



Reclaiming the Bones: Returning to the Wisdom of Our Nature

A 3-hour online workshop with Keren Vishny and Sheila Langston:
the first of a two-part series on Zoom

Sunday, January 23, 2026
10:00 am – 1:00 pm Pacific Time
Workshop fee: \$80 USD
3 CEU's available for an additional fee*

“In winter the stars seem to have rekindled their fires,
the moon achieves a fuller triumph...”
John Burroughs

Winter is a time of rest, and our attention turns from the outer to the inner worlds when the long nights of darkness call us to reflection. Outwardly, nature is muted and while it may seem that “nothing” is happening, beneath the surface lies a quiet kind of gestation. We invite you to join us online for a mid-winter gathering of women where we can find nourishment in story, and in heeding the wisdom of our own instinctive nature. We will explore image and meaning together, trusting that what is not yet visible is slowly unfolding within the wise depths of the earth, within ourselves.

During our time together we will explore the fairy tale *The White Snake*; the images, figures and actions in the story will be the springboard for experiential exercises, simple art-making, journalling and discussion. All are welcome to join us; however if you haven't yet worked with Keren or Sheila we require a brief Zoom consultation prior to the workshop. Enrollment limited to 18.

To register, please complete the registration form and email to both Keren and Sheila. Full payment with registration is required, Venmo or Zelle preferred to kvishny@gmail.com

Facilitators

Sheila is a practicing Jungian analyst living in the Pacific Northwest, in Vancouver, Canada. Trained in Zurich, she works with an international clientele via Zoom, as well as in person with clients who are closer to home. Sheila's background in theatre, specifically voice and body work, informs all her work both directly in an analytic session or workshop, and indirectly as a foundation in her lectures, teaching and practice. Sheila is a trained leader and instructor in Marion Woodman's BodySoul Rhythms work, and co-taught BodySoul intensives for many years in Ireland, Switzerland and Mexico. She also leads study groups, locally and online. Myth and dreams, creativity and the expressions of the soul are the cornerstones of her work and of her life.



Keren practices psychotherapy and dreamwork in Northern Illinois. With over 20 years experience, her work integrates a Jungian understanding of psyche with a relational approach, emphasizing felt experience and embodied imagination. Keren leads classes and workshops, both on-line and in person. Dreams, embodiment, simple ritual and expressive arts are at the core of her teaching programs. Keren is a physician and practiced medicine for 10 years before retraining in psychotherapy. She is a founding member and teacher in the Natural Dreamwork Community, and serves on the faculty of the CG Jung Center in Evanston, Illinois. Keren completed the BodySoul Rhythms Leadership Training Program in 2007. She likes to spend her free time in nature, along the shore of Lake Michigan or in the hills north of San Francisco.



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Returning to the Wisdom of Our Nature
With Sheila Langston and Keren Vishny
Sunday, January 23, 2026, 10am PST(noon CST) to 1pm PST (3pm CST)
On Zoom

Thank you for registering for our workshop. We look forward to being together.

Name

Mailing address

Telephone

Email

What draws you to this workshop at this time in your life?

List previous work with Keren or Sheila along with anything you would like to share about those experiences.

What has been your creative expression ?

Are you presently working with a therapist? If so, does it include work with dreams and/or embodiment (eg Focusing, Somatic Experiencing, Authentic Movement)?

Is there anything else you would like to share at this time?

Full payment of \$80 due with registration:
Please email this form to Keren (kvishny@gmail.com) and Sheila
(sheilangston@gmail.com)