



## **Moving Into Wholeness**

A day of reflection, dreamwork and gentle movement

Friday, December 5, 2025 9am to 4pm

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

*In order to discover new lands, we must be willing to lose sight of the shore for a very long time-  
Andre Gide*

During difficult times, it is especially crucial to take time to listen to the deep wisdom each of us holds within. There are many routes to Soul- and each of us has unique needs and inclinations as to *how* to make this journey. Sometimes we need to do our work alone. At other times, we benefit from the support and shelter of respectful community. In the witnessing offered by compassionate companions, we frequently discover 'new land'- access parts of ourselves that have been devalued or overlooked in the crush of everyday living.

Join us for this in-person program, *Moving into Wholeness*, as we take a day to slow down and listen. We will explore our dreams and embodied wisdom with the support of exercises and contemplative practices drawn from Natural Dreamwork and BodySoul Rhythms traditions: guided imagination, dream embodiment, simple movement, journaling, art expression, poetry and reflective conversation.

Enrollment limited to 12

To register, email Keren at [kvishny@gmail.com](mailto:kvishny@gmail.com) full payment with registration required, Venmo and Zelle preferred. \$100 refunded for cancellations before November 20<sup>th</sup>, 2025

Ann Shine Duck PhD, LCPC – Ann works as a psychotherapist and Certified Natural Dreamwork practitioner in private practice in Evanston, 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](http://www.kerenvishny.com)