop into the dream world to revive and deepen our dream experience. Each participant will have the opportunity to explore dream material through dream embodiment, reflective journaling and image-making. These practices will be interwoven with gentle movement to support integration of the material.

In the afternoon, we will use Natural Dreamwork 5D dream enactment to explore 2 or 3 dreams in greater depth. 5D work brings the group together as a community: group members volunteer to embody the various dream entities thus allowing the dreamer to walk through their dream. In this way the experience becomes a "living dream" allowing us to reclaim feelings we have brushed aside, recognize the Sacred Encounters each dream holds, and find ourselves pulled into dream roles that resonate with our own healing, growth and deep desires.

Enrollment limited to 12

To register, email Keren, kvishny@gmail.com , full payment with registration required, Venmo and Zelle preferred. \$100 refunded for cancellations before May 15, 2025

Ann Shine Duck PhD, LCPC – Ann works as a psychotherapist and Certified Natural Dreamwork practitioner in private practice in Winnetka, IL. She has a longtime interest in dreamwork and contemplative practices. She received her Ph.D. in Depth Psychology from Pacifica Graduate Institute in 2001. Ann is also trained in Somatic Experiencing and NeuroAffective Relation Model, working with attachment, relational and developmental trauma.

Keren Vishny MD, MA - Keren works as a psychotherapist, as well as a practitioner and teacher of Natural Dreamwork. She completed the BodySoulRhythms® Leadership Training Program offered by the Marion Woodman Foundation in 2007, and certified in Mind-Body Medicine in 2015. Keren has offered numerous classes and workshops through the CG Jung Center and the Marion Woodman Foundation. To learn more visit her website, www.kerenvishny.com